

Natural Stress Management

By Kal Sellers, MH

As we enter the New Year, now, more than ever, some of us need more tools to deal with stress in our lives. Some of us need to break out of old patterns and do something better for ourselves than we have done before. Today, the world is a little more toxic, a little crazier, and a little sicker than it was last year or for many years before. More than ever, we see that real health is only found through personal decisions, real steps forward, and healthier living.

Recently, I realized that one of the biggest sources of healthy function in body and mind is a healthy social life with friends and favorable associates. Yet, social gatherings can be very stressful. I have found that there are tools that can be used to break old patterns of stress around social interaction and I want to share a few of them with you. My goal is to help you transition to a new year and a new you with class, so take a breath, relax, and enjoy this article and the tools offered here right now.

First, in order to understand how stress takes advantage of you, you need to know what happens in your body and brain when something stimulates a stress reaction in you. When this occurs, the "Limbic System," which is a part of your brain, starts associating every thought and emotion your brain processes with various parts of your body. Some of this is predictable; some of it is random. Regardless of where the association goes to, that part of the body starts to tense up and lose normal blood flow.

Next, the normal blood flow is simultaneously interrupted in other places because of this diversion or obstruction. This, in turn, causes physiological stress on visceral organs, which are impacted by this turn of events. This tends to feed back to the brain and push the whole body out of its relaxed healthy state, into a state called the "sympathetic mode."

From this point, a feedback loop begins where the body restimulates the mind, which is reminded of the

original stressor, which then restimulates the body. This process goes on and on until the familiar items that are involved in this loop are interrupted. Sometimes, it is the changing of surroundings that does it. Other times, it can be a change within the body that interrupts the loop. This change in the body can be illness or wellness. That is up to you!

So here are a few tools to help you. Some of them require a little time and some changes, but others are instant tools you can use right now.

- Do some liver cleansing. When your liver is really struggling to manage stressors and changes in circulation, you are at a climax. This is when the most good will be done by cleansing! When it is healthy, the liver can manage even strong stressors in life and body pretty well. It can process out the chemicals that allowed you to think and feel the way you did; it can manage the systems that are stressed in the body by the association found in the Limbic System as mentioned above. There are many great cleansing formulas on the market, many of which are available at Life Grocery. Meanwhile, consider doing a serious liver/gallbladder stone flush. You can get the details for free from my website on the newsletters page. Just look up www.kalsschool.com.
- Do some general cleansing. When digestion shuts down due to stress response, why not go fill up on all the foods you would have sensibly avoided at other times? Eat more pie, rich foods, meat and fast food, and then get some good chocolate, and wine to top it off with, and then . . . wait, that is not what we should do. If the digestion is shut off, we need to give it a break! Drink some cleansing teas (I like Yogi Tea Detox Tea for a very mild cleanse), go to the juice bar at Café Life and get some fresh juices,

especially wheatgrass juice. Go get a colonic or do one at home, do some yoga or chi gong, and get your body cleaning out. The good news about this is that your body will never get sick if it is effectively cleansing! So do a master cleanse, dry skin brush, eat raw, meditate more, and eat less. Try out a new program that will change your life for the better right now!

- Finally, go ahead and connect with a group of friendly people who want to support their fellow humans in being better and helping make the world a better, healthier place. Recently, I started a group called "Healing Gifts" on Facebook and set up a discussion forum where different subjects can be discussed and comments posted. Through that group, participants can interact with other like-minded people with the most sincere of intentions. There are many such groups. Take some health classes or herbal healing classes. Go to the classes at Life Grocery and meet and talk with new people. Talk to each other and get some healthy associations going with people who lift you up! Go to a raw food retreat, take a yoga class, or do something that will involve you with other healthy people. This will change your life forever!

I know these tools will help you change your life. They will help you make this time—right now—the best time of your life!

Kal Sellers, MH maintains www.KalsSchool.com and a practice that includes massage, rolfing, and herbal medicine/cleansing. Kal also holds free Be Your Own Doctor teleclasses each month. You can contact him at 706-473-4375.

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Do Whatever Works For You

By Don Bennett, DAS

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

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

A long time ago, there were very few toxic substances you could take into your body. Those that were toxic would be immediately evident; if a plant tasted bitter, odds were that it was probably poisonous, and the bitterness was a signal not to eat it . . . so you wouldn’t. In this way, you were protected from consuming toxic things. But today, that natural taste bud protective mechanism doesn’t do us much good; processed foods that taste delicious can contain plenty of toxins. Even if something tastes “yuk,” many people still consume it because it’s socially acceptable, their peers do it, and there’s *something* you like about it. To me, beer and hot spicy food do not taste yummy, so I don’t consume them, but I did at one time . . . my peers did, and I liked the effect, so I did too. But that was very disrespectful of my body, and not respecting your body is a big mistake if good health is important to you.

When toxic and irritating substances enter the body, the body tries to keep these things from harming its cells. If the body doesn’t have enough vitality to expel these

substances as they come in, it has only two choices: leave them in the system where they can go around damaging things, or put them someplace where they’ll do the least amount of harm. Naturally it tries to store them, and the place where they can do the least damage is in the fat cells. When someone who is losing weight feels sick, it is often because those toxins that were stored in their fat cells are now becoming systemic (their storage containers are shrinking) and the body is now having to deal with them.

If you’ve been exposing your body to toxic substances every day for decades, and then you stop doing this, your body is finally able to rid itself of the stored toxins and begin the task of repairing any damage caused by them. The process of expelling stored toxins is called detoxification (detox), and it is never pleasant. And since you feel terrible, some people mistake detoxification as a sign that their body did better when it was given non-human food because when they go back to eating those things, they feel better.

Why? Because the detox process stops! (Some people call the detox process “withdrawal,” but that’s an inaccurate term.)

Another scenario is when, in our efforts to improve our health, we transition from an unhealthy diet and lifestyle to a healthier one. We experience improvement so we assume that this new way of living “works” for us and is now the way we should live, when in actuality the short-term improvements were mainly due to what we *stopped* doing. And the green juices and wheatgrass and the other new things that we started doing were simply healthier than what we had been doing. Although we’re seeing improvement in the short term, these things will not serve us and allow us to thrive in the long term. And indeed, it may still allow serious disease to occur even though it may be a little farther down the road.

So be very careful when deciding what works for you. We don’t have access to a time machine where, if what we thought was “working” for us turned out not to work, we could go back in time and try something else. The knowledge of what is likely to *still* be working for you 30 years from now, not merely in the short term, is crucial if maximum health creation, illness avoidance, and a robust quality of life for your *whole* life is your goal.

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. For some enlightening health information, visit health101.org.

Nutritional Yeast

By Dr. Kimberly Strickland, ND

Nutritional yeast is both a supplement and a condiment that gives food a nutty or cheesy flavor. Its yellowish color comes from the concentration of B vitamins, specifically the B vitamin riboflavin. It is fermented on mixtures of beet and sugar cane molasses. Once the fermentation process is finished, the yeast is washed, pasteurized, and dried at high temperatures rendering it inactive (it has no fermenting or leavening power). The necessary vitamins are added to the yeast at this time. If stored in a cool dark place, nutritional yeast should last for about a year.

Sometimes brewer’s yeast and nutritional yeast are confused. Brewer’s yeast is the same by-product, but it is from the beer making process and is grown on hops, grain, and malt rather than molasses. The taste of this yeast is bitter.

Nutritional yeast can be an excellent source of B-vitamins, especially B-12. In the bulk section at Life Grocery, there are two kinds of nutritional yeast; one is regular and one is for vegan support (this one contains B-12 while the regular one does not). As a vegan, I often heard that I needed to eat red meat or get B-12 shots because there was no other way to get B-12.

Check the facts before listening to others.

Sometimes life can get stressful and nutritional yeast is terrific to keep stress at bay since it’s packed with B-vitamins. It contains 18 amino acids and 15 minerals. It also contains the trace mineral chromium, also known as the glucose tolerance factor, that helps to regulate blood sugar levels. Nutritional yeast is a low-fat, low-sodium, kosher, non-GMO food that contains no added sugars or preservatives. It DOES NOT contain active yeast or gluten. It is generally considered acceptable in moderate amounts for those following a diet designed to manage *Candida albicans*. However, for those who are allergic to yeast, it is advisable to avoid this product. Although some living food recipes call for nutritional yeast, it is not a living product.

Nutritional yeast is my secret ingredient for several of my family’s favorite meals and snacks. We sprinkle it on popcorn with a little salt and vegan margarine. It tastes great on a salad, on pasta, and in smoothies; it is a wonderful thickener for sauces and soups. I make a macaroni and “cheeze” from scratch, using nutritional yeast, which my boys prefer to any other they have

continued on page 3

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

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Kay Bird, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Jesse Andersen, Betsy Bearden,

Don Bennett, Kay Bird, Brenda Cobb, Dr. Joe

Esposito, Dr. Susan Esposito, Ronnie B. Hudson,

Brian Murray, Dr. Michael Scimeca, Kal Sellers,

Traci Sellers, Dr. Kimberly Strickland, Linda

Townsend, Nisla Whetsone

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Anne Meradith	706-334-1957
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Ashley Thomas	678-687-5544

In This Issue

- 1 Natural Stress Management
- 2 Do Whatever Works For You
- 2 Nutritional Yeast
- 3 Nutrition from “A” to “Z”
- 3 Do You Want Results or Effects?
- 4 Fructose—Friend or Foe?
- 4 Don’t Trust Me
- 5 Get Energized with Raw and Living Food
- 5 The Tool for Determining if a Food is Truly “Natural”
- 6 Reflections, Passing the Torch, and New Beginnings
- 6 Are You All Dried Out?
- 7 Clean AND Green is BEST for Your Health
- 8 Reflections of my Gluten Free Life

Nutrition from “A” to “Z”

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

“O” is for onions. Onions are great. They’re loaded with antioxidants and have been shown to help lower blood pressure. They help prevent and fight cancer. They’re antibiotic, which means they fight bacteria. They’re antiviral, which means they help to fight viruses. They’re low in calories and high in fiber.

There are several different things you can do with onions. You can chop them up and put them in your salad and eat them raw or cook them and put them in various dishes. However, they are best raw because once you cook them, they lose some of their nutritional value. If you’re concerned about getting onion breath, you can eat some parsley. Parsley helps to neutralize the onion breath. It’s also loaded with vitamin C. It’s a natural diuretic, so it helps to flush out your system. By incorporating onions and parsley into your diet, you’re getting a lot of health benefits.

“P” is for peas. Peas are a lot of fun. There are all kinds of things you can do with peas. You can put them in soups and salads or mash them up and serve them as

a paté. They can be roasted and salted and eaten as snacks. They can be coated with wasabi and eaten as a spicy snack. Wasabi, known as “Japanese horseradish,” is used as a spice and has an extremely strong flavor (it is very hot!). Wasabi is great if you have a stuffy nose or sinus problems. It really helps to open up your nasal passages. Wasabi also helps to stimulate your digestive system. Incorporate peas and wasabi into your foods in order to bring more variety and health to your diet.

“Q” is for quinoa. Quinoa is a grain. Not only is it an excellent protein source, quinoa contains a balanced set of essential amino acids. That means it’s a complete protein. It’s an excellent source of fiber, magnesium, phosphorus, and iron. Quinoa is easy to digest. It has a mild, slightly nutty flavor, and is a great substitute for rice or couscous. It has a light, fluffy texture when cooked and makes a great pilaf. You can add vegetables and seasonings to it or try adding almonds, berries, and honey. Honey is an antiviral, antibiotic, and antifungal. Raw honey is the most nutritious, so don’t heat it.

Processing honey removes all of its health benefits. If you have a sensitivity to gluten, I recommend using quinoa because it’s gluten free. Pretty much everyone has at least some sensitivity to gluten, so by adding quinoa to your diet, you’re eating something that has several health benefits and is safe for your system.

This article will be continued 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!

Do You Want Results or Effects?

The next time you go to exercise, think about what you really want to gain in return for your time and effort. Do you want results or effects?

The term *result* means a long-term change in muscular strength, firmness, shape, bone strength, leanness, and overall improvement of physical capability. The term *effect* means the immediate change in the body’s homeostasis because of movement, such as increased heart rate, labored breathing, sweating, and light muscle fatigue. Effects and results are both consequences, but an effect is an immediate consequence, while a result is a consequence that occurs after several days or weeks. In other words, results require patience. This may be why yours have been lacking.

Effects are fleeting. When you stop exercising the effects usually subside within several minutes. Results are more long lasting. Once you gain them it takes a much longer time to lose them. This makes sense. If your body is going to expend energy to coordinate the building of new tissues over the course of several weeks, it isn’t going to turn around and tear it all down overnight.

For example, in a study from the University of Maryland, both men and women were subjected to strength training of the frontal thigh muscles for nine weeks followed by no strength training of the same muscles for 31 weeks. The researchers assessed muscle quality, which was defined as the maximum amount of force the muscles could produce per unit of muscle mass. The muscle quality assessment took place at baseline, after nine weeks of strength training, and after 31 weeks of detraining.

All subjects exhibited significantly increased strength and muscle volume after the nine-week training period. So what would you expect to see after 31 weeks of no strength training for the thigh muscles? Would their results have vanished completely? No. Even after 31 weeks of no strengthening exercise, the muscle quality of the thighs was still significantly elevated above baseline measurements.

Please sear the following deeply into your brain. *Just because you are experiencing exercise effects doesn’t mean you are going to get results from your exercise.* Unfortunately, this is most likely why you

By Brian Murray, M. Ed.

continue to walk and jog with little to show for it—you are in love with the effects and most likely believe that the effects translate into results. Sweating equals fat loss, right? A little muscle fatigue equals more shapely muscles, right? Wrong.

So what do you want? Do you want a few temporary physiological changes that will be gone in a few minutes so you can start all over again tomorrow, or do you want your body to experience a permanent change that will make you look and feel twenty years younger all the time?

References:

Ivey, FM et al. Effects of Strength Training and Detraining on Muscle Quality: Age and Gender Comparisons. *J Gerontol A Biol Sci Med Sci*, 2000 March, vol 55(3):B152-157.

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

Nutritional Yeast

continued from page 2

tried. Our absolute favorite is my special tofu. Look for nutritional yeast in the bulk section at Life Grocery the next time you’re there. Happy eating!

Nutrients per one heaping tablespoon of nutritional yeast (VSF): Calories 60; Total Fat 1 gram; Carbohydrate 7 grams; Fiber 4 grams; Protein 8 grams; Sodium 5 milligrams; Vitamin B1 (thiamin) 640% Daily Value (DV); Vitamin B2 (riboflavin) 560% DV; Vitamin B3 (niacin) 280% DV; Vitamin B6 480% DV; Folic Acid 60% DV; Vitamin B12 130% DV (vegan support); Selenium 30% DV; Zinc 20% DV

Yummy Tofu

1 block of tofu
olive oil
2-4T Bragg’s Amino Acids
¾ - 1 c nutritional yeast

- Cube a block of tofu into small bite size pieces.
- Fry in a generous amount of olive oil until brown and crisp on all sides, yet not burned.
- Pour the Bragg’s directly into the pan, stirring

gently to coat the tofu.

- Add nutritional yeast, stirring gently to coat the tofu.
- Serve over a bed of rice with steamed veggies.
- Add Bragg’s and nutritional yeast on top when you serve.

Macaroni and Cheeze

From Vegan Vittles by Joanne Stepaniak

2 ½ c dry elbow macaroni, cooked and drained
2 T olive oil
½ c whole wheat pastry flour (or gluten free flour)
½ t dry mustard
pinch of cayenne pepper (optional)
1¾ c non-dairy milk, heated
½ c nutritional yeast
1 t salt
ground black pepper, to taste
1 T fresh, finely chopped parsley or
1 t dried parsley flakes
½ c packed fresh breadcrumbs

- Preheat oven to 375° F. Spray a casserole dish with nonstick cooking spray.
- While the pasta is cooking, place olive oil in a

2-qt saucepan and cook over medium-high heat. Stir in flour, mustard, and cayenne, if using. Cook for 1 minute.

- Gradually stir in heated milk, a little at a time, whisking constantly. Take 5-7 minutes to add all of the milk. Cook until consistency of thick cream.
- Remove from heat and stir in nutritional yeast, salt, pepper, and parsley. Pour sauce over pasta.
- Transfer to prepared casserole dish and sprinkle the breadcrumbs on top. Bake for 20-25 minutes. Let stand 5 minutes before serving.

Resources:

www.efn.org/~sundance/NutritionalYeast.html
www.bestnaturalfoods.com/nutritional_yeast.html

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.

Fructose—Friend or Foe?

By Dr. Susan Esposito

Previously fructose (a simple sugar known as a monosaccharide) had been touted as a superior replacement for table sugar (sucrose, which is half glucose and half fructose), due to its lower glycemic index (it doesn't cause such a tremendous spike in blood sugar upon digestion). Also, it's all natural, so it doesn't have all the negative side effects that are associated with artificial sweeteners. However, the American Diabetes Association and many nutritional experts have changed their minds about the benefits of adding fructose to your diet.

The amount of fructose found in most vegetables and fruits is not problematic. Fruits and vegetables have relatively small, "normal" amounts of fructose that most bodies can handle quite efficiently. Natural fructose represents 5%-10% of the weight of any fruit. In fact, there is evidence that eaten in small quantities, it may help your body in the natural processing of glucose. However, consuming too much fructose at once seems to overwhelm the body's capacity to process it. Historically, human diets included only very small amounts of fructose. Today, it is estimated that about 10% of the modern diet comes from fructose.

The problem comes with all the added sugar in our modern diet, the volume of which has grown rapidly in recent decades. Fructose works the same in the body, whether it comes from corn syrup, cane sugar, beet sugar, strawberries, onions, or tomatoes. Only the amounts are different. For example, a cup of chopped tomatoes has 2.5 grams of fructose, a can of regular (non-diet) soda supplies 23 grams, and a super-size soda has about 62 grams.

High fructose corn syrup has become incredibly inexpensive and abundant, partially due to corn subsidies in the United States. Its use in processed foods stems from a discovery in 1971 that synthesized a 55% fructose and 45% glucose syrup from maize, creating an ingredient cheaper and six times sweeter than cane sugar. So, the main problem that exists with consuming fructose is due to its ubiquitous presence in the processed foods on which we as a society are gorging ourselves.

Most of the carbohydrates we eat are made up of chains of glucose. When glucose enters the bloodstream, our pancreas releases insulin to help regulate it and store these sugars in our cells for later use as energy. Fructose, on the other hand, is processed in the liver. The major problem with this occurs when too much fructose enters the liver; the liver can't process it all fast enough for the body to use as sugar. Instead, it starts making fats from

the fructose and sending them off into the bloodstream as triglycerides.

We really don't want this to happen because high blood triglycerides are a risk factor for heart disease. Another problem is that fructose ends up circumventing the normal appetite signaling system, so appetite-regulating hormones aren't triggered and you're left feeling unsatisfied. This is probably part of the reason why excess fructose consumption is associated with weight gain.

There is growing evidence that excess fructose consumption may also facilitate insulin resistance, and eventually type 2 diabetes. However, some of this effect may be from chemicals in soda that react with the high fructose corn syrup. These effects will be particularly devastating for children, for they are deemed more likely to consume these products containing high levels of sweeteners over greater periods of time. A recent report from England claims that by the year 2015, in England, one out of every 10 children will be obese.

The following are summaries of two recent studies that I found on the negative effects of high levels of fructose in the diet:

- Previous studies of the potentially adverse impact of fructose have focused on rats, but the first experiment involving humans has now revealed serious health concerns. Over 10 weeks, 16 volunteers on a strictly controlled diet, including high levels of fructose, produced new fat cells around their heart, liver, and other digestive organs. They also showed signs of food-processing abnormalities linked to diabetes and heart disease. Another group of volunteers on the same diet, but with glucose sugar replacing fructose, did not have these problems. People in both groups put on a similar amount of weight. However, researchers at the University of California who conducted the trial said the levels of weight gain among the fructose consumers would be greater over the long term.
- In animals, fructose-rich diets increase the production of fat and promote resistance to the energy-regulating hormone insulin. New research suggests that memory suffers as well, at least in rats. Neuroscientist Marise B. Parent, of Georgia State University, and her colleagues fed 11 adolescent rats a diet

in which fructose supplied 60 percent of the calories. For 10 other rats, cornstarch took the place of the sweetener. The scientists trained the rats to find a submerged platform in a pool, with the help of surrounding cues. Two days after the training ended, Parent's group removed the pool's platform and recorded where the rats—now adults—swam. Whereas the control group spent most of its time around the platform's old location, the fructose-fed rats visited this area significantly less often. "They can learn" the platform's location, Parent notes, "but they just can't remember it for long periods." (Another research group has shown in hamsters that insulin resistance can affect the hippocampus, a part of the brain critical for learning and remembering facts and events.)

So, my recommendation is to stick to eating organic fruits and vegetables and leave the high fructose corn syrupy soft drinks and other fructose containing processed foods alone or at least to a bare minimum.

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<http://www.scientificamerican.com/article.cfm?id=forget-the-fructose>
<http://sweetsurprise.com>

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 susanesposito@gmail.com. Please remember that not all questions can be answered in this newsletter.

Don't Trust Me

By Michael Scimecca

I'm evil, a chronic sinner, and a world-class liar. I have bad intentions, ulterior motives, and wounds that go way beyond this world. I'm skeptical, critical, and incredibly judgmental. So for crying out loud, don't trust me.

I may appear noble or sound as if I actually know something. I may talk with hatred in my voice or speak with a deep and pervasive peace. Regardless of my presentation, whether it be passionate, self-righteous, or condescending, for God sake, don't trust me.

I could have a host of degrees and letters after my name. I may hold an esteemed position within an organization or government. I might be an author of numerous books and speak on a slew of topics. I may be revered, feared, loved, or loathed, but independent of any accolades the world may bestow on me, do not trust me, not for one second.

I have the ability to pull the wool over everybody's eyes, and you would never know it. If I end up on TV and appear to be successful, I have accomplished nothing. My insidious desire for more inspires me to lie to myself chronically that I have become a great danger to myself. Sadly, I actually believe most of the stories I tell about me and my purpose for being here on Earth, so don't trust me.

Obviously, I could go on like this for a seemingly great amount of time. If you're still reading, however, you may be curious. Where is this rant leading? Certainly, he's going somewhere with this article. Hopefully, he's not using this space to make himself feel better for all of his past transgressions. Is he? Hmmmm.

If I were writing for inner-healing purposes, I would probably never stop. The truth is I am trying to make a point. Don't trust me, especially when I am telling you what "the truth is." Don't trust me, not because I am not trust-worthy. I believe myself to be quite trustworthy. The world, however, needs each of us to show up fully and be fully present. Trust blinds us.

We all have calls to answer. One of our main persistent calls is to continue to develop our common sense. When we trust others, especially authorities, we often do so at the expense of our common sense. Trust has us close our eyes more often, which diminishes our ability to do our own "independent case studies." When we trust for the sake of trust, our experiences hold less value. They end up providing us with limited benefits, rather than giving us the wisdom we so desperately require to live completely, honestly, and happily. Quite simply, when we trust blindly, we sacrifice the wisdom we would otherwise gain from living with eyes wide open.

If you don't trust me, what should you do? Oh, I have many recommendations! Watch carefully. Look closely. Choose wisely. Do anything you can to stimulate your own creative and problem-solving abilities. Incorporate

your values if you choose. Pass on the parts of your culture that you have come to learn are wise, and improve on those "social morays" that you know definitely need improving. Heck, I have a ton of suggestions. Engage in open conversations. Practice listening to the point of real learning. When you develop the remarkable gift of true understanding, you will possess the power to become a great thought leader. You can then more effectively be part of the solution (or part of the problem, if you choose).

Here's another suggestion: Be part of the solution. Develop yourself as a trustworthy individual, but don't trust me or anyone else. And if you're really brave, use the level of common sense you currently have to develop a greater level of common sense. Can I help you? I believe I can, but don't trust me. If you choose to do nothing, however, to make productive, positive changes in your life, it's no big deal. Really! Trust me.

Michael A. Scimecca is a chiropractor and life coach. He helps many people enjoy greater levels of health and well-being. As a chiropractor, he works with individuals and families to help their bodies function optimally, without the use of surgery or drugs. As a life coach, he excels in helping children and couples learn the life skills necessary to be successful in relationships and in life. His office is in Roswell, GA. Call him at 770-912-9197 or visit www.scimecca.com.

Get Energized with Raw and Living Foods

By Brenda Cobb

Nutrition is the foundation of good health and fitness. Supercharge your body with organic raw and living foods and watch your health and fitness level soar. A busy life requires lots of energy. When you're active and on the go you might not be eating the most nutritious food. Poor nutrition can lead to low energy and disease. Raw and living food is the best medicine and finest food straight from Mother Nature. It's quick and easy, with no cooking necessary. Just eat an apple or a stalk of celery.

Many times, people think they are eating healthy when they're really not. Eating cooked food and little, if any, raw and living food will slow the body down and make it acidic. Cooked food is difficult to digest and assimilate. It sits in the body for a long time and leads to constipation, fermentation, and sluggishness. Cooking food kills all the enzymes and destroys valuable vitamins and minerals, the very components the body needs to be energized and healthy.

Organic raw greens, fruits, vegetables, nuts, seeds, and sprouts give the body everything it needs to stay active, healthy, and fit. Raw and living foods oxygenate every cell; more oxygen means more energy. If you're working out you'll get better results with optimum nutrition. You'll get more clean burning protein from raw and living foods than from meat. When you eat meat the body produces uric acid. This can affect your muscles and joints leading to aches, pains, arthritis, gout, and a compromised immune system. Raw and living foods bring back the body to alkalinity. An alkaline body is a healthy body.

Energy drinks are the rage now, but if you look at the labels of these commercially prepared products you will see they are full of chemicals, additives, preservatives, caffeine, and a host of other unhealthy ingredients. Skip the commercial energy drinks and make your own raw and living energy drink. Just blend up some raw and living foods into a smoothie to supercharge and nourish you at the cellular level. Get more energy and strength. Feel lighter and cleaner. Maximize your fitness. Create good health. It's all up to you. You are what you eat! Eat the best fresh food on the planet—organic raw and living vegan foods.

For all of the following recipes, put the ingredients in the Vita-Mix or other high speed blender and blend until creamy. The more water you add, the thinner your smoothie. Always use organic ingredients. You can't get much easier than this.

Super Charge Smoothie

2 c kale
1 apple, seeded
1 carrot
1 c sunflower sprouts
1 T dulce flakes
½ avocado
2 stalks celery
3-4 c filtered water

Lean and Green Smoothie

3 c mixed baby greens

2 stalks celery
1 cucumber
1 c broccoli sprouts
1 c parsley
1 clove garlic
1 T fresh ginger
3-4 c filtered water

Colorful Veggie Smoothie

3 c romaine lettuce
1 small carrot
1 small beet
1 medium tomato
1 stalk celery
1 c buckwheat sprouts
1 T fresh lemon juice
3-4 c filtered water

Brenda Cobb is founder of The Living Foods Institute and author of The Living Foods Lifestyle®, 101 Raw and Living Food Recipes, The Living Foods Training Manual, and several other books on raw and living foods and natural healing. A Healthy Lifestyle Raw and Living Food Course with hands-on training in nutrition, emotional healing, and cleansing and detoxification is offered at Living Foods Institute in Atlanta, Georgia. Call 404-524-4488 or visit www.livingfoodsinstitute.com for more information.

The Tool for Determining if a Food is Truly "Natural"

By Traci Sellers

This tool is designed to aid you in filtering out all of the hype-foods on the market today that are marketed as "healthful" or "natural" which may actually prove to be harmful. For example, the chemical sweetener aspartame that was hailed as a "healthy" sweetener when it entered the market is now known to cause neurological failure disorders and brain tumors. If you would prefer not to be the guinea pig for the next new "all natural" food, this filter is the tool for you.

This filter is essential because we are constantly bombarded with new and exciting advertising telling us we need their new, patented, heart-healthy blend of super whatever-it-is, followed by a group of individuals testifying how it cured them of everything from boils and bad breath to ugliness and poverty. It separates us from the "health-hype" and allows us to make truly healthful selections.

The main component of the filter is what I like to refer to as *The Cave Man Factor*. This is where we examine how a food was produced or processed and ask: "Could I reproduce that process in a cave?" I consider any process that could be done by a cave man (or out in nature with no equipment) to be a natural/acceptable practice, because he would not have access to technology that might render a food harmful.

Just as a note, I don't object to a machine doing a job a person *could* do. For example, I can chop things very finely and grind them with a mortar and pestle, or whip together ingredients with a whisk. Using a blender just makes that job easier and faster. It is when a food can *only* be produced with "high-tech" man-made equipment or chemical processing that I figure it's not something nature intended for us to consume and carries the potential of being very hazardous to the body.

For example, the commercial process of "hydrogenating" oils. In a vacuum chamber, the oil is bombarded with hydrogen until it is saturated. Because the process is not governed by a natural process and is forced upon the oil, the saturation is indiscriminating and will plug up the enzyme sites on the fat molecules that allow it to be broken down and used. If we then eat the oil, enzymes have no place to break it apart and the body tends to store it instead. It is stored especially in the liver and gallbladder, and along the venous structure of the body, seriously hampering their function and being nearly impossible to remove. If we stop to consider for a moment, that the hydrogenation process could never hope to be accomplished in a cave, we could avoid the issue entirely.

On the other hand, if I crush a handful of olives between two rocks, the oil runs out. I think a cave man could handle that, and so can my body.

Whenever the food you are selecting is not obviously in its original state, this tool becomes priceless. Because shopping even at the finest health food store is not a failsafe in getting truly healthful food, I encourage you to adopt your own filter. If the foods you select for your plate are mostly in their original state and the remainder passes through the filter as being truly natural, you will be giving your body the ultimate building blocks that will facilitate healing in your body, moving it toward its ideal.

Consume only foods that pass through the natural food filter!

The following recipe is a great way to help you keep your New Year's Health Resolutions by having a terrific way to make all those raw veggies taste terrific! It also passes *The Cave Man Factor*.

Creamy Chive Dip

1½ c Almondaise (See p. 43 of *Traci's Transformational Kitchen Recipe Collection* or watch our video on YouTube: <http://www.youtube.com/watch?v=IN5rWUJA73k>)
¼ c fresh snipped or 3 T dried chives
2 T nutritional yeast flakes
1 t sea salt
½ t dried dill weed
1½ T raw red wine vinegar
2 t raw agave nectar

- Whisk together all ingredients until well mixed. Great with any raw vegetables or crackers.

*Traci Sellers started learning about healthful eating because her life was threatened. When all that the medical profession had to offer had failed, healthful eating saved her life. She has been studying health and creating recipes that follow healthful eating principles for the last 10 years. She specializes in making healthful alternatives to classic comfort foods. For more information on healthful eating, download the free e-book [Traci's Transformational Health Principles](http://www.bestfoodist.com) at www.bestfoodist.com or purchase your copy at *Life Grocery*. Succeed in 2010 with personal health mentoring online at www.TracisTransformationalKitchen.blogspot.com/2009_11_01_archive.html.*

Reflections, Passing the Torch, and New Beginnings

By Betsy Bearden

The New Year always represents time for reflection, expectations, goals, promises, and recapturing all the really great moments we had throughout the past year. Luckily, it seems the memorable times and “Doh!” times usually balance each other out.

Some of my most memorable and relaxing times of ‘09 were spent on the water, kayaking with my husband, Steven. In fact, they were so relaxing, that my brain seemed to take a hike one particular afternoon. It was a quiet and beautiful, late fall day as we paddled along a quiet cove at Lake Allatoona. We saw a fisherman fishing off the bank and I called out to him and asked if he was catching any fish? He promptly replied, “No, but then I never really do!” As we paddled around the next cove, our general conversation about anything and everything turned to fishing.

“No one ever seems to catch any fish at Lake Allatoona,” Steven said. And from there, the subject led to tadpoles. He proceeded to tell me about one of his childhood memories of tadpoles taking over the community swimming pool while it was closed down for off-season. Come spring, they had to be removed, and the pool cleaned before it could open back up for summer. I sat for a moment and tried to figure out why no one ever caught fish at Allatoona, because I had just seen hundreds of tadpoles as we were putting in at the dock. But before I could catch the words coming out of my mouth, I asked, “Don’t tadpoles turn into fish?” *Doh!* He laughed and then reminded me that they do, in fact, turn into frogs. I *used* to know that! No redemption here, so I will just move on.

My mother will celebrate her 86th birthday this June. She remains independent, lives alone, and drives herself to the store, beauty parlor, and to church on Sundays. How very Mayberry, I know. She has led a predominantly vegetarian lifestyle over the past thirty-something years by eliminating all red meat, poultry, and most dairy products. As a result of this (and great genes, obviously), she has remained prescription drug free and does not even have a primary-care physician.

However, during the months of September through November, Mama became very ill. She contracted

Hepatitis A, and subsequently broke out with shingles, as her immune system had become compromised from the Hepatitis virus. She was attacked by two major viruses at the same time! She is okay now, but is left with that nightmare of a memory. It is scary to think that anyone, at anytime can become infected with Hepatitis A from food (food handlers that don’t wash their hands), bodily fluids from carriers of the virus, and unclean kitchen or bathroom surfaces. There is no treatment for the virus; it just has to run its course. I never had a clue about it; this is something we should all be made more aware of!

Thanksgiving was fast approaching, and since Mama was about 90% improved, but still recovering, I told her that I was going to do all the cooking. No thunder or lightning occurred as those words came from my mouth, so it should be smooth sailing from there, right? You may remember that I have been banned from bringing pumpkin pie anymore. Just because I forgot to add sugar to the recipe one year, and had to poke holes in the eight pies I had made, and fill them with molasses, is that a reason to treat me like a pumpkin pie pariah? A few years later, I made one out of eight pumpkin pies with tofu in place of eggs. Gosh, someone call in the Militia! Just a few *minor* infractions, wouldn’t you say? I mean . . . anyone familiar with my background, at all, knows that tofu and I are like peas and carrots.

Everyone always pitches in each year and brings his or her own specialty dishes. Well, our dear Matriarch has several specialty dishes that no one else has ever been *allowed* to make—cornbread dressing, green beans and red potatoes, rice pudding, and sweet tea. She reluctantly passed the torch of the dressing and green beans on to me, but Mama assured me she could make the four gallons of sweet tea and rice pudding, but I would remain on standby. I assured her I would make everything taste just exactly as she had made it herself. Still no lightning or thunder, thank you!

T-minus 24 hours and counting—I baked the cornbread as the yellow corn meal box stated: corn meal, flour (I didn’t have any all-purpose, so I substituted bread flour and added eggs, baking powder, buttermilk, vegetable oil and sugar. What’s the difference, right? When the

cornbread was cooked and cooled, I crumbled it up, added chopped celery, onions, salt, pepper, and vegetable broth. Perfect! Next, I proceeded to snap the green beans, and put the red potatoes on to cook. It just didn’t look like I had enough green beans, but I happened to have a bag of frozen “French-style” green beans in the freezer that I added. No one will ever notice that some of the green beans are longer and skinnier than the others, right?

T-minus thirty minutes and counting, we are setting the table for Thanksgiving dinner. My sister-in-law, Linda, said, “I hope you made the dressing as good as Mom makes it. I have been looking forward to this all year.” *No pressure.*

T-minus three minutes into dinner someone asked, “Why are the green beans all different sizes? Who made these green beans?” T-minus four minutes into dinner and counting: “Why does this dressing taste so *sweet*?” *The sugar!* I should not have added the sugar to the corn bread recipe. Doh! Hmmmm...could it be that sugar seems to be my nemesis?

T-minus twenty-minutes into Thanksgiving dinner and counting, the announcement was made that “We have pumpkin pie, and no, Betsy did not make it!” Seems my wonderful mother-in-law, Betty, has now been passed the torch of pumpkin pie duty, and there is no way anyone can top her expertise on this one! Trust me.

It all worked out in the end. Ah, such is life. Speaking of Life, if it was up to me, I would just choose to go to Life Grocery where I could pick up organic green beans, red potatoes, and head back to the freezer section for my favorite holiday feast: Tofurkey! Or even better, head over to Café Life where you can get just about anything veggie or vegan that your heart desires!

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

Are You All Dried Out?

By Linda Townsend

We are now in the middle of our winter season and with it comes a common health issue: xerosis, the fancy medical term for dry skin. Grandma would have probably called it “winter itch.” Regardless of your skin type, during the winter, the drier air contributes to xerosis by drawing moisture right out of the skin cells.

There are several ideas on how to treat and combat this problem; some are quite costly and elaborate, but you may find the simplest things can make a big difference. I have personally dealt with this problem for decades of my life because I have a tendency towards dry skin all the time, but about four years ago I finally said “*enough!*”

Maintain Indoor Humidity Levels

The air outside is drier most of winter and the furnace heating the air in your home dries it out even more. A good humidifier is necessary to maintain the humidity in your home at 40 to 50 percent, the range considered ideal for your body. My humidifier is set just over 50 percent to allow the added moisture to circulate more evenly throughout my home. Basically, it is a matter of what makes you comfortable and tell-tale signs of a good range is the lack of static electricity (those unexpected shocks) and no condensation on the inside of windows.

There are other advantages for your house as well: Wood dries out too, so wall paneling, wood trim, and hardwood flooring can shrink and cause joints to open. Cracks can appear in drywall and plaster. Joints in wood furniture can loosen. Wooden instruments like pianos and guitars tend to go out of tune. A good humidifier can do

much more for your home environment than just provide sinus relief.

What Goes In, Must Come Out

Skin has been described this way by Mitsuhiro Denda PhD, of the Shiseido Research Center in Yokohama, Japan: “The primary job of the skin barrier is to keep water-rich internal organs from drying out by preventing water loss in dry environments.” Better to have dry skin than dehydrated organs! Therefore, the whole body needs ample hydration, but drinking generous amounts of water alone is not sufficient to keep the skin itself moisturized.

Dry skin is also a sign of fatty acid deficiency. Fatty acids are necessary for our oil-producing glands, our natural moisturizers. According to Thomas Cowan, MD, a physician and board member of the Weston A. Price Foundation, people with dry skin should be eating good fats including butter, coconut oil, olive oil, and small amounts of flax oil.

Soaps vs. Detergents

Many detergents today are sold as soaps, but there is a difference. Any good skin cleansing product grabs onto dirt, loosening its attachment to the skin, so that it is rinsed away with water. The method of how soap does this can make a big difference in the condition of the skin. Detergents are notorious for stripping away natural skin oils, even the ones that labeled “moisturizing.” Handmade soaps usually have an excess of fat and a thin layer of natural glycerin is left, so thin it does not feel greasy, but does wonderful things for the skin.

Glycerin is a humectant, a substance that absorbs or helps another substance, such as the skin, retain moisture. In other words, the after effects of using a handmade soap is that the glycerin does not just help in retaining extra moisture provided by the bathing water, but it also attracts moisture from the air afterward. The result is like washing and then putting on lotion, but it is all done in one sudsy step in your shower or bathtub.

When All Else Fails

Four years ago I stopped having winter itch and cracking lips. No more rough elbows or peeling skin on my feet. I did it just by making these changes, but I must also admit I still need a little extra help, like when I have been outside for a long time or after washing my hands with a detergent. It is a good idea to carry a small amount of lotion to use as needed on the spot, but if you are using lotion over large portions of your body most of the time like I was, you might want to consider making some changes favoring smooth, soft skin with less work and better results.

What a time to contrast this dry, barren, chilly season by having skin with the glowing, radiant vitality of summer!

Reference:

Denda, M (2000) Skin Barrier Function as a Self-Organizing System, *Forma*, 15:227-232 <http://www.scipress.org/journals/forma/pdf/1503/15030227.pdf>.

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

Clean AND Green is BEST for Your Health

By Jesse Andersen

Everybody likes a clean home, right? Me too. I love having sparkling bathrooms and a crisp, fresh kitchen, along with shiny end tables. But what exactly are we relying on for that oh-so-fresh, oh-so-sparkly cleanliness? Without much thought, many of us pull out the bottled chemicals from our locked cupboards, (locked so our children or grandchildren can't get them), then proceed to spray, pour, and wipe with the volatile cocktail mix of hazardous substances that make our home seem "oh so clean," and yet, may be doing us so much more harm than good.

Please keep in mind, I'm not writing this article to give you ONE MORE THING to add to your list of things to worry about. Quite the contrary, I'm writing this article to share with you that there is another option; a better option.

You don't even need to make it a big research project. I've already done some research here for you. You don't even need to lose sleep over it tonight, because the solution, you'll be glad to hear, is simple.

Five and ten years ago, there were a few experts quietly placing articles in magazines, like *Mother Earth News* and *Vegetarian Times*, about the hazards of the chemicals we use in our living space day in and day out. But over these last few years, dozens of experts have been screaming from the rooftops, the articles have been getting louder and louder, with more and more data and studies to back up the findings. The internet gives us a worldwide view of thousands of reliable articles and studies of which I'll share three with you. Let's take a look, shall we?

Brian Halweil, of the Worldwatch Institute, tells us that "according to the U.S. Environmental Protection Agency, the air inside the typical home is on average 2-5 times more polluted than the air just outside, and in extreme cases 100 times more contaminated, largely because of household cleaners and pesticides." Also, "in a 2002 U.S. Geological Survey study of contaminants in U.S. stream water, 69 percent of streams sampled contained persistent detergent metabolites, and 66 percent contained disinfectants."

Why should those statistics matter?

From the CBC Marketplace report on Household Cleaners, Gregg Evans spoke to Dr. Virginia Salares, who specializes in indoor air quality. He asked her what is in some of the products being marketed to young families. One product they looked at—Lysol Anti-bacterial Action Spray—lists ethanol 79 percent. Not just any ethanol, Salares says, it's denatured ethanol.

Salares put together a book full of data sheets that list the hazards of specific chemicals in the workplace. Here's what she discovered about denatured ethanol: it "may cause irritation of the eyes and mucous membranes, may cause central nervous system depression if inhaled or ingested." They also found alkyl dimethyl benzyl ammonium chloride, in the Lysol—a pesticide. And in glass cleaners? "Some of them have what are called glycol ethers. There is concern over these products for workers (or home owners) who have been exposed occupationally. They have been seeing reproductive effects."

The CBC Marketplace report continues with information about carcinogenic chemicals—chemicals that may often cause cancer.

Hundreds of chemicals, possibly even thousands of them, are capable of causing cancer to occur in test animals and in humans alike. Cancer seldom eventuates from one acute exposure, but may after prolonged low level exposure or exposure over shorter periods to higher levels.

There are many well known and documented examples of chemicals that actually cause cancer in humans. For example, the fumes of the metals cadmium, nickel, and chromium may often cause lung cancer. Sarcomas are known to be caused by vinyl chloride,

while the exposure to arsenic substantially increases the risk of skin and lung cancer. Chemically induced changes in bone marrow by toxic chemicals such as benzene and cyclophosphamide and other toxic chemicals may often result in leukemia.

The sad fact of the matter is that cancer induced by chemicals takes many years to establish and may not become apparent until long after the chronic low level exposure has stopped, as may be the case with an infant crawling on surfaces which have been cleaned with toxic chemicals used by an unaware mother.

"People assume that if it's on the shelf, it's been tested, it's safe. And you can't make that assumption all the time. You can't. Not with the regulatory framework we have in place," Kathy Cooper of the Canadian Environmental Law Association, told CBC Marketplace.

Natural News staff writer, E. Huff, tells of a report conducted by the Environmental Working Group (EWG) where they found that in 13 different California school districts, maintenance crews are using cleaning supplies that emit more than 450 different toxins into the air, many of which trigger asthma and lead to cancer.

The districts were chosen carefully and included ones from different regions of all different sizes. While some have begun implementing new cleaning protocols and pilot programs for testing safer cleaning supplies, data reveals that many toxic substances are still being used.

Formaldehyde, styrene, and four other toxic substances were found in school cleaning supplies that all contribute to asthma. These and nine others also found in the cleaners are known to cause cancer. The use of these products is likely correlated to the 28 percent increase in childhood cancer between 1974 and 1998.

Whoa! And folks, I'm just touching the very tip of the iceberg. But let's move on to the "simple solutions" part.

Again, the internet provides tons of resources and lists to keep things simple in helping us to re-arrange the way we clean things around our homes. Here are two to get you started: First, www.EnvironmentalHomeCenter.com is an online source for green building supplies, including people-friendly cleaning supplies, non-toxic paint, natural carpets, sustainable wood products, and energy-efficient insulation. Second, www.TheGreenGuide.com provides consumers with practical, everyday household and market level actions that can yield system wide environmental, health, as well as social change.

And finally, the "simplest, simple solution" is right in your own back yard. (What did Dorothy teach us from the Wizard of Oz?) Your favorite, local, and friendly Life Grocery carries the leading seller of green cleaning products in North America: Seventh Generation.

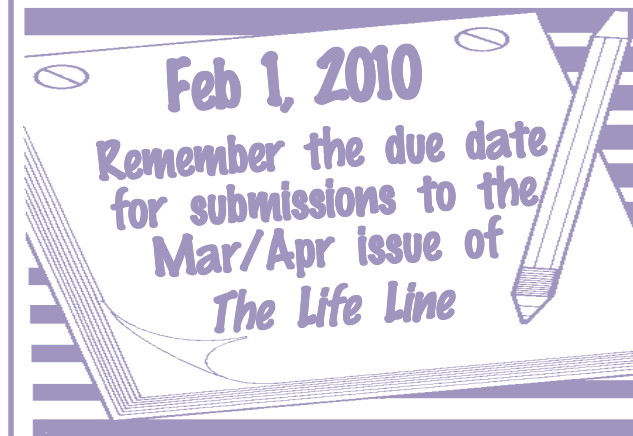
From disinfectants, to laundry detergent to household cleaners, baby care and feminine care products, you'll find the full line of Seventh Generation supplies conveniently located right here, nearby.

Just so you know, I don't make any money from promoting Seventh Generation products, but I think their products are so wonderful that I've just got to tell you a little bit about them.

For over 20 years, Seventh Generation has been committed to becoming the world's most trusted brand of authentic, safe, and environmentally responsible products for a healthy home. The company derives its name from the Great Law of the Iroquois that states, "In our every deliberation, we must consider the impact of our decisions on the next seven generations." Every time you use a Seventh Generation product, not only are you choosing a healthier lifestyle and reducing the possibility of chemically induced illness, but you're saving natural resources, reducing pollution, keeping toxic chemicals out of the environment, and making the world a safer place for this and the next seven generations.

Of course, Life Grocery carries many other great, conscious choices for our cleaning needs . . . but the

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joinmylife@lifegrocery.com



one that I chose to research was Seventh Generation, and I like what I see!

So now you are informed. I know, some of you may have already been informed. Well, for you, I hope I have caused you to pause and remember for just a minute. Now, I already know what your thinking, do these products cost more? I'm always thinking about that too. Like all things that are "better" for you and the planet, it will cost you a little more to purchase the best of the best products. For me, the realization is this: either we pay now or we pay much more later; maybe much, much more. I'm very grateful and thankful that we have better options available to us. Better for us and better for the planet.

Karen Calabrese, one of the most popular and innovative leaders in the holistic health industry, said, "If you don't take care of this body, where are you going to live?" It could be similarly said, "If we don't take care of this planet, where are we going to live?" Beautiful, thoughtful advice.

References:

Brian Halweil, Worldwatch Institute; Vision for a Sustainable World; Good Stuff? - Cleaning Products; <http://www.worldwatch.org/node/1484>
CBC Marketplace: Household Cleaners by Wendy Mesley, Gaelyne Leslie, Louisa Jaslow; <http://www.cbc.ca/consumers/market/files/home/cleaners/index2.html>
NaturalNews.com; School Cleaning Supplies Emit Toxic Fumes into Classroom Air by E. Huff; http://www.naturalnews.com/027848_cleaning_supplies_schools.html
Seventh Generation, Inc.; www.seventhgeneration.com

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 night at 6:30pm. For more information on her classes, or if you would like Jesse to email you her "BEFORE and AFTER" weight loss photos, email her at RawFoodResourceCenter@gmail.com.

Reflections of My Gluten Free Life

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

I've now been officially gluten free for over 6 years now, and while it's hard to believe it's been almost 7 years, it seems like second nature to me now. I wanted to share with you all just a little bit of what I've learned during this time. First of all, I can live without wheat in my life. I can remember saying "But I just can't live without WHEAT!" Oh so not true. I couldn't live WITH wheat, I just had to get it through my thick head that wheat/gluten was poison to my body and treat it as such. Secondly, it does get easier with time. In the beginning I was just as depressed, angry, bitter, afraid as most people are when they first find out they have either Celiac Disease or Gluten Intolerance, or have to give up wheat/gluten for other reasons. I really thought that my life was over. I thought for sure I'd never be able to eat good tasting food ever again. Again, not true. I've discovered so many delicious foods out there and have become much more excited about sharing my finds with others. In the beginning I wouldn't have served my feeble food experiments to the dog, they were that bad!

Another thing that I've learned is that the holidays are not about food. Sure a lot of our family traditions revolve around holiday parties and meals, and things like baking cookies and gingerbread houses, so many of which can be adapted to be gluten free. Instead, the holidays are about spending time with friends and family and making precious memories. My number one rule is "don't panic." I have just learned to plan ahead and not go hungry. Make recipes that everyone can enjoy and create new traditions.

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

Speaking of reading labels, the fourth thing I'd like to share with you is this: ALWAYS read labels. Even if you have bought the same product many times before and it's always been gluten free before, even if you've previously verified a product as safe through contacting the manufacturer, always re read the labels. Ingredients change, formulations change, suppliers change, and the ingredient statement on the package SHOULD be the most accurate source of information as to what is in that product. I don't know how many times I've picked up a box of whatever product I've been getting for a while and tossed it in my basket only to stop and think "I need to double check the label" only to find that, yes, the company has added wheat to the formula in some form or another and now my favorite cereal is no longer safe. This is why I prefer to shop at Life Grocery, with its great gluten free section and many products that are actually labeled gluten free!

The last little tidbit of information I want to share with you today is this: just because a food is verified gluten free, it does not mean that you aren't going to react to it. Many of us have multiple food intolerances show up the longer we are on the gluten free diet. So, just because you ate something that made you sick, it doesn't mean it was necessarily gluten. You could have developed an intolerance to dairy, corn, soy, legumes, or any number of things. Only you can truly determine

what other intolerances you may have. Whenever I start reacting to foods and I know I've been strict about my gluten free diet, I have to go back to the basics and eliminate all suspect foods and then add one thing back at a time and keep a journal of any reactions. Ultimately, you become your own food detective. Good luck and never give up hope! The most important thing to remember is to focus on what you can have, not on what you can't. On that note, I want to share several of my favorite foods.

Tofu or Chicken Rice Casserole

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

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

Tofu or Chicken Broccoli Casserole

2 c or 8 oz shredded cheddar cheese or non dairy substitute
1½ c cut up firm tofu or cooked chicken
2/3 c finely chopped onion
10 oz of fresh broccoli chopped into small pieces or 1 pkg frozen chopped broccoli, thawed, and drained
1 1/3 c milk or non dairy substitute
3 eggs or equivalent egg replacer
¾ c of The Gluten Free Pantry's Quick Mix
¼ t pepper
1/8 t dried thyme leaves

1 c shredded cheese or non dairy substitute, for topping

- Heat oven to 400° F.
- Mix the 2 c of cheese, tofu or chicken, onions, and broccoli in a greased casserole dish.
- Beat remaining ingredients, except cheese, with wire whisk or hand beater until well mixed. Pour into dish.
- Bake until knife inserted in center comes out clean (approximately 25-30 minutes).
- Top with remaining cheese.
- Bake just until melted.
- Cool 5 minutes. Serves 6-8.

Grits Casserole

serves 6

Good for brunches and dinner w/turkey etc

1 c gluten free quick cooking grits
4 eggs or egg substitute
3 c water
1 c milk or milk substitute
½ c butter
1 c shredded cheddar cheese
1 t garlic
salt and pepper to taste

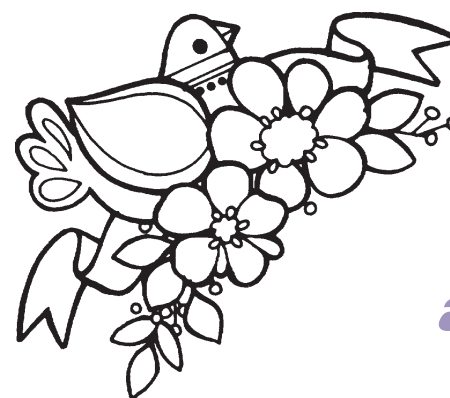
- Preheat oven to 350° F.
- Put grits in water. Cook over medium heat until very thick. Remove from heat and add butter.
- Stir in salt and pepper.
- Beat eggs and milk together.
- Add to grits and mix well. Add cheese.
- Pour into 3 quart greased casserole and bake uncovered for 45 minutes

NislaWhetstone 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 magicckhand@gmail.com for additional information.

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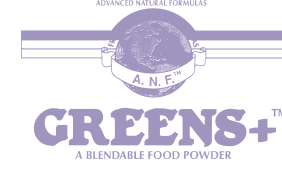
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Spice Up Your Spring

By Dr. Susan Esposito

As many of us strive to consume the healthiest foods, we are faced with the challenge of making these vitalizing foods as appetizing as some of their junkier counterparts. One major strategy to combat the comparative blandness of non-processed foods, is to incorporate the exciting and flavorful aspects of some of the world's most common spices.

Not only will these spices help to make your dishes more appealing to eat, but they contain a vast and varied amount of nutritional and medicinal properties. Spices have been used throughout history as both flavor enhancers and medicinal curatives. For example, in the 14th century, certain spices such as cinnamon, clove, and garlic were used to protect against contracting the Bubonic Plague in Europe.

There are numerous studies proving the efficacy of certain spices below that were listed in *naturalnews.com*, October 2008:

In a study reported in the *British Journal of Nutrition*, fifteen aromatic herbs and spices consumed in Central Italy as part of the Mediterranean diet were studied to reveal total phenolic, flavonoid, and flavanol content, as well as their antioxidant potential as measured by oxygen radical absorbance capacity (ORAC). A comparison was made between salads to which aromatic herbs had been added. The addition of lemon balm and marjoram increased the antioxidant capacity of a salad portion by 150% and 200%, respectively, corresponding to an intake of 200 mg. of phenolics and 4000 ORAC units. Among other spices tested, cumin and fresh ginger made the most significant contribution to antioxidant capacity.

Another study reported in the *Journal of Medicine and Food*, examined the effects of a spice mixture on oxidative stress markers and antioxidant

potential in tissues of insulin-resistant rats. Addition of the spice mixture reduced the levels of lipid peroxidation (break down of fats resulting in free radical formation) markers in tissues and improved glucose metabolism and antioxidant status of the rats even though they continued to be fed their fructose diet.

A study in *Prostaglandins Leukotrienes and Essential Fatty Acids* reported that spices possess antioxidant activity that can preserve the integrity of lipids and reduce lipid peroxidation. Researchers investigated the antioxidant activities of selected spice extracts on peroxidation. The spices tested were garlic, ginger, onion, mint, cloves, cinnamon, and pepper. Cloves exhibited the highest and onion showed the least antioxidant activity. The relative antioxidant activities decreased in the order of cloves, cinnamon, pepper, ginger, garlic, mint, and onion. Spice mixes of ginger, onion, and garlic; onion and ginger; and ginger and garlic showed cumulative inhibition of lipid peroxidation, exhibiting synergistic antioxidant activity. The antioxidant activity of the spice extracts was retained even after boiling for 30 minutes, indicating that the spice constituents were resistant to thermal denaturing.

The *Journal of Medicine and Food* also reported an investigation in which researchers bought 24 herbs and spices at a local supermarket. After testing them they found that many appeared to have the power to inhibit tissue damage and inflammation brought on by high blood-sugar levels in the body. They inhibited the glycation process that has been linked to inflammation and tissue damage in diabetics. The spices with the greatest effects were cloves, cinnamon, allspice, apple pie spice, and pumpkin pie spice. Top herbs included marjoram, sage, and thyme.

Another study from the *Journal of Medicine and Food* investigated the effects of red chili, cumin, and black pepper on colon cancer induced in rats. They found that cumin and black pepper suppressed the onset of colon cancer.

I am not advocating that you should throw out any prescribed medicine and replace it with your spice rack. You must always check with your doctor before performing any drastic changes to your medical regime. You may, however, experience greater health and vibrancy with a dash of spices thrown into your daily menu. In the next issue, I will list many of the most popularly used herbs and their beneficial properties. I will also include a list of spices and their common food usages. Here's to spicing up your life!

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 susanesposito@gmail.com. Not all questions can be answered in this newsletter.

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Vitamin D – A Missing Link?

By Don Bennett, DAS

It's not a stretch of the imagination to think that we need sunshine. Obviously plants (and the plants that we eat) need sunshine to grow and to be healthy. And so do we, but this fact isn't as obvious. People who get very little sunshine obviously don't wither at a young age, but they do "wilt," they just don't realize it. Vitamin D is known as the "sunshine vitamin" for a very good reason; that's how humans are supposed to get their vitamin D (it does *not* come from food in any meaningful way). But if not getting enough D contributes to diabetes, cancer, and osteoporosis (among other things), and we're told that we either don't know what causes these conditions, or that they are caused by something like insufficient calcium or some other equally erroneous information, and we then get one of these conditions, we're not likely going to suspect lack of sufficient vitamin D as a cause.

But what if insufficient vitamin D, in reality, contributes to the above-mentioned conditions? First let's understand why processed foods are fortified with vitamin D. When it was discovered that the condition known as rickets (softening of the bones) was caused by a vitamin D deficiency, it was decided that our foods should be fortified with D to prevent this disease. But 400 IUs of D (a common dose in multivitamins), although enough to prevent rickets, is not enough to provide the human body with what it needs to help prevent those above named diseases that plague our society today. And this is what emerging research is now telling us, in no uncertain terms.

So how do you know if you are getting enough D? The long and the short of it is: If you live in a climate where you can't sun yourself in "meaningful" sunshine all year round, you are extremely likely to be deficient to a degree that will increase your odds of developing one (or more) of those above named serious, degenerative conditions. "Meaningful" sunshine is sunshine that could burn you if you stayed exposed too long; many people put up with cold temperatures to sunbathe during late fall, winter, and early spring, and although the sunshine may feel nice, it is shining through too much atmosphere to create any meaningful amount of vitamin D in the skin. So there are many people in the US who are deficient enough in D to prevent the body from doing its best job at keeping you free of those life-threatening diseases.

So how can you be sure you're getting enough? Test yourself! Even if you take a multivitamin, you are very likely to be deficient to some degree in vitamin D, especially in the winter. Fortunately this test can be done at home and sent through the mail to get your results; you don't need a doctor's order (unless you live in New York). Your *25-hydroxy-vitamin D* level should be between 50-80 ng/ml. (Be advised that some doctors are behind the times in recommending between 30-60 ng/ml.) So if you're under 50 ng/ml, you should do something about it. Since all tanning lamps are not created equal in that some will tan you but not produce any D (which is counter-productive), this is why I recommend supplementation with D3 (D2 is available as a supplement, but it is not nearly as effective, and in many cases not effective *enough*). And certainly do so in the winter months and whenever you can't get goodly amounts of sunshine on a daily basis (but needless to say, don't get burned).

Because vitamin D is so cheap and so clearly reduces all-cause mortality, I can say this with great certainty: Vitamin D represents the single most cost-effective medical intervention in the United States.
- Dr. Greg Plotnikoff

Since too much supplementary vitamin D can be toxic, and too little can rob you of adequate protection, it's important to know how much D3 to take and how to arrive at this dose (and by-the-way, what's printed on the bottle will always be a safe amount, but may be too conservative an amount). There's some great in-depth information on this very important subject in the ARTICLES section of Health101.org (look for the article *Cancer Prevention and Vitamin D*).

If you want the BEST odds of never getting a diagnosis of something serious, or of getting rid of something you already have, respecting your body's need for enough vitamin D is critical.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author; his book How to Have the BEST Odds of Avoiding Degenerative Disease is available in the book department at Life Grocery.

Sleeping Well

By Dr. Kimberly Strickland, ND

The importance of a good night's rest for excellent health cannot be emphasized enough. Many people are committed to proper nutrition, exercise, and supplements, but then stay up late at night, producing sleep deficiencies. We evolved to sleep when it was dark because of lack of light. Now we can stay up as long as we like since we have electricity. That doesn't mean that is a good thing for our health.

Suggestions for a good night's sleep include going to bed at the same time most nights, giving yourself about an hour before you go to sleep in dim light, and reducing sugar and caffeine consumption as the day goes on. If you are still having difficulty sleeping, which is typically more common as people age, there are items in the supplement section at Life Grocery to assist you in getting a restful sleep.

Valerian is a sedative herb that is nontoxic and non-addictive. Other herbs that are good for overcoming insomnia are passion flower, skullcap, and kava kava. Calcium has a calming effect and should be taken at night. Floradix makes a liquid herbal form that is quite tasty. Melatonin is a naturally produced hormone that affects sleep, as does serotonin. GABA is an amino acid that acts as a neurotransmitter in the central nervous system. It helps to calm the body in addition to other

things. In the fall during my pregnancy, I experienced sleeplessness, although I was very tired. I found that my GABA levels were off and for a month I took a supplement called inositol, which is a derivative of B complex, to balance my GABA. Inositol has a calming effect in the body and helped me to sleep soundly. There are also plenty of herbal tea selections at Life Grocery that offer calming mixtures of herbs to induce a restful night of sleep.

Resources:

Healthy Aging, Andrew Weil, M.D. First Anchor Books Edition, 2005.

Prescription for Nutritional Healing, James F. Balch, M.D. and Phyllis A. Balch, C.N.C., 1997.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to two boys with a third baby on the way any day. [Kim gave birth to Skyler Wynter Strickland at home on March 3, 2010, at 4:20 pm. He weighed 7 pounds 2 ounces, was 19¼ inches long, and is very healthy. Congratulations to the Strickland family!]

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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

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

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

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heathere Wilmoth

Contributors: Betsy Bearden, Don Bennett, Kay Bird, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Julius Goepp, MD, Ronnie B. Hudson, Brian Murray, Kal Sellers, Dr. Kimberly Strickland, Linda Townsend, Nisla Whetsone

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

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In This Issue

- 1 Spice Up Your Spring
- 2 Vitamin D – A Missing Link?
- 2 Sleeping Well
- 3 Nutrition from "A" to "Z"
- 3 How Fat are You?
- 4 CoQ10 Technology: Innovation That Never Quits!
- 5 Contact Reflex Analysis: A Tool to Find the Problem and Chart the Path to Recovery
- 6 Organic Vegan Diet - Is it Really the Best?
- 6 Resolutions?
- 7 O Ham . . . O Ham . . . Wherefore Art Thou, Ham?
- 8 Confused About the Gluten Free Diet?
- 8 Paint Wellness on Your Walls

Nutrition from "A" to "Z"

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

"R" is for red sauce, which is typically made with tomatoes. They are loaded with disease-fighting antioxidants and contain lycopene, which has been shown to help prevent certain cancers, including prostate cancer. When cooked, the lycopene level in a tomato is actually increased. Lycopene in tomato paste is four times more readily available than in fresh tomatoes. This is one of the few times where cooking something actually increases the health benefits of a food! Lycopene has been shown to reduce cardiovascular disease, cancer, osteoporosis, diabetes, and male infertility. In my book *Eating Right for the Health of It*, I have some great red sauce recipes. I have yet to find a better red sauce than mine anywhere in the world. I strongly suggest that you try it and see if you can find one that's better than mine. Add it to your diet and not only will you enjoy your food more, you'll help to prevent disease, as well.

"S" is for sea salt. Most everyone loves salt. I love salt. However, most conventional salts cause more harm than good. The more you process something, the more

health benefits are lost and most conventional salts are super processed. Sea salt, however, is not heavily processed. It's loaded with natural iodine, which helps to balance hormones and is essential for proper production of the thyroid hormone. Iodine deficiency can lead to hypo-thyroidism, which causes extreme fatigue, mental slowing, depression, and weight gain. By ingesting sea salt, you're getting that iodine, which is an essential part of any diet. Sea salt also contains calcium, magnesium, sulfate, and potassium, all of which table salt doesn't contain. You can add sea salt to salads, snacks, and cooked dishes. If you don't particularly like salt (yes, such people do exist!), you can add it to my *Dr. Joe's Super Greens* to make the sea salt more tolerable. You can even add it to water. Take some water, add a little organic fruit juice, and some sea salt. This makes the sea salt less distinguishable. I recommend you consume one half to one teaspoon of air dried sea salt a day.

"T" is for tomatoes, which are loaded with lycopene and vitamin C. They are extremely versatile. There are

all kinds of things you can make with tomatoes, such as red sauce, tomato paste, salsa, and even tomato sandwiches. Try making a nice spring salad with sliced tomatoes, cucumbers, and onions, lemon juice or apple cider vinegar and fresh herbs like basil or dill. Experiment with tomatoes and see what delicious and healthy dishes you can create.

This article will be continued in the upcoming 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 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!

How Fat are You?

By Brian Murray, M. Ed.

When someone tells me they lost ten pounds I like to ask "Ten pounds of what?" Of course they can't answer the question – they don't know what they *really* lost, and to their detriment, often don't care. I realized this one day when I stopped a woman who was briskly walking around my office building. I asked if she was out for a "fitness walk" and she said yes, and told me that she had lost 18 pounds. I replied, "Eighteen pounds of what?" to which she replied, "I don't know, but it's gone." Big mistake. All of you should know what you are losing.

I have said it before and I will continue to say it over and over again until everyone understands that body weight is meaningless, especially when you are on a "weight loss" program. Why? Your weight doesn't tell you how much fat or muscle is on your body. These are the two tissues you should be most concerned about. These are the tissues that primarily determine your weight, shape, and how much space you occupy. So how do you know what is happening on the inside of your body?

I cannot recommend strongly enough that you start tracking your body composition. For the past four years I have collected body composition data on clients using a Tanita® Body Composition Monitor. It calculates body composition using Bioelectrical Impedance Analysis

(BIA). A safe, low-level electrical signal is passed through the body. Electricity passes easily through fluids in the muscle and other body tissues but meets resistance as it passes through body fat, which contains little fluid. When used under consistent conditions this device gives you the information you need to evaluate what is actually happening to your body as a result of exercise or dietary modifications. You should be primarily interested in how your measurements *trend* over time; not the accuracy of the numbers during each individual measurement. In my experience this is a very simple, reasonably accurate, and convenient way to obtain trend information that will alert you when you are doing something wrong, or reinforce when you are doing something right.

The main thing to remember about checking your body composition is that your body weight is not important. It is what happens "behind the scenes" that effects your body weight that is important, hence what is happening to your fat mass and muscle mass. For example, the following scenarios indicate that you are getting leaner:

- Scenario 1: Body fat percentage goes down while muscle mass goes up.
- Scenario 2: Body fat percentage goes down while muscle mass remains the same.

- Scenario 3: Muscle mass goes up, body fat does not change.

In keeping with weight being the great master of disguise, in scenarios 1 and 3, your body weight could be going up. Hence, not all weight gain is bad. This shift in thinking is incredibly difficult for our weight-obsessed society to grasp, yet so incredibly important. Although I'm old enough to know that you can't change the thinking of those who don't want to change, I'm young and stupid enough to keep trying.

The point I want to make perfectly clear is that you can lose a ton of body weight and still see your fat mass as a percentage of your body weight actually go up! That is the exact opposite of what you want to happen. You need to know how much fat and lean body mass you have so you can know if your efforts are working for you or against you. The old bathroom scale will always lead you astray. Get more information with a body composition monitor and you will start to have better success getting, and keeping a leaner, healthier body.

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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CoQ10 Technology: Innovation That Never Quits!

By Julius Goepf, MD

Back in 1983, when coenzyme Q10 was first introduced, the only concern was being able to afford it. A 100-count bottle of 10 mg CoQ10 capsules retailed for almost \$100 in today's dollars. CoQ10 prices plummeted as more companies began producing it. In 1995, Life Extension introduced an oil-soluble CoQ10 for greater absorption into the blood.

By 2004, Life Extension scientists had developed a novel delivery system for ubiquinone CoQ10 that dramatically increased blood levels even more. This technology was outmoded in 2006 when Japanese scientists perfected a way to produce the superior ubiquinol form of CoQ10. Ubiquinol not only absorbs into the blood many times better than ubiquinone, but it is proven to produce vastly superior biological effects!

In 2007, Life Extension introduced a better form of ubiquinol that enabled even greater amounts of CoQ10 to be absorbed. Now in 2009, a novel ubiquinol compound has been shown to function in the mitochondria better than ubiquinol CoQ10 by itself.

Within the last 26 years, Life Extension has gone from introducing a CoQ10 pill that is merely swallowed to achieving vastly improved CoQ10 blood/performance levels. The ubiquinol compound being introduced today increases ATP mitochondrial energy output even better than ubiquinol alone!

A Cutting-Edge Adaptogenic Combination

For centuries, Ayurvedic practitioners relied on a curious substance called shilajit to treat or prevent a host of health problems. Culled from ancient biomass high in the Himalayas, shilajit was prized for its evident power to restore energy, increase fertility, enhance immunity, and safeguard memory against the effects of aging.

Modern science has confirmed that shilajit is in fact an adaptogen and a super-vitalizer.¹⁻³ Adaptogens are substances that provide broadspectrum protection throughout the body by helping it adapt to internal and external stressors. Recent research indicates that shilajit achieves these benefits through highly specific effects that restore and sustain cellular energy, particularly through enhanced production of ATP, the vital molecular power source we need to survive.

The latest studies reveal an even more remarkable finding: When shilajit is combined with CoQ10, cellular energy gains increase dramatically. Together they optimize mitochondrial energy levels, activating a super-vitalization of our mitochondria's ability to convert food into energy. This adaptogenic combination not only radically ramps up available energy, it enhances mitochondrial health, a vital factor in preventing aging at the cellular level.

What is Shilajit?

Ancient doctors discovered shilajit preserved in the rocks of the Himalayas, and it became an essential part of their treatment for a variety of conditions.²⁻⁵ Shilajit is a rich brown organic material that forms in the rhizosphere—the thin layer of earth where living roots and microorganisms interact with the rocky core of the planet itself.² This intimate organic/inorganic relationship generates the humic substances that make up shilajit, contributing to its more than 85 distinct components.^{2,6,7}

Modern analysis has determined the presence and function of two major components of shilajit, fulvic acids

(also called humic acids) and dibenzo-pyrones (DBPs). These two components go hand-in-hand to promote and enhance the energy-boosting function of CoQ10 in the body. Here's how they work.

Fulvic Acids

Found in both living and fossilized organic material (such as peat), fulvic acids protect mitochondria against oxidative damage and reduce dangerous lipid peroxidation.⁸ Fulvic acids carry DBPs into mitochondria⁹ thereby augmenting the availability of electrons in the mitochondrial energy pathway. Fulvic acids and related humic substances found in shilajit also work as "electron shuttles," augmenting CoQ10 to speed and facilitate essential electron flow in mitochondria.¹⁰⁻¹³ Mitochondria generate those electrons from the food we eat and capture their energy in ATP molecules. ATP is the cellular energy "juice" that drives all living functions. The larger the flow of electrons, the greater the production of vital ATP—and the more energy there is to power vital functions and protect cells from aging.

Dibenzo-a-pyrones (DBPs)

DBPs can come from various sources, including spontaneous formation in the body and from dietary sources such as polyunsaturated fatty acids (PUFAs).⁹ They serve as an "electron reservoir," rapidly replenishing the electrons that CoQ10 needs to sustain its antioxidant functions and its vital role in ATP production within mitochondria.¹⁴ Cellular stresses and the normal requirements of electron transport deplete stores of active CoQ10, which must be replenished in order to support healthy mitochondrial function.

Shilajit provides a rich natural source of DBPs, which support and enhance CoQ10 levels in the body.^{9,14} When laboratory mice are supplemented with oral CoQ10 alone, CoQ10 levels rise in heart, liver, and kidney tissue, as might be expected.¹

Astonishingly, when DBPs from shilajit are added to the supplement, CoQ10 levels rise still further—as much as 29% more in the liver alone!¹

What's going on? The DBPs from shilajit are not only sustaining higher levels of CoQ10 from the supplement itself—they are actually increasing concentrations in tissues beyond what the supplement alone can produce. One way that DBPs achieve this remarkable effect is by stabilizing and preserving CoQ10 in its active form. In other words, CoQ10 that would otherwise be depleted during mitochondrial energy production is preserved, thus better protecting mitochondria against oxidant damage.^{1,14}

One recent study highlighted just how DBPs from shilajit preserve CoQ10 in its superior ubiquinol (active) form at a wide variety of pH levels. For example, under alkaline conditions, DBP from shilajit preserves CoQ10 as ubiquinol 48% better than CoQ10 ubiquinol alone at 60 minutes, and is an impressive 148% better at 100 minutes. At neutral conditions (pH=7), DBP from shilajit preserves CoQ10 ubiquinol 71% better at 72 hours than CoQ10 ubiquinol alone.¹

CoQ10 Plus Shilajit—Dramatic Synergy Boosts Energy and Protects Mitochondria

Since shilajit's components protect, preserve, and enhance CoQ10 in the laboratory, you might expect that

putting shilajit and CoQ10 together in one supplement would have even greater effects in living organisms. And you would be right!

A team of researchers published compelling results in 2009 showing how shilajit plus CoQ10 preserve and protect energy function in mice.¹⁵ The researchers engaged mice in strenuous and stressful physical activity for two hours each day for seven days. Starting on day four, they supplemented the animals orally with CoQ10 alone, shilajit alone, or the two in combination. They measured levels of CoQ10, ATP, and other compounds vital in mitochondrial energy production. They then compared the results with those of the stressed animals given a placebo only, and with animals at rest. The outcomes were nothing short of astounding:

- Compared to a placebo, CoQ10 + shilajit significantly increased energy production (ATP) by 144% in muscle, and the combination was 27% better than CoQ10 alone!
- Compared to a placebo, CoQ10 + shilajit significantly increased energy production (ATP) by 56% in the brain, and the combination was 40% better than CoQ10 alone!
- Compared to control animals at rest, CoQ10 levels in the intense exercise-stressed animals plummeted by 75%—yet the combination of CoQ10 + shilajit restored CoQ10 levels to within 15% of the normal rested animals' levels!
- The CoQ10 + shilajit combination produced similar synergistic effects on a variety of other measures of cellular energy status, especially in muscle and brain tissue.

What Does This Mean for You?

The dramatic gains in cellular energy status in these studies are good news for aging people. We tend to think of energy in physical terms of how we feel; there's no question that enhanced levels of ATP, CoQ10, and other energy molecules contribute to less fatigue and better physical performance.¹⁶⁻²¹ But the benefits go far deeper.

Mitochondrial dysfunction from declining CoQ10 levels and oxidative stress is a fundamental cause of cellular aging.²² Aging cells with damaged mitochondria perform poorly and recover poorly from stress, contributing to immune dysfunction, poor cardiovascular performance, and insulin resistance.²³⁻²⁸ Studies of CoQ10 supplementation alone are producing increasingly dramatic results in patients with heart disease, stroke, and diabetes.²⁹⁻³⁵ The discovery of the synergistic effects of CoQ10 plus shilajit means greater gains for people working to enhance mitochondrial health and combat aging.

Summary

Ancient Ayurvedic practitioners observed shilajit's myriad benefits firsthand, but had no way of explaining them. Modern scientists are now discovering precisely how shilajit exerts its beneficial anti-aging, energy-enhancing effects. They're finding that shilajit works

continued on page 5

Contact Reflex Analysis: A Tool to Find the Problem and Chart the Path to Recovery

By Kal Sellers, MH

In natural healing, we have long had solutions for nearly every problem and for literally every organ, gland, tissue, and system. For more than 100 years, there have been widespread teachings about how to regenerate every organ, repair nearly every injury, and create vitality out of a state of disease.

Unfortunately, since that time, efficacy in natural healing has actually declined. This is partly because of the complexity of human character and the troubles of life. It is also partly because of the separation from nature in our modern, toxic, synthetic lifestyle. Whatever the reason, the primary challenge is not in actual efficacy of therapies, but in the ability to correctly target the correct cause. Enter Contact Reflex Analysis (CRA).

CRA was developed by a chiropractor over the last 40 years or so. He realized that, however pro-chiropractic he was, there was a cause behind that cause. He even discovered that many areas of the spine would actually self-adjust when the associated organs were at optimum.

I am in chiropractic school myself and am enthusiastic about the value of spinal hygiene, as it has come to be called. I believe in the value of establishing tone and communication, as well as movement, in the body, as a means to promote both healing and optimal vital function. Even so, this is clearly not the whole puzzle. There is a reason patterns of illness emerge in the body and it is not often previous injury from trauma.

The body should adapt to those situations easily. There must be a reason it does not.

This is the same conclusion Dr. Versandaal reached four decades ago! He had a thriving chiropractic practice, but he put in his time developing this system and reaching for healing formulas that would fill the need. Actually, many options always exist for healing specific organs, as previously mentioned, but to make them work, one must actually know what needs to be targeted.

CRA is a form of muscle testing that is designed to remove much of the subjective nature of muscle testing (which is always responsible for much criticism of it by those outside the healing professions). CRA is the culmination of research about various reflex zones on the body, what they relate to internally, and what they mean. It allows the practitioner to not only find problems, but to sweep quickly through the body and find the underlying cause or causes.

This is a method to bring the body back to optimum health layer by layer. In my personal practice (having been an herbalist first, then a CRA practitioner), I utilize a very wide range of options for supporting weak areas I find in an effort to:

- First, respect individual preferences about medicine and,
- Second, find a very effective option for each individual.

I have found it effective to apply herbs, vitamins, minerals, enzymes, diet changes, glandular medicines, homeopathics, chi gong (alt. Qi Kung) exercises, and emotional releases to CRA discoveries to work toward restoring ideal health. Through this technique, major blockages to healing, otherwise very difficult to find, can be located and healing can be accomplished.

Since Dr. Versandaal's prime, several other closely related systems have emerged, all of which are effective and each of which have different contributions. In a world where the run to health resembles a gold rush in 1849, and is just about as fraught with hype, misrepresentation, and disappointment, a technique like this is unquestionably vital. Those who use it are able to sort out things that are not very effective and avoid wasting time and money on things that simply target the wrong priorities. These practitioners will help you locate and support the correct areas at the heart of your goals for health and healing.

Kal Sellers, MH, LMT, Rolf Technician, CRA Practitioner has practiced herbal medicine, clinical massage therapy, and various healing modalities for more than ten years. He currently practices in Marietta and can be reached at 706-473-4375 for further information.

CoQ10 Technology

continued from page 4

in partnership with the known energy-boosting supplement CoQ10 to speed and augment electron transfer within mitochondria, dramatically increasing the amounts of energy-storing ATP available to tissues. They're finding that shilajit protects and preserves CoQ10 in its active form, making still more of this vital cofactor available for cellular processes. Together shilajit and CoQ10 protect mitochondria from devastating oxidative damage and reduce aging at the cellular level. The clinical effects are both evident and dramatic; increased exercise tolerance and performance and reduced evidence of oxidant damage. This cutting edge combination represents a significant scientifically validated advance in anti-aging science and CoQ10 technology.

The Energy Chain and Cellular Aging

Critical to conversion of food and oxygen to energy is the mitochondrial energy chain, an astonishingly complex array of enzymes and cofactors featuring CoQ10 in a starring role. CoQ10 and its partners channel electrons from chemical bonds in food to produce ATP molecules. ATP is the body's universal "energy currency" or "energy juice," acting as a short-term reserve fuel tank to power everything from muscle activity to brain work. The more ATP that's available, the more energy the body has at its disposal.

But the intense flow of oxygen and electricity along the energy chain causes cumulative oxidant damage to mitochondria over time, depleting stores of CoQ10.³⁶⁻³⁸ Depleted CoQ10 and related mitochondrial dysfunction are major contributors to age-related diseases and even to aging itself.³⁹ Aged and damaged mitochondria with insufficient CoQ10 operate inefficiently, producing less

energy and more reactive oxygen species.⁴⁰ This produces still more mitochondrial oxidant damage, driving a vicious cycle.⁴¹

That's where the combination of CoQ10 and shilajit comes in. Think of the energy chain as an old-fashioned bucket brigade, with each enzyme and cofactor in the chain handing its electron burden on to the next in line. You can make the brigade more effective by providing more members, by speeding transfer of buckets from hand to hand, and by making more water available to fill their buckets. CoQ10 provides more energy chain "members" to move electrons down the line to increase ATP production. Shilajit's fulvic acid component speeds electron transfer down the energy chain, making it more efficient.^{11,12} Shilajit's DBP component makes more electrons available to CoQ10, preserving CoQ10 in its active form. The combination of shilajit plus CoQ10 simply delivers more electrons faster, making mitochondrial energy production safer and more efficient.

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Julius G. Goepf, MD, is a pediatrician with additional certification in pediatric emergency medicine. He received his MD from the University of Maryland and is currently Senior Consultant at Lupine Creative Consulting, Inc., in Rochester, NY.

Organic Vegan Diet – Is it Really the Best?

By Brenda Cobb

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

The American diet has become processed and contaminated to such a large degree that it can actually make people sick. Americans suffer from more degenerative diseases than ever before. Saturated fats, white flour, refined starches, red meat, chicken, fish, pork, chemical additives and pesticides, all common elements of the American diet, are major contributors to poor health. What people eat is causing disease and death from atherosclerosis, coronary heart disease, strokes, diabetes, cancer, and many other diseases.

The Food and Drug Administration (FDA) allows the multibillion-dollar food industry to grow and process 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 play a major role in causing diseases of all kinds.

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

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 2000 food additives, artificial colors, artificial flavors, stabilizing agents, sweeteners, antimicrobials, and antioxidants are permitted in America’s food supply by the FDA. Studies show many of these additives are carcinogenic.

Consuming ORGANIC whole foods (without all the chemicals), rich in different colored vegetables, fruits, nuts, and seeds is an optimum diet. When you eat the majority of vegetables and fruits raw, you are getting the best nutrition because heating food to over 105 degrees destroys many of the nutrients. Stick to a plant-based diet and you will get important antioxidants and other nutrients including vitamin C, beta-carotene, vitamin E, and many cancer-fighting substances.

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

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

On a percentage-of-calories basis, most vegetables contain less than 10 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 have 38 percent fat! These fats are saturated fats which raise blood cholesterol levels.

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

Guacamole Salsa Salad

baby greens
raw vegetables of your choice, chopped
guacamole, recipe follows
salsa, recipe follows

- Place mixed baby greens and any chopped raw vegetables on your plate.
- Top it with guacamole and salsa for a refreshing and very satisfying meal.

Chunky Guacamole

3 ripe avocados
1 large ripe tomato, chopped
3 green onions including the tops, chopped
1 large clove garlic, minced
1 c fresh cilantro, chopped

1 t cumin powder
3 T fresh lemon or lime juice
1 t Himalayan salt
½ t cayenne pepper (optional)

- Cut the avocados in half and remove the seed.
- Scoop the avocado flesh out with a spoon and put into a bowl.
- Mash the avocado with a fork until smooth yet chunky.
- Combine the tomatoes, green onions, cilantro, and garlic with the avocado.
- Add the lemon or lime juice, cumin powder, and salt and mix all together.
- Taste and adjust seasonings to suit your taste.
- For an extra hot kick add more cayenne.

Cilantro Tomato Salsa

1 c fresh cilantro leaves
2 c ripe tomatoes
4 T fresh lemon or lime juice
1 t Himalayan salt
1 T minced ginger
1 T minced garlic
pinch cayenne pepper

- Chop the cilantro, tomatoes, ginger, and garlic.
- Combine with the lemon or lime juice, salt, and a pinch or more of cayenne pepper.

Resources:

Alternative Medicine by Burton Goldberg

Diet for A New America by John Robbins

Diet for A Poisoned Planet by David Steinman

Brenda Cobb is author of The Living Foods Lifestyle and founder of Living Foods Institute. Hands-on recipe classes and a healthy lifestyle program is offered each month. For more information call 404-524-4488 or visit www.livingfoodsinstitute.com. Scholarships are available to help with tuition costs.

Resolutions?

By Linda Townsend

How are you doing with those New Year’s resolutions? Let me see if I can guess at least one of them: You resolved to eat better, exercise, and/or lose weight, right? So, just how many weeks did it last? Days? *Oops!* Have you given up completely?

Perhaps it is not the resolution itself that was the problem. We make resolutions as personal promises to change ourselves for the better, an admirable goal. When we fail to achieve our goals, it is because of the hurdles we did not overcome. It *is* possible to keep your resolutions, but you first need focus on each hurdle until it is not a hurdle anymore.

I have observed a few common hurdles over the years. One is body weight. The body seems to get into a groove and it seems as if likes to maintain itself at that standard; in other words, it sets a bar on its weight. I have noticed that I can eat just about the same amount

of calories on a daily basis to maintain my ideal weight as I do to maintain a weight nearly 20 pounds heavier, without any change in my activity level. The trick is first getting down to the ideal weight and then getting the body to accept it as its new bar, because once you are there, you might be surprised to find that maintaining your ideal weight is nearly as easy as maintaining your current weight.

Now there are a variety of methods to lose weight, from the expensive and complicated to the inexpensive and simple, but all of them have this one secret, which everyone tries to find a way to get around. The secret is simply this: eat fewer calories. That means going a bit hungrier than what makes you comfortable.

There is one of those hurdles. It is not losing the weight, starting to exercise, or eating better—those are the goals—but a hurdle is dealing with the discomforts

caused by the changes you need to make to achieve your goals. It takes a bit of discipline to manage your diet and ignore food cravings while you are losing weight.

Speaking of discipline, this is the largest hurdle of all, so it seems. Resolutions are about change and to make a successful change in your lifestyle, you will need to discipline yourself. Most people associate discipline with punishment rather than reward, negative rather than positive. Discipline is actually a positive thing. In this case, you are training yourself to do things better than you have been, not just for a time, but possibly for the rest of your life. You are changing your lifestyle, so you will need to change your routine or, at least, make room for new additions to your routine. The discipline part is not just planning, but doing and sticking with it.

continued on page 7

O Ham... O Ham... Wherefore Art Thou, Ham?

By Betsy Bearden

This article was supposed to be written for the November/December 2010 issue of *The Life Line*, but I just couldn't wait that long!

Since I am a vegetarian, and have been for...well...for a very long time, now, anytime is always a good time for a vegetarian meal. It's just a way of life for my husband and me. So, over the 2009 holiday season, unbeknownst to all, my carnivorous side of the family was about to learn a very good, and a very valuable lesson.

Imagine, if you will, Christmas morning at your 85 year-old mother's apartment. In which, by the way, has a thermostat that was set at 85 and the outside temperature was 72. I had arrived early that morning, because Mama had been very ill, and was still recovering. It was my duty to continue in her place of making the prized cornbread dressing (without adding sugar to the cornbread mix this time as I did at Thanksgiving, thank you, and it was perfection!).

I entered the small kitchen and set the oven at 400 degrees and placed the dressing inside it precisely at noon; whereupon I immediately opened the kitchen window and pulled off my sweater. I proceeded to put on the green beans and potatoes while waiting for the rest of the family to arrive. Festivities abounded as we greeted and visited with one another and oood and ahhhhd at the great food each person had brought. We were all to meet at precisely 1:00 that afternoon, but something suddenly seemed to have gone quite awry. (Um, is it just me, or do I seem to be talking like Higgins on *Magnum, P.I.* all of a sudden?) Anyway, I digress. Moving on . . .

As if the holidays aren't stressful enough with all the shopping, cooking, and gift-wrapping, relationships can also take their toll in the hustle and bustle of it all. We each had our own dishes to bring, but the crowning glory of the day, sad to say, was to be—said ham. I won't mention the names of the couple that were supposed to be in charge of bringing the ham, but suffice it to say, they were having big time marital problems.

But I had spoken to both of them on Christmas Eve, and was reassured they would be at Mama's at 1:00. Since *The Life Line* is a family newsletter, I can't repeat what she-who- must-not-be-named said verbatim, but let's just say she told me that she was driving home

with the "big honkin ham" in the back seat of her car and was taking it home to prepare.

My son, Eddie, had offered to bring the ham, but she-who-will-not-be-named, insisted upon bringing the free ham that her employer had given her. She further explained that she simply did not have the room in her freezer "for the thing." We did not want to revisit the disaster that happened over Thanksgiving, where her employer gave her a turkey, but Eddie had already made the turkey, so we had two...turkeys. So, Eddie agreed he would not buy a ham, as she-who-will-not-be-named, was bringing one.

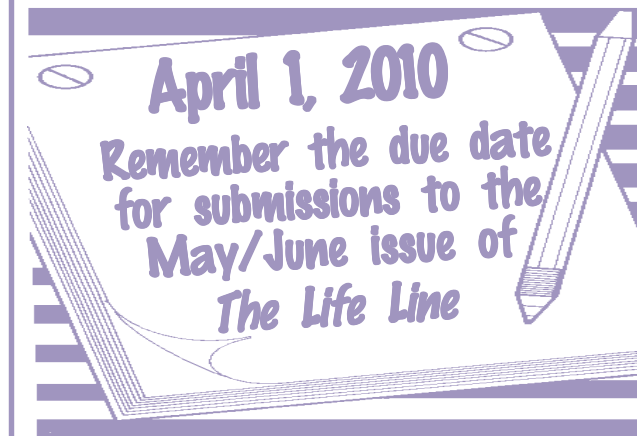
We went about our way, re-warming food in the microwave, placing it on the table, and stood there looking at it, wishing we could eat it, but the ham had not yet arrived. Mama called their cell phones, respectively: no answer. It was 1:30 by now, food was being warmed, and re-warmed. Calls were being made again, still, no one answered. I snuck off to the bedroom and called my brother, and told him that I hoped there had not been an accident, but the family would like to know if there will be ham!

It was about 1:45 by now, and people were getting desperate. I saw one of my family members standing at the front door, in search of ham, and I could almost hear their soliloquy of "O Ham... Ham..." Then someone asked me if there was a store nearby where they could go and purchase meat for dinner. I replied, "Well, CVS is close, but I don't think they will have much aside from cold cuts. I think there are a few pepperoni pizzas in the freezer. We could always take the pepperonis off and serve them."

I finally took charge and said, "Look, I think we should just go ahead and eat without the ham." Gasps were made; the children started crying. I continued to tell them that in my opinion, marital problems + no one answering their phones= "we pretty much ain't gonna see any ham today."

But you know, all in all, it worked out quite well and no one died from ham deprivation. There were many comments made regarding the fact that since we already had so much food, the ham was really not missed—that much. So they did learn a valuable lesson that a vegetarian meal can be quite fulfilling. *Imagine that?* And my brother and his wife were quite all right,

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joinmylife@lifegrocery.com



however, they are in the process of getting divorced. And Eddie—sweet Eddie, he missed the ham so much, that he went out the next day, bought one, and cooked it for himself.

My mother lives in Doraville, but if Life Grocery had been right around the corner, we would have had Tofurkey that day! But then, that can be another story for another holiday. Life Grocery is always there for us anytime we want fresh, organic vegetables, fruits, prepared café food, tofu (of, course), grains, nuts, beans, and even meats. And don't forget to check out their line of organic seeds for vegetables and herbs, because this is the perfect time to be planning your own organic garden!

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

Resolutions?

continued from page 6

Adding exercise into your lifestyle causes a bit of discomfort, particularly at first, and requires discipline. To help ease it into your lifestyle, you might simply start stretching, a recommended warm-up for any exercise program, while watching the morning news or your favorite TV show in the evening. When we watch TV, we are usually sedentary, so any movements of the body beyond what you have been doing would be exercise, right? You do not have to start with an elaborate exercise program. By making this one change, you are beginning to train yourself *to want* to stretch (or move up to more demanding exercises) whenever you watch TV, instead of wanting to sit still.

Resisting temptation is another hurdle with the goal of eating healthier. Planning reduces temptations and decreases the number of unprepared, on-the-spot decisions about what to eat, so that you will eat healthier. Having healthier foods on hand is a start, but planning your meals a few days at a time is better and more cost effective, as well. Taking prepared lunches to work, keeping water with you wherever you go, and having fresh, raw, organic foods with you when you will be out for two hours or more are ways to resist temptations when you are away from home.

You see, those New Year's resolutions are doable! It does not matter if you broke them already, because

you can start again with the added advantage of honestly examining why they overwhelmed you and how to overcome those related hurdles. This time, start simply. Recognize your personal hurdles and focus on getting over each of them. See discipline as method of acquiring what you most desire. Lastly, remember that your goals are actually your rewards!

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

Confused About the Gluten Free Diet?

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

Here are some of the most common questions people ask me regarding the gluten free diet:

Are wheat and barley grass safe for someone on a gluten free diet?

There is some controversy on this, but the USDA and other “experts” have concluded that there is no gluten present in the grass of wheat or barley. However, if there are seeds present in the grasses there will be gluten and therefore it is unsafe for those who have to be gluten free for medical reasons. If you can verify the source of the grasses and be assured that it was cut early and that no seeds were present, there should be no problem. But, this is a personal decision that only you can make, possibly with the advice of a medical professional. If you don’t have to avoid gluten for medical reasons, then this is a situation where you just have to pay attention to how your body reacts to wheat grass and barley grass.

What do you do about bread?

Honestly, you will survive without bread! Just a few years ago there really weren’t many options available for a good tasty gluten free bread. However, there are some great gluten free breads available now. Are they going to taste just like gluten containing breads? No. Sometimes they are better!

For sandwiches, my family likes the Ener G Light Tapioca Loaf. It’s best when toasted, but this is a shelf stable bread that you can make a sandwich with right out of the package. The slices are smaller than a regular wheat bread, but you really don’t need that big of a portion. For a homemade “fresh from the oven” bread, I really

love Pamela’s Wheat Free Bread Mix. This makes a wonderful bread that you can serve as a side to any meal. You can also make bagels and pizza crusts with this mix.

Speaking of pizza crusts, another favorite is the Kinnikinick frozen pizza crusts. These are great for quick and easy pizzas when you need that pizza “fix.” They also make great flatbread sandwiches

Will I lose weight on the gluten free diet?

I did, but not everyone does. The biggest reason for the discrepancy is that so many people try to replace all of their favorite gluten containing foods with the gluten free versions. Unfortunately, these are usually very high in fat and calorie content. How did I lose the weight? By sticking to a diet of foods that are naturally gluten free, like fruits, vegetables, clean meats (if you aren’t a vegetarian), nuts, seeds, and minimal amounts of gluten free grains like rice, quinoa, buckwheat, and sorghum. Portion sizes are also important. Just because something is gluten free doesn’t give you permission to pig out! Moderation is key here people!

Are oats safe?

Again, there is some controversy on this one and only you and your medical provider can make the decision if oats are right for you. If the oats are verified “gluten free” (some oats are stored in the same silos as wheat and barley) you may be able to tolerate them. However, keep in mind that the protein avenin is similar in structure to gluten and many individuals cannot tolerate oats.

Do I really have to worry about gluten in my personal care products?

Yes, yes you do. Your skin is the largest organ in your body and even though it doesn’t transmit gluten directly into the digestive system, you can easily get gluten particles into your mouth from your shampoos, lotions, makeup, and more. Again, there has been some controversy on this, but you can do a simple experiment. Wash your hair with baking soda and tell me that you don’t taste the baking soda in your mouth!

What about dining out?

This is where we luck out. Gluten free awareness has gotten so big that many restaurants are adding gluten free items to their menu. If they don’t have one yet, you can carry a dining card with you that states your specific dietary needs. You can create one yourself, purchase dining cards from Triumph Dining (<http://www.triumphdining.com/products/gluten-free-dining-cards>), or download one from any number of websites out there. Find the one that best suits your needs.

With all of this information, the thing that you have to keep in mind is this: each individual is different, each situation is different. Ultimately, you are responsible for your health and only you can make the decision if something is right for you.

NislaWhetstone 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 for additional info.

Paint Wellness on Your Walls

By Kay Bird

A paint that ionizes and cleans the air around it? A paint that prevents the growth of mold, mildew, and bacteria? Yes! *Eco-Trend* paint is now available in the U.S. and is distributed in Atlanta by *Pure Life Healthy Homes* in Decatur, Georgia.

Audrey Franklin, a passionate educator about healthy homes, was surprised that her non-toxic vacation rental home in Helen, Georgia, smelled fresher and better than before it was painted with *EcoTrend* paint. The previous smells that had accumulated in the closed musty house were gone—totally gone and replaced with a clean, fresh smell.

EcoTrend is a NO-VOC interior paint that is made from the collagen lining of eggshells, which are thrown away by the food industry. After the collagen is removed through a special process, the shells are used by the nutrition industry as a source for calcium.

As both a chemist and an environmental specialist, Audrey already knew that *EcoTrend* has been scientifically proven to prevent growth of mold and mildew. It is excellent for bathrooms, basements, and other areas with moisture exposure.

Could it be that *EcoTrend* paint also detoxifies the surfaces and air that come into contact with this unique paint? The *EcoTrend* company told Audrey they can make no claims, but they are doing some testing as a result of other customers reporting similar experiences.

SierraClubGreenHome.com, states the characteristics of *EcoTrend* paint include near zero VOC emissions, zero fungicides, no harmful chemicals, no heavy metals, anti-

bacterial and anti-mold tendencies, high adhesion qualities, shorter drying time, recycling of organic materials, negative ions, outstanding durability and water resistance, LEED qualified, and 120 colors to choose from, plus custom color blending. It does not use the chemicals usually found in conventional paint, including benzene, toluene, xylene, formaldehyde, environmental hormones, or added fragrances, which are used to cover up VOC emissions.

According to *homerepair.about.com*, the toxic compounds in conventional paint are released as the paint dries, while some continue to not only release after the paint dries, but can continue to outgas for extended periods of time after application. *EcoTrend* is certified by *Greenguard® Children and Schools* and can be safely used around children, in hospitals, locations with poor ventilation, and in close contact with allergy-prone individuals.

The price is about \$10-\$15 per gallon over the price of high-end toxic paints, which equals fractions of a penny per day over the life of the paint for creating a long-lasting, mold-free, and fungus-free environment.

EcoTrend Silicone exterior paint is a penetrating water-repellent paint that is extremely water vapor permeable. It keeps new water from being absorbed into the building, while allowing the humidity already trapped inside to escape. It prevents water from being absorbed into concrete, mortar, and cement while remaining air-permeable.

If you have other concerns about your indoor quality, you can find almost any solution at *Pure Life Healthy Homes*. For example, *Carpet Lock Out* spray greatly reduces the problem of carpet chemicals, which leave children and animals especially vulnerable due to their close proximity to the carpet. Ask about the detox spray which can be sprayed on walls, carpets, furniture, computers, etc., to reduce the toxic chemicals that they outgas. If building or remodeling, you will find beautiful non-toxic carpet and flooring, including cork flooring. The organic beds and pillows are made with the softest, most supportive natural rubber I have ever stretched out on.

You will find caulk and a de-glosser that works like sanding for preparing varnished surfaces for paint. One of my favorite products is the portable air purifier that plugs into the cigarette lighter in your car. You will find products that may surprise you, like the indestructible, washable *ChemFree* cloth that cleans glass, mirrors, tile, and granite tops with just a bit of water and leaves a streak-free, sparkling shine in seconds. Ask Audrey about *Miracle Cover*, which you mix with deck stain or paint, and it substantially, lengthens the life of both. Do you have a pool or spa? Check out the purification system and other safe and natural products for your home at purelifehealthyhomes.com.

Audrey Franklin, the owner of Pure Life Healthy Homes, can be reached at 404-634-5590. Call before visiting the store, as the hours may vary.

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Spice Up Your Summer

By Dr. Susan Esposito

In the last issue of *The Life Line*, I shared some of the health benefits of adding spices to your diet. In this article, I will expound on the benefits of several spices and herbs, as well as give you a brief description of each. While there are certainly many more herbs and spices from which you will derive benefits, I have included some of the more commonly used ones below.

Cardamom – A member of the ginger family, native to India. These aromatic seeds contain an oil that helps to stimulate digestion and relieve flatulence.

Cinnamon – Derived from the dried inner bark of a tropical tree to form the cinnamon sticks used in cooking. Cinnamon has health-boosting compounds including eugenol, which is used to relieve pain, and cinnamaldehyde, which has sedative properties. Cinnamon has anti-clotting and anti-inflammatory properties, which reduce clumping of blood platelets. It is suspected that cinnamon boosts brain function. Of all the spices, cinnamon is one of the richest sources of antioxidants. Cinnamon is anti-microbial and can stop the growth of bacteria, fungi, and yeast. Research shows that it may also lower blood sugar, triglycerides, LDL, and total cholesterol in people with type 2 diabetes. Aim for ¼ to ½ teaspoon of cinnamon twice a day.

Cloves – Are the unopened buds of an evergreen tree. Clove oil is well known as a treatment for toothaches; its antiseptic properties make it an excellent mouthwash. The main ingredient in the oil is eugenol, which is anti-inflammatory and can help ease the stiffness and pain associated with arthritis. It can help reduce congestion and stimulate digestion. To drink this spice as a tea, pour a cup of boiling water over 1 teaspoon of cloves and steep for 10 minutes.

Coriander – Is the seed and cilantro is the leaf of the same plant. It is effective against swelling, high cholesterol levels, diarrhea, mouth ulcers, anemia, digestion, menstrual disorders, conjunctivitis, and skin disorders. It is antioxidant rich and contains vitamins A and C, as well as minerals. It is protective of the eye by preventing macular degeneration and soothing the eye against stress. It has a stimulating effect on the endocrine system, which in turn stimulates the production of insulin. This results in increased insulin in the blood which aids in the proper assimilation and absorption of sugar; it also lowers the sugar level in the blood.

Cumin – Is a member of the carrot family and looks and smells like caraway seeds. It is a good source of iron and manganese and is thought to help digestion and bloating.

Garlic – May disrupt the metabolism of tumor cells, says Karen Collins, RD, nutrition advisor to the American Institute for Cancer Research. “Studies suggest that one or two cloves weekly provide cancer-protective benefits.”

Ginger – Contains antioxidants and can help protect against disease. It can help calm spasms and reduce flatulence in the digestive system. It is an excellent treatment for nausea associated with travel sickness, pregnancy, and hangovers. It was found to be twice as effective as Dramamine in preventing motion sickness. Its anti-inflammatory abilities make it useful in fighting heart disease, cancer, Alzheimer’s disease, and arthritis. Doses used in clinical trials range from 500 to 2,000 mg of powdered ginger. (A quarter-size piece of fresh root contains about 1,000 mg.) More than 6,000 mg can cause stomach irritation. Ginger can also hinder blood clotting, so if you’re about to have surgery or are taking blood thinners or aspirin, talk to your doctor first.

Oregano – Has antibacterial properties. It works in the intestinal tract to kill unfriendly bacteria without damage to the friendly bacteria. It is effective against candida albicans overgrowth throughout the body, particularly in the sinus cavities. It has four times the antioxidant activity of blueberries.

Paprika – Contains capsaicin, which has anti-inflammatory and antioxidant effects that may lower the risk of cancer (also found in cayenne and red chili peppers).

Red Chili Pepper – Contains capsaicin, a powerful anti-inflammatory compound that helps relieve pain. It may ease congestion and clear mucus from the lungs and nose, boost immunity, prevent stomach ulcers by killing bacteria, assist in weight loss, reduce blood cholesterol, manage triglyceride levels, and help prevent heart disease.

Rosemary – Reported to stop gene mutations that could lead to cancer and may help prevent damage to the blood vessels that raise heart attack risk.

Sage – Contains flavonoids, phenolic acids, and oxygen handling enzymes. This results in its ability to prevent oxygen-based damage to cells. Sage may fight rheumatoid arthritis, bronchial asthma, and atherosclerosis. It appears to promote better brain function and memory.

Turmeric – Contains curcumin, which can inhibit the growth of cancer cells. Try to have 500 to 800 milligrams a day, says Bharat Aggarwal, PhD, a professor of cancer medicine at the University of Texas, M.D. Anderson Cancer Center.

Suggestions to add some spice to your life:

- Dip berries or bananas in low-fat sour cream (dairy or non-dairy), then add a mix of 1 teaspoon ground cinnamon and ¼ cup brown sugar.
- For an Indian flavor, add ¼ teaspoon turmeric to water when cooking 1-cup rice.
- Make cumin tea by steeping 1 teaspoon of seeds in 1 pint of boiling water.

- Ginger tea can be made by adding a few slices to hot water. Try chewing on a little piece of the root to help with digestive problems.
- For motion sickness, try having one or two pieces of crystallized or candied ginger. Make sure ginger is listed as an ingredient; some candied products or ginger ale contain a small amount or a synthetic form. You can also add ¼ teaspoon ground ginger to vegetables like carrots and sweet potatoes, as well as fresh fruit (especially peaches).
- For a delicious organic chicken or tofu rub, combine 2 teaspoons rosemary leaves with 2 teaspoons seasoning salt and ½ teaspoon thyme leaves.
- Let garlic sit for 10 to 15 minutes after chopping and before cooking so the active form of the protective phytochemicals develops. Sauté fresh garlic over low heat and mix with pasta, red pepper flakes, and Parmesan cheese (dairy or non-dairy).
- Combine ½ teaspoons paprika, ½ teaspoon ground thyme, and ½ teaspoon ground red pepper to liven up popcorn.
- To spice up tomato soup, add ¾ teaspoon oregano to 1 can; add ½ teaspoon to 2 cups pasta or pizza sauce. Substitute 1 teaspoon dried oregano for 2 teaspoons fresh.
- To help relieve indigestion, mix a handful of crushed cardamom seeds in ½ cup of water with some ginger root. Bring to a simmer, then add a little warm milk (dairy or non-dairy) and honey.

Be sure to check out the Bulk Herb Department at Life Grocery for a full line of bulk herbs and spices. It is more economical and good for the planet, as there is less packaging. Buy a little or buy a lot. It’s a great way to add more herbs into your diet without a big financial investment. Bottled herbs and spices are also available, which make for great containers to fill with bulk herbs and spices once they are empty.

It is said that variety is the spice of life, so try a variety of these and other spices and your life will surely never be bland!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and mother of three children. If you have a question for Dr. Susan, you may e-mail her at susanexposito@gmail.com. Not all questions can be answered in this newsletter.

All Things Considered

By Don Bennett, DAS

We are great at being able to look at things in isolation if it serves us. Whole articles have been written about the beneficial effects of drinking red wine, yet there is hardly any mention of the detrimental effects of the alcohol. On balance, red wine does more harm than good, but the grape growers, wine makers, wine distributors, and wine retailers naturally choose to focus on the pluses. But make no mistake about it, the minuses are still there. And when the evening news spends 98% of the time reporting on the benefits of red wine, and only 2% on the hazards, when the hazards represent 98% and the benefits 2%, I don't call that balanced reporting. That's called "telling the public what the industries involved would like them to hear."

Even hard science falls prey to looking at things in isolation. Recently, scientists discovered how to enhance the anti-cancer properties of broccoli. Broccoli is a good source of sulforaphane (sulfur), which is a natural disinfectant used by the liver to reduce cancer-causing chemicals that enter your body (like from pesticides on non-organically grown food) before they can damage cells. But broccoli also contains a "sulfur-grabbing" protein which inactivates some of the beneficial sulforaphane in the broccoli, so raw broccoli isn't as great as many people think. The answer? Heat the broccoli! Yes, if you cook the broccoli to 140 degrees you damage those naughty sulfur-grabbing proteins, and then all the sulforaphane is available to your body for its battle against cancerous cells.

When people wear blinders, very often something is overlooked; often that something is detrimental to the body. As for broccoli, when you cook it, you not only denature the sulfur-grabbing proteins, but *all* the proteins, even the good ones. After cooking broccoli, it no longer functions as a protein. But we need protein, so the more you cook food, the less bioavailable protein you're getting. However, our protein needs are really very small compared to our need for fuel (simple carbohydrates that our cells require), so the real downside here is not so much the *diminished* protein in cooked/steamed broccoli, but the *damaged* protein in the broccoli.

Denatured protein is seen as a "foreign invader" by the body; the body doesn't even recognize it as protein. In fact, it doesn't recognize it as anything, so it does what it does for all unrecognizable substances: it creates antibodies to eat them up so the body can spit them out. The problem with damaged food proteins is that they are not bad bacteria or viruses or some other harmful pathogen, but the body doesn't know this. And in the process of creating and sending out antibodies to deal with the unrecognizable invader (denatured proteins) those antibodies inadvertently attack healthy tissue. And what do we call it when the body attacks itself? An auto-immune reaction. And when this reaction occurs every day, it can become an auto-immune disease. We are told that it isn't known what causes auto-immune diseases. But that's strange, because I know what causes them and now you know, so how can health professionals charged with protecting the public *not* know?

So this is what can happen when looking at things in isolation. And this practice is used most often by industries that sell products that have negative health aspects. Is it in your best interest to embrace studies that were commissioned by an industry whose job it is to promote that very product (like dairy products)? If the study conclusions were pre-determined (unethical, but done all the time), is that "study" of value to you or to the industry that commissioned it?

No doubt about it, it's in your best interest to look at things on balance, with *all things considered*. This may not result in the answer you'd like to hear, but if your health—both today's health and your future health—is of the utmost importance to you, then it would serve you well to live by this motto: "Give me the truth though the heavens may fall."

Don Bennett is a Disease Avoidance Specialist, lecturer, and author. His book, How to Have the BEST Odds of Avoiding Degenerative Disease, is available in the book department at Life Grocery. Visit health101.org for more inspiring information.

The Life Line
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Hours:	Store	Café	Hot Bar
Monday-Saturday	9am-8pm	9am-8pm	11am-3pm
Sunday	11am-6pm	12-5 pm	12-5 pm

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

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

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

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Kay Bird, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Jesse Andersen, Betsy Bearden, Don Bennett, Kay Bird, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Brian Murray, Kal Sellers, Dr. Kimberly Strickland, Linda Townsend, Nisla Whetsone, Draya Sioux Woolf-Wilson

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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Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 Spice Up Your Summer
- 2 All Things Considered
- 3 Nutrition from "A" to "Z"
- 3 The Cornerstone of Vitality
- 3 Skin Care
- 4 Does America Have a Shortage of Doctors . . . or Just an Excess of Disease?
- 4 All About Water
- 5 Fast Health
- 6 Herb Power
- 6 Primary Health Care
- 7 The Walls Have Eyes
- 7 Have You Seen Avatar?
- 8 Clearing the Fog without Gluten

Summer Life Fest & Member Appreciation Day

Saturday, 6/26/10

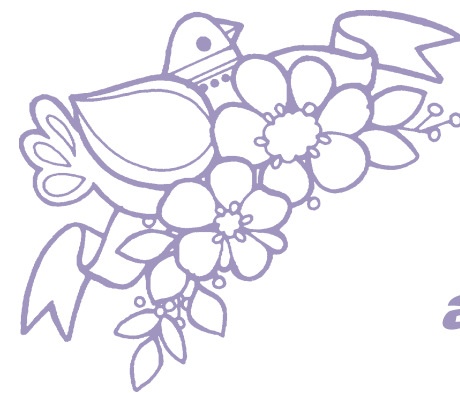
12:00-4:00 pm

members receive

10% off

all in-stock purchases

9 am-8 pm



Nutrition from “A” to “Z”

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

“U” stands for ugli fruit. It’s a Jamaican fruit that is about as sweet as an orange or a tangerine. It has a really good flavor, is loaded with vitamin C, and is a good replacement for oranges if you’re looking for more variety in your diet.

“V” is for the most important food on the list...vegetables! It doesn’t matter which ones you choose...broccoli, lettuce, artichokes, carrots, tomatoes (well, actually, tomatoes are fruits), cabbage, celery, etc. They are packed with vitamins, minerals, and nutrients, many of which you can’t get anywhere else. They also contain phytonutrients, which have been shown to help reduce the risk of cancer, metabolize fat, fight the aging process, and a host of other good things. Try to eat most, if not all, of your veggies raw. Raw veggies have enzymes in them that help your digestive system work more efficiently, keep your muscles and bones strong, help combat arthritis, and keep the immune system working at its peak. The less you cook the veggies, the better they are for you. The fiber found in veggies is essential for normal bowel function and to detoxify your system. I can go on and on about veggies, but the bottom line is that you must eat them every day if you want to obtain and maintain good health.

“W” stands for water. Water is absolutely the most important thing you could ever put into your body; it’s essential in order to maintain a healthy system. Our body is composed of 75% water. Studies show that if you’re just 10% hydrated, you’re only capable of operating at one-third of your mental capacity. That’s mind-boggling! I would say 99% of us are dehydrated.

In kids, the thirst and hunger centers in our brain are separate. As we get older, the two centers merge together. That’s why our thirst sensation is generally ignored or low. Often, when we think we’re hungry, we’re really just thirsty. Dehydration can cause heartburn and headaches, as well as back and heart pain; it can even contribute to rheumatoid arthritis. Water helps to flush toxins out of the body and stabilize blood pressure. It can help to lower cholesterol. Water can help to keep appetite controlled and, thus, help to stabilize or lower body weight. The benefits of drinking water are enormous and must not be ignored.

How do you know how much water to drink? Take your weight and divide it in half. That’s how many ounces of water you should be drinking. If you weigh 200 pounds, you should drink 100 ounces of water a day. Are you always going to reach that amount of water? Probably not. I don’t always drink as much water as I should, but I strive for it every day. I promise you, once you add more water to your diet, you’ll notice a HUGE difference in your energy, mood, and how you feel in general.

Following is a recipe from my book that combines many healthful ingredients.

Sun Dried Tomato Pesto

1/3 c pine nuts
1 T garlic, chopped
1/3 c cilantro, packed leaves
1/3 c basil, packed leaves
1 T lemon juice

1 c tomato chopped, or sun dried tomatoes in oil
1/2 t sea salt
1/2 c extra virgin olive oil
12-16 oz wheat free pasta or rice

- Put all the ingredients into a food processor, except the tomatoes.
- Pulse chop several times.
- Stop to scrape down the sides and repeat.
- Add the tomatoes and continue to pulse chop until just blended. Do not over process, as it should not be a puree.
- Prepare pasta or rice as directed on the box.
- Chill or serve over pasta or rice, or use as a vegetable dip.
- For a raw dish, julienne 2-3 zucchinis or any root vegetable and use in place of rice or pasta.

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

Dr. Joe Esposito, chiropractor, author of Eating Right for The Health Of It!, syndicated radio show host of Health Talk Atlanta, and director of Health Plus Wellness Center, is committed to making healthy living commonplace. For info or 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 a private consultation with the doctor at no charge!

The Cornerstone of Vitality

By Brian Murray, M.Ed.

The amount of exercise that you need to make your body younger and more physically fit is ridiculously small if it’s the right type of exercise. The right type of exercise is high intensity strength training. Does this mean I recommend that you shouldn’t do any other form of activity? Absolutely not.

Over the years, I have worked with many people who are very active prior to entering my program. They regularly participate in jogging, tennis, yoga, spinning, and various other activities several days a week. When I add a brief and infrequent high intensity strength training program to their mix, their performance in all of their other activities quickly improves while their bodies develop a firmness like never before. The interesting thing is that they all seem to develop an urge to become even more active.

On the other hand, I have seen many of these same people significantly decrease or totally eliminate all other activities *except* strength training and continue to enjoy a level of physical fitness far greater than before they started the program. Why?

Strong muscles are the cornerstone of youthful vitality and being active is a natural by-product of having strong muscles. But simply being active does not give you stronger muscles. Therefore, as long as high intensity strength training is part of your life, extra activity becomes something you *choose* to do, not something you have to do. For example, if one weekend you play three sets of tennis on Saturday and do a 15-mile hike on Sunday, and the next weekend you feel like lying on the couch reading a book, that’s great! As long as strength training is a constant in your life, and you

continuously strive to become stronger, your physical fitness will be excellent and you will enjoy a firm and leaner body.

There is absolutely no need to constantly beat up your body with mindless activity just because “they” say you should to be fit and healthy. With the right type of exercise in your life, you have more freedom to do the activities that are really fun for you whenever you want, while being confident that you are doing the right thing for your body.

Being active is necessary, but don’t be active to be stronger. It won’t happen. Get stronger to be active. Strong muscles are your cornerstone of vitality.

Brian Murray is an exercise physiologist, fat loss consultant, and author of Stop Trying to Lose Weight –You’re Making Yourself Fatter. To learn more, please visit www.sttlw.com.

Skin Care

By Dr. Kimberly Strickland, ND

We are quickly approaching the season of fun in the sun. I am currently healing from the effects of too much sun from long ago. I am a light skinned, freckled, blue-eyed girl with reddish hair, so I am predisposed to moles and skin cancer. Add to this, while in high school, I “fried” myself with baby oil during the time of day that the sun was the strongest and during my freshman year of college I spent time at the tanning bed. Both practices were a recipe for future skin problems. Well the future is now.

Recently, I used some bloodroot black salve on four moles. The pain was very intense. The idea is that the

salve extracts abnormal cells to the surface and then the body heals itself and eventually the mass of abnormal cells, called “eschars,” fall off. Black salve is not supposed to attack normal cells. To aid in the healing process, I purchased some neem oil and lavender oil, as well as vitamin E to put on these spots; all available at Life Grocery.

According to the National Cancer Institute, there were more than one million new cases of nonmelanoma skin cancer in 2009 in the US. There were less than 1,000 deaths. I strongly suggest that everyone take care of their skin. Sunscreen that is leftover from last year

should be thrown away, as it loses its potency over time. Life Grocery currently has several brands of natural sunscreen for adults and children. There are also facial products with SPF in them for everyday use. Remember to avoid the sun during the most intense part of the day usually from 11 am to 3 pm.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys. Skyler Wynter was born on March 3, 2010.

Does America Have a Shortage of Doctors ... or Just an Excess of Disease?

By Jesse Andersen

Did you know that the state of Georgia has fewer doctors per thousand people than most of the states in our country? Here are a few examples: California, Colorado, Ohio, and Virginia have 1.5 primary care physicians per thousand; Arizona, Kansas, and Tennessee average 1.2 per thousand; and Nevada, Utah, Alabama, and Georgia have less than 1.0 per thousand. Some of you may be saying, "So what?" What does that really mean to us. Let's take a look.

Do you think we should (a) encourage more allopathic doctors to continue to wrap us up in the cycle of pharmaceutical dependence, nutritional ignorance, and accelerated disease or (b) invest in health through nutrition, by teaching people the value of eating *real* food, by encouraging our children to fuel their bodies with food that balances and heals, and adding superfoods, sunshine, and exercise to our lifestyle?

I don't know about you, but I like option "b." As a matter of fact, I've been practicing that option for about four years now.

Prevention is one of the buzzwords of today amongst the alternative/holistic medical community. They are the standard bearers of encouragement for proper diet, supplements, herbal and homeopathic remedies, nutritional therapies, and common sense lifestyles. Keep in mind, if you are already in the midst of illness or disease, there is still much hope for you. When your cells get satiated with good nutrition, they start to rejuvenate ... so it's never too late.

In the manual that I provide each student with at the end of the "Raw Food Nutrition for Health and

Weight Loss," class that I teach, I've included a list called, "The Three Words." It's a holistic lifestyle list, if you will; a list of possible lifestyle encouragements to consider adding to your daily, weekly, or monthly "to do" lists.

The Three Words

- *Get Some Sun*
- *Breathe Deep & Fresh*
- *Drink Great Water*
- *Eat Real Food*
- *Raise Your Vibration*
- *Move Your Body*
- *Heal Your Emotions*
- *Align Your Structure*
- *Be Quiet, Meditate*
- *Balance Your Hormones*
- *Wisely Choose Supplements*
- *Occasional Fasting & Detox*
- *Repair – Rethink – Re-do*
- *Be Very Grateful*

I would encourage you to contemplate the above list. Add your own "three words." Prevention through healthy living really is key. And just for the record, the above list is in no particular order.

Mike the Health Ranger, of www.naturalnews.com, says, "How do we solve the doctor shortage? The answer is quite simple: Unleash the power of nutrition to prevent and reverse disease." Ditto. Even though you and I both know that nutrition is not the *only* answer,

we also know that it can quite easily start with nutrition then progress to other areas of benefit for your life.

Better nutrition can start simply by adding or subtracting one, two, or three things from your diet. Subtract meat or dairy or both. Subtract processed sugars and processed carbohydrates or both. Add fresh, organic fruits and vegetables. Add green smoothies, juices, probiotics, superfoods, and digestive enzymes. Keep it simple. You can do it!

By the way, Life Grocery offers all of the above; fresh organic fruits, vegetables, and greens, as well as a knowledgeable staff in the supplement department to help you find exactly what you're looking for. They also offer free lectures on many topics related to health, along with classes and workshops. Life Grocery has been rockin' it for over 30 years. They're not doctors, but I'm so grateful that we have them nearby as a partner in health!

References: www.naturalnews.com, and "Medical Schools Can't Keep Up," by Suzzane Sataline and Shirley S. Wang for *The Wall Street Journal*

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 and shopping tour at Life every Thursday at 6:30 pm. For more info on her classes, or if you would like Jesse to email you her *Before and After weight loss photos*, email her at RawFoodResourceCenter@gmail.com.

RAWexist with Draya: All About Water

By Draya Sioux Wolf-Wilson

It seems an obvious phenomenon since Spring 2000, when political rap group, Dead Prez, wrote about vegetarianism and water on their album "Let's Get Free." Now it's 2010, and we're still wondering what the deal with food and water is, or at least some of us are. With the new healthcare bill recently passing, it strikes an even more ominous chord. So what's the deal?

I am a seeker of truth, which led me to raw foods just over two years ago and alkaline water a year ago. Recently, in living a magical life, I ended up at a raw food seminar with raw food mentors and elders, Gabriel Cousens and David Wolfe. Many topics were discussed as will unfold in upcoming articles. However, the one topic that permeated the walls more than any other was water. As the topic of water arose, it seems as though almost every hand flew up in a room of over 130 people, sitting almost sardine like on the floor of the small event studio. The speakers quickly answered each question about water that the audience asked until there was no more time left for questions. So with no further ado, this is my take of what was said by our raw elders and mentors about water.

Initially, the main problems or culprits in our public water system were discussed, with the focus being calcium, chlorine, fluoride, lithium, and birth control drugs. Chlorine, as most of us know, can be filtered out, but others need to be distilled out especially fluoride, which disrupts metabolism, speeds the aging process, and causes bones to be brittle. Those are just the main physical effects, that's not to mention the mental and psychological effects of fluoride. Many people don't

realize that fluoride is the same size as the water molecule itself and, therefore, can't be filtered. It can however be distilled. However, distilled water has its own issues, which we will get into quickly.

With just these top few problematic water culprits, it is enough to get the picture. However, allow me to add a few personal experiences at this point. About five years ago, I worked for a government wastewater facility. We cleaned lines, storage areas, and other hidden places of fecal matter. After awhile I was promoted to the environmental side, where we would test the water leaving the plant to make sure it was within the legal regulations. Right here, let me tell you that they are very relaxed, not to mention that if a fecal (pooh) matter test came back over the limit, they could (and would) appeal it. The appeal would give them 24 hours to correct the situation and then the site would be retested, *but only* for the test in appeal. I personally know and saw chlorine used at unbelievable limits to clear it up. However, the chlorine was not the source of appeal, and, therefore would not be tested at that time. Not to mention, the Wastewater Department paid the bill for the Environmental Department, so if the tests came back too often and appeals were getting out of hand, there was pressure to "re-check" the tests without appeals, usually hours later. Why would environmental pressure its own workers to retest? There are other testing facilities and quite simply, they didn't want to lose their pay day. It is a serious conflict of interest to have the regulator paid by the one regulated, in my opinion, as I saw it *not* working.

I don't know if many of you watch, *Myth Busters*, but there was an episode where they showed that flushing a toilet with the lid down would still produce fecal matter on a toothbrush. I think one thing that may not be known is that there is a legal amount of fecal matter in all public water. I'm very sorry to tell, but your toothbrush can have fecal matter on it just from rinsing it in the sink or shower!

Okay, so the municipal water is crap, literally. Now what? Distilled is good, but it's *just* a water molecule. What a human really needs is more than that. It's like food and shelter, but no love. So here is a list of the best water options based on the David Wolfe and Gabriel Cousens seminar:

Spring water is numero uno for drinking! However, there are three different kinds of springs, some more preferable than others. The water should be fresh and collected within 10 feet of the original source. The best has a pH of just under 7, so neutral or very slightly acidic. It's best if it is out of the sunlight and a cellar-like temperature at 60 degrees. There is a natural vortex in water that dissipates over time and, thus, needs to be replenished frequently, daily according to Wolfe. So the old days of walking down to the well and collecting water for the day was actually very healthy, especially when considering that there was exercise and probably sunlight exposure involved in the process. Oh, did I mention, that water should always be collected in glass bottles? I am going

continued on page 8

Fast Health

By Kal Sellers, MH

Fasting is perhaps the widest used and oldest single remedy for healing still in use today. It is found in Eastern cultures, Native and Aboriginal cultures, and in the Essene Gospels as a fundamental method for healing both body and life. Fasting can bring about the most rapid change of health possible. A few aids will render it safe and effective for the person anxious to benefit from its power. [Editor's Note: Be sure to check with your healthcare practitioner, especially if you are under medical treatment, before beginning a fast.]

How Fasting Works

Fasting immediately stops the powerful pull of energy to the digestive tract. Most people store far more in calories and nutrition than is needed for healthful survival for several days to a few weeks. When fasting begins, the body immediately devotes all resources to matters that have been neglected. Most notably, this includes detoxification, elimination, repair, balance, energy flow, restoration, and fluid maintenance in the body.

Fasting also has a remarkable affect on life overall. When a person eats anything, the state of mind upon them at that time is somehow sealed in. It becomes a lock that keeps the person perpetuating that state of being. When one fasts, though, the person soon enters a state of dynamic flux, where life can be reset and brought back to a state that is more ideal. The person can make more and easier conscious movements toward the life he/she seeks.

In various ways, many natural healers have expressed one consistent sentiment: fasting can heal many things far faster than any other method of healing and fasting can heal some problems that cannot be healed in any other way.

The Issues with Fasting

It follows that in order for the operations of fasting (cleansing/repair/etc., and opening life to dynamic flux) to freely occur, there must not be any blockage at a physiological level. For this reason, colon hydrotherapy of some kind has been recommended and is widely used around the world in connection with fasting.

When there is blockage, the toxins released by fasting, which are primarily stored in fat cells, are a real threat. The body deals with this threat by not burning fat, but by burning protein. Even though this is also somewhat toxic, it is predictable and constant. The body can plan for it and redirect resources for that purpose. Even so, when a person's body is not ready for a fast due to toxic and/or constipated conditions, a fast can be very harmful and dangerous. The person may feel very poorly and liver malfunction has been known to occur.

Further, the body that is cluttered with wastes and toxins may really struggle moving resources around; real deficiencies and imbalances may occur.

How to Get Ready

We want to make sure that the colon is free and the liver is working well and unblocked. For this reason, we generally make some preparations for fasting. It is wise

to use a good lower bowel formula for several weeks before attempting a fast. There are many such good formulas, but there are a few rules to follow to make them effective: First, the one used should contain a spectrum of cathartic herbs. It should contain at least three different ones. Examples of cathartic herbs are buckthorn, cascara sagrada, senna, cape aloe, Turkish rhubarb, and yellow dock root. Second, it should contain herbs that improve bile flow (barberry, ginger, fennel, Oregon grape). Third, it should contain something to ease the action of the whole formula (ginger, fennel, catnip, wild yam). Fourth, it should contain something to disinfect (golden seal, garlic). Fifth, it should contain something to improve circulation to the colon (cayenne pepper, ginger, garlic). Notice several herbs overlap and none of these represent the only herbs in each category, but are samples of what might be found in herbal bowel formulas that may reliably be used to clean, rebuild, and strengthen the colon.

Next, it is a good idea to do some liver and gall bladder cleansing in preparation for the fast. On the newsletters pages of www.KalsSchool.com there are instructions for doing both long-term and intensive liver and gall bladder cleansing. The stone flushes are highly helpful prior to fasting.

Finally, the skin should be kept eliminating at optimum in preparation for and during a fast. This means dry skin brushing. There are many instructions for this, but the most important one is put the brush on your skin and get brushing. Brush everywhere. Learn the finer points after you get going.

What a Fast Should Look Like

Fasting should actually start well in advance of the actual fast. This means the person should go on just raw foods, or perhaps just juices, for several days prior to the fast. It is a good idea to eat plenty, but just fruits and vegetables or fresh juices. This is very effective. At some point prior to taking the next step, it is important to see a professional or an appropriately trained chiropractor who can test for and correct any hiatal hernia or upwardly displaced stomach.

Some type of professional or home administered colon hydrotherapy (water washing out the lower colon) should be used from the very first day and used every day on the fast, even from the beginning of raw foods or juices. This will ensure that the rapid breakdown of wastes do not clog the sewer lines. If a person has only just begun on bowel herbs a few weeks ago, I always have them continue with those throughout the fast in addition to the colon hydrotherapy.

When the person is ready, he or she may begin weaning off nourishment over a couple days, during which time nourishing and helpful herbal teas may be drunk. Because of my recent experiences finding a sharp increase over the last year in hypersensitivity reactions, I like to nourish the adrenal glands and the stomach. The stomach tea I make is equal parts of comfrey leaf or root, fennel, and peppermint. This is

sweetened with honey (not just for taste, but as part of the medicine) and drunk freely, a minimum of 2 cups daily. I also put the person on some liquid adrenal tincture that will rebuild the adrenal glands. Licorice root should be a component of that formula.

When ready, the person can transition to just water with a little sea salt in it and then to just water. This is typically done for 1-5 days and then 1-2 days of complete fasting is done where no water is drunk either.

This last stage—the dry fast—is where adrenal and stomach herbs come in very helpful. The person will not dry out and become imbalanced in fluids if there is good endocrine and stomach health. Those herbs are taken during the preparatory stage and help with the whole process. Occasionally, thyroid maintenance is also needed to be comfortable on a fast, but this usually requires help from a professional guide for that purpose.

Hidden in this last point is something important: fasting should not be miserable or difficult. If someone gets really weak or tired, cranky or sick on a fast, something is wrong. The fast should be discontinued and an appropriate health professional should be contacted and the issues addressed. Healthy fasting feels amazing! It is not uncomfortable or unpleasant or harmful in any way; it is deeply healing and abundantly helpful.

How to Break the Fast

When the person has completed the fast (in our practice, this is a 7 day fast, 5 days of water and 2 days of dry fasting—remember colon hydrotherapy happens every day, maybe twice daily), it is important to basically reverse the process to come back to solid food. First a couple days of herbal teas, then a couple days of just juices, fresh fruit, and raw vegetables. Then the person may transition to a hopefully inherently healthy baseline diet. Maybe the person will go raw or go to an ideal diet. In any event, the diet should be free of high residue foods. High residue foods are all processed foods, starches, dairy, and meat. Meals containing any high residue foods should consist of very simple combinations. At least 75% of each plate should be raw vegetables; meals may also consist of just ripe fruit.

Those who wish to take the fast track to health may find that there is no faster track than fasting! If fasting is done correctly, it is a very healthful, and in no way harmful, experience. Fasting should not be a terrible experience if everything is done correctly. If problems persist, professional help is encouraged to sort out the problems beforehand so that the experience can be optimal.

Kal has practiced herbology since 1998 and several healing arts since early adolescence. He is a full time chiropractic student, teaches bi-monthly teleclasses on herbal medicine through KalsSchool.com, maintains a private practice, and is the father to six daughters. You may reach him at 706-473-4375.



NEW CAFE LIFE HOURS

AS OF MONDAY MAY 10, 2010

Salad Bar, Juice Bar, & Kitchen:
9am-6pm Monday-Saturday
12-5pm Sunday

To place your order for pick up after café closing, call 770-977-9583 ext. 248
30 minutes prior to café closing or choose from the large selection of Café Life's Grab & Go items



Hot Bar:
11am-3pm Monday-Saturday
12-5pm Sunday

Herb Power

By Brenda Cobb

From the dawn of civilization, herbs have been used to bring flavor to food and medicinal healing to the body. Herbs have played an important role in religious life and have been used as ingredients in anointing oils and incense. The name “herb” comes from the Latin word “herba,” meaning grass or herbage, and technically refers only to those plants that do not have a wood stem, or a plant or plant part that is used for medicinal purposes.

During the Dark Ages, the accumulated knowledge of the Persian, Greek, and Roman herbalists was nearly lost to humanity. In the sixth century, the community of Benedictine Monks at Monte Cassino, in Italy, was one of the very few that owned a library of herbal manuscripts or cultivated an herb and vegetable garden in all of Europe. These monks copied the gardening and agricultural books in their possession time and again for other monasteries, and thus kept the ancient science of the medicinal and nutritional values of plants alive. Years later, it became a rule in every monastery that at least one of the monks acquire a thorough knowledge of plants, their use, and cultivation.

Herbs and spices can be very beneficial, but as a word of warning, conventionally grown and produced herbs and spices, may contain fillers, anti-caking agents, artificial colorings, preservatives, monosodium glutamate (MSG), and pesticide residues. Reactions to these various extraneous substances may occur. Look for organically, non-irradiated herbs in your local natural foods and grocery stores. Life Grocery carries a wide variety of organic herbs and spices in their Grocery Department, as well as their Bulk Herb Department, where you can bag up the amount that you would like. The possible price difference is well worth it.

Basil improves digestion and circulation, especially benefiting the lungs, stomach, spleen, and large intestine. This herb is traditionally used in Italian cuisine and adds a delicious flavor to any salad, tomato sauce, or dressing.

Cilantro is considered to be a blood purifier and digestive aid and can also be of benefit to women suffering from bloating and cramps. Typically used in Mexican-style cuisine, cilantro adds great flavor to guacamole and salsa and can also be a healthful addition to your green smoothies.

Dill is most noted for its ability to aid in digestion and has even been said to give some relief to colicky babies. Wonderfully flavorful, dill gives a regular salad a Greek twist, and combines very well with Mediterranean ingredients like tomatoes and cucumbers.

Oregano is another herb traditionally used in Italian cuisine. It is valued as an antioxidant and is noted for aiding in bronchial problems, headaches, indigestion, and nausea. Use fresh oregano as you would basil, in salads, tomato dishes, and sauces.

Rosemary is a natural antioxidant that can aid in digestion, freshen the breath, relieve anxiety, improve mental alertness, and relieve headaches. Rosemary is a very hardy herb that will hold on even as the rest of your herb garden is dying. Use it to flavor spreads and salads of any kind.

An easy and delicious way to benefit from herbs is to use them in salads, dressings, and soups. Not only will you get the benefits of the healing properties of herbs, you’ll love the exciting taste herbs give most any recipe.

Herbal Delight Dressing

1 T garlic, chopped
1 T fresh basil
1 T fresh dill
1 T fresh rosemary
1 T fresh cilantro
½ c flax seed oil
1 c fresh lemon juice
½ t Himalayan salt
½ t dried mustard

- Mince the garlic and all of the herbs.
- Combine the oil, lemon juice, salt, and dried mustard in a glass jar and shake well.
- Toss with your favorite greens for a refreshing, healthy, and savory salad.

Tomato Pepper Herb Soup

1 red, yellow, or orange bell pepper
4 c of very ripe tomato
4 stalks celery
1 c water
½ t Himalayan salt
1 T fresh oregano
1 T fresh basil
pinch cayenne pepper (optional)

- Blend all ingredients in the Vita-Mix.
- If you would like warm soup, place your hand on the bottom of the container (above the base) while blending to determine when it gets warm.
- Turn the blender off as soon as it is warm to the touch. Don’t let it run any longer, as the Vita-Mix can actually boil the contents! You may want to use a thermometer to check the temperature.
- Use more water if you want a thinner soup or less water if you want a thicker soup.

Brenda Cobb is author of [The Living Foods Lifestyle](#)® and Founder of Living Foods Institute. Hands-on recipe classes and a healthy lifestyle program including cleansing, emotional healing, herbs, superfoods, and essential oils are offered monthly. For more info call 404-524-4488 or visit www.livingfoodsinstitute.com. Scholarships may be available to help with tuition costs for those in need.

Primary Health Care

By Linda Townsend

While politicians have been raging on about health care, I have been reflecting on the subject from a different perspective. Although primary health care is described as that which is provided by a health care professional in the first contact of a patient, to me that is *secondary* health care. That is not to say that it is inferior, just second in sequence when primary health care is not sufficient alone.

What did people use as primary health care, for centuries upon centuries, before we had the advantages of modern medicine? Yes, many died of things that are now treatable. Unfortunately, today people die of both incurable and curable diseases, even when the best of health care is available; some even die due to medical errors in treatment. The history of medicine has had its treatment horrors, but medical science has built on its successes. Before prescription drugs came in pills, capsules, shots, and skin patches, people used herbs, food, plants, tree barks, mud, bugs, and nearly anything nature provided; some treatments have proven themselves to be quite successful.

Advances in medicine began to replace some of those age old treatments, not because the previous treatments suddenly became less effective, but because, in comparison, many of the newer applications were more efficient and more convenient. It is far easier on the patient to go about his daily business by taking a few pills rather than preparing and wearing a poultice for many hours, for instance.

Even today, though, much in the art of healing was and still is an art. We can have the latest technology,

the best pharmaceuticals, and the highest trained medical professionals at our disposal, but still two people with the same ailment often respond to the same treatment quite differently. A good practitioner adjusts treatment in an attempt to get the best response. The best medical professionals, most likely, will advise a patient what he needs to change in his lifestyle, but cannot regulate the lifestyle choices of the patient.

So, there it is, *primary health care* is you. It is your body. It is your choice what you eat, how much you eat, how often you eat, how often you drink water, how much water you drink, how you exercise, when you exercise, how you treat a minor wound, and on and on it goes. Every choice you make will likely do one of two things: Improve or worsen the condition of your body. Some things may *seem* to do neither, but really it is quite rare to find a completely neutral reaction.

When a person is younger and in good health, the body seems to be able to manage many abuses and yet maintain generally good health. However, there are usually some too-easily-ignorable signals along the way. As one ages those once seemingly harmless abuses begin to build upon each other and health deteriorates. This is a very slow and subtle process for most people, however at some point the person realizes he has become more limited in what he can do and what his body can withstand.

One of the questions I ask myself is how is a prescription going to truly correct a degenerative ailment when I have not corrected my lifestyle so it is no longer fostering the illness? Let’s look at one very obvious cause

of illness: smoking. When a person breathes in that very first puff of smoke, the lungs automatically try to eject it and coughing follows. Now this is an obvious signal that smoking is not a good thing to do, but as one ignores this and continues to smoke, eventually that signal is suppressed. The person will not become noticeably ill, perhaps for decades, when the signal returns, this time as a symptom of a manifested illness. While a doctor could have been advising the person to stop smoking all along, no doctor can give true primary health care to another person.

I am thankful there are medical professionals to provide excellent care as needed. But, I am also saddened that so many people cause, and even continue to cultivate, their own illnesses while using medical care as a crutch. They feel that they can continue doing the same things that they have been doing without being inconvenienced with lifestyle changes. What can be done to change this? We can educate ourselves and pass on our knowledge to our children and to others. We can live, with conviction, the lifestyle that reflects what we know to be supportive of good health. (Having the knowledge about how to exercise and the benefits of exercise without application is not exercising.) However, we cannot do any of this if we don’t first recognize our role in our own primary health care and see all other health care as secondary. Care for yourself well today.

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

The Walls Have Eyes

By Betsy Bearden

If you frequently dine at restaurants where the walls are lined with taxidermy... you might be a redneck. (Sorry, I couldn't resist.)

The other day, a friend of mine called and wanted to have lunch at this great new restaurant she had discovered. Now, anyone who knows me knows that I embrace the opportunity of dining at new restaurants. It's always bound to be an adventure and I love adventures! My articles written for Life Grocery over the years prove it: "In Search of Tofu," "Bacon, Bacon, Who's got the Bacon," and "Tofu, Thirty-Years Ago."

When she told me the name of the restaurant, it pretty much summed up what the specialty of the house was going to be, but it did not deter me. After all, I once went to a restaurant with the word "tofu" in it, and guess what, there was no tofu! In all fairness, I think they may have waved a hunk of it over the top of the small "cauldrons" that were laced with some kind of mystery meat and stuff that wasn't even identifiable. So, what do I know?

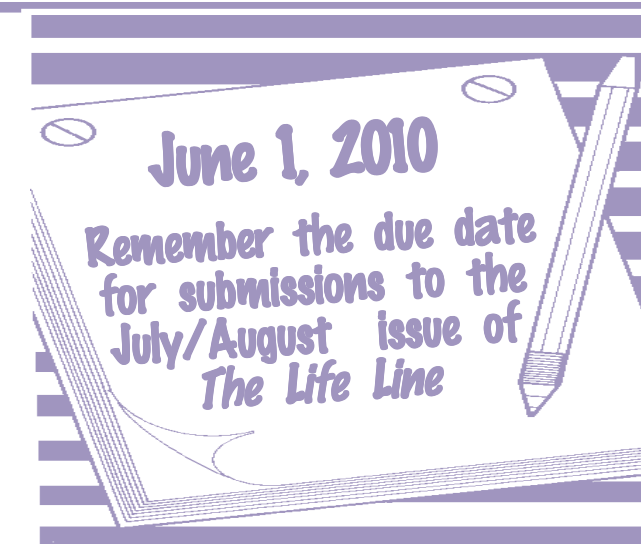
But she assured me that the great fresh veggie "side dishes" were just like down-home Southern cooking; with me being a down-home Southern girl, what's not to like? You can't beat a great meal of fried okra, mac and cheese, hush puppies, corn, and home-made coleslaw, so it sounded like a great place to meet!

We met at the restaurant around 11:30 that day. One of the first things I noticed was that the vehicles in the parking lot were service, utility, and construction related. That was a good sign, because it's usually an indication that the locals were on to something good. So, we made our way into the restaurant.

The protocol is that you walk up to the service counter, read the menu items on the chalkboard, and then place your order. Nothing unusual there, but upon reading the menu, it occurred to me that I was deep into enemy territory. It's sad when you have to ask about the veggies. "Yes, I would like to order the fried okra, hush puppies, corn, and coleslaw, but there's no meat in them, right? You see, I'm a *vegetarian*." Oops, there is that word again. The more things change, the more they seem to stay the same.

"No," she hissed, as she handed us two Styrofoam cups for our drinks. You know, you have never lived until you walk over to a beverage dispensing area, and right next to the iced tea is a huge old alligator head, with teeth intact, looking back at you. Awesome. After the shock wore off from seeing that, we sat down at our table. Everywhere I looked was taxidermy, mainly fish, on plaques looking back at me. I thought at first they might be the novelties that flap around, sing, and play music, but no... they were the real deal. Geez, I started to wonder where the rest of the alligator was, but then our ticket number was called and we got our meals. The veggies were good, but just between you and me—it's kind of hard to eat your meal with brown, beady eyes staring at you.

Being a vegetarian is a lifestyle choice. It's the choice I made in my late teens, but it finally became a way of life for me in my early twenties. These days there are so many great restaurants that will "cater" to vegetarian's needs, but every now and then I will encounter that discerning glare from the carnivores and those who just don't get it. It's like a scene from the



movie, "My Big Fat Greek Wedding." Toula tells her Aunt Voula that her fiancée is a vegetarian and that he doesn't eat meat. Aunt Voula is shocked and says, "What do you mean, he don't eat no meat? Okay—we'll have lamb!"

Some people just don't get it. But, I will tell you who *does* get it: Life Grocery and Café Life. Each visit there is a fun adventure! No taxidermy, although, come to think of it, walls lined with veggies on a plaque might be a nice touch!

Betsy Bearden is a certified and published writer, and the author of a self-published cookbook, Normal People Eat Tofu, Too. She has worked as a volunteer chef and cooking class instructor at Kroger's School of Cooking in Alpharetta, Georgia, 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.

Have You Seen Avatar?

By Kay Bird

Do you realize that in reality Avatar is being played out right now in the Amazon? Shortly after seeing Avatar, I read about a real Avatar situation—happening right now! If you have not seen Avatar, see it first—it is a powerful movie—and then read this article. You will be glad to know you can support the struggle of the people represented in Avatar—by buying peanuts at Life Grocery.

If you hang around Life Grocery, you have most likely heard of David Wolfe and have seen his line of raw *Sunfood* products. In the raw food section, you will find wild jungle peanuts, the world's original heirloom peanut, which are also 100% certified organic, totally raw, and delicious!

The sale of these exotic and outstanding peanuts directly helps indigenous farmers in South America protect their native rainforests from loggers, the petroleum industry, the cattle industry, and mono-crop farming. The story of this great discovery, as well as the following information, can be found at www.Sunfood.com.

Nutritional content of Wild Jungle Peanuts:

- Over 40% of beautifying oleic acid. This makes it truly "heart healthy."
- All 8 essential amino acids, plus some like methionine that are difficult to find in other foods.
- A whopping 14% protein! That's more than hemp or flax seeds. (So the next time someone asks, and you can be certain they will, "Where do you get your protein," you can say "Wild Jungle Peanuts! Haven't you tried them?")

But that is just the nutrition - it's even more fun discovering what you can do with them.

- Finally you can make truly raw peanut butter and jelly! Simply process the peanuts in your blender, juicer, or food processor and put them on raw Essene bread or flax crackers. Then add your own homemade fresh fruit jelly (dried figs work great!) and you've got that familiar flavor you grew up with—only now it's 100 times healthier!
- You can mix them with cacao nibs to make the best raw treat ever!
- You can add them to sauces, dressings, smoothies, etc., for an exotic, nutty flavor!
- Best of all, Wild Jungle Peanuts are incredibly stable and taste wonderful straight out of the bag as a quick and healthy snack. You'll may actually find it hard to put them down!

Wait—There's A Catch

One thing that's important to mention is that the land of the Shuar Indians is in jeopardy, due to the oil potential beneath the surface of the jungle. Their group of approximately 4,300 Shuar people has title to roughly two million acres of primary forest. The Shuar are one of an increasing number of Amazonian indigenous groups who are organizing against oil exploration activities.

The Shuar have demanded that no oil development occur on their land, although

ARCO has the exploration rights to two areas in their territory that encompass 2.5 million acres. The Shuar are putting pressure on ARCO and the Ecuadorian government to recognize their rights. But it's hard for a small group to go up against such large and powerful companies. Unfortunately this means we don't know how long we'll be able to get these wonderful Wild Jungle Peanuts.

The good thing is that if you buy them today, you help the Shuar to fight back. Every little bit helps, and each purchase contributes to the Shuar's sustainability. Also, the more their foods are recognized and appreciated by the US market, the more help and support they'll get from the Ecuador government, as well as non-profit groups.

*So if you are at all interested in trying the world's cleanest, purest, best-tasting, and Original Ancient Peanut, we suggest you get some right away. Remember, you're only a short drive away from making healthy raw peanut butter and jelly treats, amazing peanut-chocolate candies and so much more. **This is your chance to help!***

You can help the Shuar people by buying a bag of peanuts or jar of peanut butter at Life Grocery. Buy them as gifts and include this information. Send this article to others or email me (KayLBird@msn.com) for an attachment you can forward to family and friends. Let your world know what is happening. Tell everyone one about Avatar! Long live Avatar!

Clearing the Fog without Gluten

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

The longer I am on this gluten free journey, the more I learn about myself and about nutrition and health. They say that truth is stranger than fiction; I am finding that to be more true than I ever could have imagined. The more people I meet that have gone gluten free for various reasons, the more pieces of the puzzle are coming together. I'm finding common links with people who struggled all their lives to lose weight and all of a sudden are dropping weight without even trying, just because they are avoiding gluten. I talk to people who tell me that once they put their child on a gluten free diet, their behavior issues went away, they were able to concentrate better in school, they no longer had stinky gas, or all of the above. I have seen the very same results with my own child!

The most amazing thing to me is just how many people tell me that the "fog has lifted." The term "brain fog" describes it the best, but what appears to happen when people get gluten out of their diet, is they suddenly find themselves able to think more clearly and concentrate more easily. They also start to notice other things in their diet and environment that are toxic to them, that they never paid any attention to before. They

were always toxic, it's just when the fog is gone they can see what is really going on.

I've been fascinated with the different movements like Food, Inc. and Jamie Oliver's Food Revolution. These movements are raising awareness of a much bigger problem with our food supply and what we as a society accept or tolerate because of convenience or cost. But the overwhelming fact is we, as a society, have been slowly killing ourselves with our forks. (Thanks to Dr. Joe Esposito for sharing that little tidbit.) If we make just one small change in the way we look at food, our whole viewpoint begins to shift.

I used to believe that it was just about providing gluten free recipes that replaced your gluten-filled favorites. But since I have been working with Dr. Joe, I have learned that it is so much more important to educate people on *why* we need to avoid things like gluten, even if we don't have Celiac Disease, Chron's, or Diabetes. (If you have any of those conditions you *must* be on a gluten free diet.)

I have learned that it's best to avoid processed junk foods wherever possible. Eat foods that are naturally gluten free, like clean meats (if you eat meat), fruits,

vegetables, nuts and seeds, and gluten free grains like quinoa, brown rice, and buckwheat. There are so many options out there, don't limit yourself to recipes. Learn to cook without following a recipe. Learn to experiment in the kitchen with fresh ingredients. Stay out of fast food restaurants and those places where they have all you can eat buffets. Eat at places like Café Life where you can find fresh healthy selections and daily gluten free offerings. If you go out to restaurants, learn to ask questions about ingredients and food preparation. Don't be afraid to speak up.

The bottom line is that if everybody started to eliminate gluten from their diet, I believe that they would experience amazing changes in so many aspects of their lives. We might even begin to see that when people think more clearly, society as a whole will improve. I have high hopes I know, but why not?

Nisla Whetstone is a Gluten Free Lifestyle Coach in private practice. She also works closely with Dr. Joe Esposito and facilitates a monthly gluten free support group at his office on the third Tuesday of every month, at 6 pm. For more information call 770-653-6017 or e-mail magickhand@gmail.com.

All About Water

continued from page 4

to quote something shocking that David said: "I would rather go without water than use plastic or municipal water, even for brushing my teeth." Wow!

The second best is distilled water. However distilled, water is pure water that has no minerals, no vortex, just plain H₂O. The body prefers more. There is a way to add to distilled water, though. Adding a little Himalayan salt and a quartz crystal for energy was suggested. It was also suggested that you stir the distilled water clockwise and then counter clockwise for a period of time to create a vortex. Another suggestion for all water, especially distilled, was to meditate on, over, or with it. Basically, to give it love.

The next recommendation was reverse osmosis. However, it has not been consistently proven that there are any on the market that can get rid of fluoride and some other small particles that are harmful.

I know that many of you are asking, "What about alkaline water?" That was my next question after hearing the other options since that is what my family had been drinking. This is my take of their basic response. First of all, it depends on the source before alkalizing. Then the universe is in constant flux. The only constant is change, therefore, if you make a change in a positive way it will affect you in a positive way, for a while.

This is basically the same thing Matt Monarch said when he lectured at Life Grocery and Café last year, and what I have been saying for years about everything. According to the elders, and as I have found out more myself, alkaline water is only needed for acidic people. Acidity is of a great concern right now. If you eat a bunch of animal products, there is a build up of acidity in the tissues. However, a person on a plant-based diet is probably not going to have that problem.

The alkaline and acid issue is much more in depth than people think. There are several things to consider when dealing with body pH. Everything is so much more than we can conceive of. However, it seems and appears that the overall consensus is that the best water for the human body is fresh collected spring water from a forest source spring, as opposed to a seepage or primary spring source. It should have a pH between 5 and 7.2, a cellar temperature, TDS level of under 50, and be untouched by the sun (therefore defying gravity according to Wolfe,

which has some other amazing and magical healing benefits).

I am sure this sounds a little overwhelming for many of you, as it was for me. My family has been drinking Cha Alkaline water for over a year. I didn't know what my next step was. I have since checked into Cha and according to their website (I guess I have to take their word for it) found that it is spring sourced from a fresh spring. However, what about the vortex? When is it bottled? How long does it sit? And worse, it only comes in plastic. Arrghhh! What to do? I was overwhelmed. I wanted to write about the information on water. I wanted everyone to have the news. I came back ready to inform, but felt like there was something missing.

When I returned, I got busy publishing two books I had been waiting on for half a decade, so I didn't have the time or energy at that time to get into "fixing" my water situation or sharing my new information with the world. However, recently something completely amazing happened that made me realize why it took so long to sit down and write this article. I was missing a big link. Not everyone can make the entire change right now, but what if you could? What if you were ready to get fresh spring water from a local source? I had no knowledge in this area. But living a truly magical life, as I said before, the universe brought into my life an amazing person who has been collecting his own water from local springs quite near my house, and possibly yours. I didn't have to do anything because just knowing and wanting to make the change brought it to my life. Wouldn't it be great if everything came that easy? That's another story, for another time.

This young man, picked up my entire family, our (sad to say) four plastic five-gallon bottles and four (happy to say) glass one-gallon bottles and drove us out to a spring not too far away. During the car ride I learned a few things about water that weren't discussed at the seminar. I learned that the expiration date on bottled water from some of the major bottled water companies is the date that the water's level of plastic leeching has reached the legal limit, making it essentially, plastic tea. (Leaving bottled water in your car when it is hot is even worse!) Since the companies don't want to be liable they use an expiration date. Gross, not to mention *toxic!*

I also learned that there are about a dozen fresh springs within an hour or two from Atlanta. You can buy 5 gallon glass bottles, which range between \$15-\$55, just make sure they are food grade.

If you are still feeling overwhelmed, I will tell you the true end of all things. Don't stress out about it. Put it out into the universe and an answer will come. Small steps. Do what you can with what you have. Then make another small step when you are ready. Do everything in your life with love, passion, and no regrets, *ever!* Everyone's path is unique to them. You have to do what is right for you. Take the steps you can, live well, and prosper.

Draya Sioux Woolf-Wilson, author, illustrator, artist, raw foods instructor, and life coach teaches raw foods classes at Life Grocery and Café and around the Atlanta area. She has published four books (children's and poetry), and teaches the writing process through schools and libraries all over. And now, Draya thankfully collects her own spring water. You can contact her at www.thedraya.com.

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Got Squash?

To paraphrase one of my favorite actresses, Kathryn Hepburn, on calla lilies: "The squash blossoms are in bloom again. Such a strange flower . . . I planted them on a sunny day, and now they are ready to be fried."

Ever since I can remember, gardening has been a part of my life in one way or another. My first experience with a large vegetable garden was around the age of five or six. We had visited my grandmother at her home in Mississippi where she grew row upon row of every imaginable vegetable in her own backyard. Being a city girl from Atlanta, I had never really seen anything like it before.

Everywhere you looked, lush green foliage was sprouting from the good earth, laden with ripe, luscious bounty. Huge plants of yellow squash grew hidden beneath their flowered "skirts." I always felt like I was being a tad invasive when I'd lift the tall, elephant ear-like leaves to peak beneath them, in search of yellow treasure.

While walking between the rows of vegetables, with the hot Mississippi sun beating down upon my little blonde head, I saw sunflowers with their bright, shiny faces smiling toward the sky, and I felt so small next to them. Grandmamma said she planted them so the birds would have something to eat rather than her tomatoes! On the other side of the row, green beans grew; they had latched themselves onto twine that was attached to bamboo poles and spiraled themselves up toward the sun. Aluminum pie plates hung from bamboo stalks placed around the garden to distract the singing birds and insects from biting into the red, ripe tomatoes. It felt like an enchanted world that no one else knew existed, except for me.

It was amazing to see how bell peppers, okra, and eggplant grew. It certainly gave me a new appreciation for

By Betsy Bearden

the vegetables in the produce section of our grocery store that had always appeared to "magically" be there when we needed them.

Thank goodness for Life Grocery and their high standards of supplying us with the best fruit and produce available, all year round. I remember over the holidays I went in for collards. They had pulled them from the case and were in the process of getting more from another source, because they did not live up to the standards Life Grocery has set. I feel very fortunate in knowing that Life Grocery has my back!

If you will remember, last summer we had more green beans than you could shake a stick at. Each day I would check under the beanstalks to make sure their wasn't a goose, laying a golden egg at the bottom of them. This year, it's squash. I promise you it is four to six feet tall, if not taller. I think it is six feet, but Steven insists more like four. I have it posted on my website if you want to take a look.

All I know is that somewhere beneath all that squash, the bell peppers, tomatoes, eggplant, and green beans are trying to make their way up and out of the squash blossom jungle. I don't know what it is about our raised bed garden, but if you plant it, it will grow. Maybe we should construct a third raised-bed garden? Wouldn't that be fun after the second one we put up a few years ago. I wonder if our dirt-delivery guys have found any more dirt since then!

What am I going to do with all the squash? To be honest with you, after nurturing and growing my veggies, I always feel like such a cannibal when it comes time to harvest them and eat them—but then I come back to my senses. Here is a great, easy, and delicious squash dish I came up with the other day. I hope you enjoy, and have a Happy Summer, everyone! See you at Life Grocery!

Tofu Fried Squash

makes 4-6 servings

3 c diced yellow squash
1 large red bell pepper, diced
1 Vidalia onion, diced
1 tub extra firm tofu, drained well and chopped in cubes
1 t dried basil
1 t sea salt
1 t red pepper flakes (optional)
1 t freshly ground black pepper
2-3 T olive oil
1 t red wine vinegar
2 t curry powder (optional)

- In a large skillet or wok, add two to three tablespoons of olive oil.
- Add all ingredients to skillet or wok.
- Sauté over medium-high flame until golden brown, about 8-10 minutes.
- Serve over prepared brown rice or mixed whole grains.

Betsy Bearden is a certified, 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.



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For this issue, Dr. Susan Esposito created "Fun with Fruits and Veggies Summer Activity Sheets." Since the formatting did not work with the newsletter format, separate activity sheets were printed and are available at Customer Service. We hope you and your child(ren) enjoy this fun and healthful activity which includes a Fruit and Veggie Crossword, a Fruit and Veggie Word Search, a Word Discovery, and a Fruit Salad Word Scramble.

You Can Even Eat Cake!

By Don Bennett, DAS

Prior to the raw food movement becoming a popular trend, it was inhabited by well-intentioned and well-educated advocates who truly cared about people's health. Personal gain from amassing money was not a motive then. Fast forward half a century. Now the raw food diet has become an industry—and a very lucrative one—with some people vying to carve out as large a piece of the revenue pie as possible. And, as with any business, advertising and promotion can be geared more towards telling the people what they'd like to hear, rather than what they need to hear. This is a shame, but it is also understandable because it is human nature. However, just because it's human nature, doesn't make it okay.

Today, it is fairly well known that a relatively high fat diet is not health promoting. This is even more well known amongst so-called "alternative" health practitioners; those who do not embrace the traditional reactionary medical/pharmaceutical approach to health care (which is more aptly called ill-health care). So it was with a heavy heart that I gazed upon the promotional material for a popular raw food educator . . .

"You can eat burgers, pizza, pasta, cookies, cakes, and pies everyday on a raw food diet, and you never have to count calories, proteins, fats, or carbs!"

In reality, yes, you can. But your health will suffer for it. This fact is ignored in the promotional material for obvious reasons.

Does selling you something that has a placebo effect mean that someone is doing "good work?" After all, you do feel better, and isn't that what you want? Or, do you want the truth where it concerns your health. Do you want the truth though the heavens may fall, meaning you might hear something that you don't want to hear, like dairy products being a cause of osteoporosis, or that bras are a contributing factor in breast cancer, or that eating raw burgers, pizza, pasta, cookies, cakes and pies everyday will increase your risks of heart disease and diabetes?

As a species, we are very programmable. We are not born with all that we need to know; we must be raised, taught, and patterned. And this programmability is not lost on those who seek to separate us from our money. They craft the most compelling promotional material that, on its face, makes total sense and really speaks to us, such as . . .

"I know, you think you've heard it all before, but you haven't. And that's a BIG part of the problem; you haven't been given the right information about what really works when it comes to having a healthy, fit body you love living in. In fact, almost 90% of what you believe about food and exercise and your body is totally bogus!"

If I didn't know better, I'd think I wrote that! This is exactly what I've been saying for years. Unfortunately, it is part of some very enticing advertising for material that belongs in that 90% category. And when you're told . . .

"The content and processes that's been created are REVOLUTIONARY! It's going to change the way you feel, look, and live. You're never going to worry about food, exercise, or the state of your health ever

again. That life-sucking merry-go-round is OVER!"

. . . who *wouldn't* want to buy into this! But it's simply more of the "you can have your cake and eat it too" mindset.

And if this isn't bad enough, what about all the conflicting and contradictory information. It's to be expected that you'll hear anti-raw food rhetoric from the cooked food industry and from its minions (mainstream educated nutritionists and dieticians, and now even doctors), but it can be disheartening when you come across misinformation in the raw food community itself.

"Fruit contains sugar, and all sugar feeds disease."

"Melons are high in sugar, so they should be avoided."

"Alkaline-forming foods are good, so eat sprouts, leafy green vegetables, herbs, cayenne pepper, garlic, onions, and grains."

"Tempeh, soydogs, tofu burgers, bean patties, rice crust pizza with soy cheese, spelt or rye bagels, buckwheat cereal, baked sweet potato chips, air-popped popcorn, rice milk, rice cakes, hummus, canola oil, flaxseed oil, and olive oil should not make up more than 10% of your daily diet."

"When juicing melons, use entire fruit, including the rind."

"You don't have to eat an all raw diet to be optimally healthy... you can still eat cooked foods and comfort foods and be perfectly healthy."

"Uncooked animal foods need to be a part of your diet."

The expression "Let the Buyer Beware" certainly applies to raw food information and products. The good news is that truthful, honest, and correct information is out there, you just have to make education an ongoing part of your health-creation lifestyle. Don't simply embrace something because it sounds enticing (promoters rely on this). And, if you can't readily determine if it makes sense to you or not, you've got to research it. Yes, this can be time consuming, but by embracing alternative lifestyle practices you are making investments in your future health, so isn't it worth the effort to get at the truth of the matter? Your body is counting on you to make good decisions. Some helpful suggestions on how to deal with conflicting information and controversies can be found at health101.org/art_conflicting.htm.

And since almost 90% of what you believe about food and exercise and your body is totally bogus (couldn't resist using that line), check out the information in the articles section of health101.org. Over the last three decades I've worked very hard to make it 100% non-bogus.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author; his book [How to Have the BEST Odds of Avoiding Degenerative Disease](http://health101.org) is available in the book department at Life Grocery. Visit health101.org for more inspiring information.

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

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

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Betsy Bearden, Don Bennett, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Brian Murray, Kal Sellers, Traci Sellers, Dr. Kimberly Strickland, Linda Townsend, Nisla Whetsone, Draya Sioux Woolf-Wilson

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In This Issue

- 1 Got Squash?
- 2 You Can Even Eat Cake!
- 3 Nutrition from "A" to "Z"
- 3 The Real Key to Great Results
- 4 Stay Cool with Foods
- 4 Mosquitos Bite
- 5 Herbal First Aid featuring Cayenne Pepper
- 6 "The Perfect Diet"
- 6 Summer Treats
- 7 When Is a Cinnamon Roll Like a Vegetable?
- 8 Back to School Gluten Free

Nutrition from “A” to “Z”

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

“X” is for extra virgin olive oil. I know it doesn’t really begin with X, but it’s so good for you that I couldn’t leave it out. Extra virgin olive oil is filled with omega-9 fatty acids. It’s a heart-healthy source of fat. Remember, we need healthy fats in our diet. They’re essential for energy and health maintenance. You want to make sure you buy organic extra virgin olive oil and not just plain old olive oil. Oftentimes, if it’s not organic or extra virgin, there may be extremely harmful chemicals used in processing the oil. It’s better just to be safe and buy it organic and extra virgin. I love using extra virgin olive oil in various dishes. My book *Eating Right for the Health of It* is filled with recipes that use it. I like to take extra virgin olive oil and mix it with flaxseed oil. It creates a really nice flavor and has a ton of health benefits. Please get rid of your commercial, cheap olive oil and replace it with organic extra virgin olive oil. I promise you, you’ll be glad that you did.

“Y” stands for yellow squash. Yellow squash is great. It’s a great source of vitamins and minerals and is very versatile. You can put it in stir fries. You can put it in soups. You can steam it up with some onions and serve it as a side dish. You can dip it in hummus or salsa. It’s a good way to add variety to your diet.

“Z” stands for zest—lemon zest and orange zest. You can just use a spoon and scrape the outside of a lemon or orange, but make sure it is organic. Conventional lemons and oranges (as well as every other type of fruit and vegetable) are sprayed with pesticides.

If you take one of these and scrape the outside of it and use it, you’re ingesting harmful pesticides. In addition, those pesticides ruin the flavor of what you’re cooking. Not only is organic better for you, it tastes a lot better than non-organic fruits and vegetables.

If you want to make a delicious and healthy cranberry sauce, throw a bag full of cranberries in the food processor. Take a whole organic orange, with the peel, cut it up, and put it in the food processor. Grind it into a puree. Add some honey to it, which is antibiotic, antiviral, and antifungal. There’s your cranberry sauce. It’s raw, organic, and tastes terrific! There are all kinds of things you can do with lemon zest and orange zest. See what different things you can come up with by incorporating them into your diet.

So, that’s good nutrition from A to Z. How easy was that? How simple was that? I just took the alphabet and picked out some foods. When people say to me they want to eat healthy, but have nothing to eat, I have to disagree. I have to be careful not to eat TOO much because there are so many delicious and nutritious foods out there. These are only 26 of 120,000 foods that you can eat.

Health is not just for the lucky, wealthy, or young. Health is available to everyone! I suggest you do some research of your own. Find out what other foods are good for you. If you don’t want to do your own research, you don’t have to. That’s why I’m here. I’ve done all of the research for you. I’ve been studying health and

nutrition for 24 years. I do it because I enjoy it. I enjoy learning about health, and I enjoy helping people to change their lives for the better simply by teaching them about health, how to get healthy and how to maintain the body at an optimal level. It’s my passion.

You can find out more about me and what I do at www.drjoesposito.com. There, you have access to articles I’ve written, my lecture schedule, and several hundred archived radio show that you can listen to at any time, absolutely free. Every week, I talk about various health topics on the show. I promise you, once you begin to change your diet for the better and learn how to take care of your nervous system and digestive system, your life will dramatically change for the better. Here’s to your health!

Dr. Joe Esposito is a chiropractor, the author of [Eating Right For The Health Of It!](http://www.drjoesposito.com), 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 a private consultation with the doctor at NO CHARGE!

The Real Key to Great Results

By Brian Murray, M.Ed.

If you want a younger, more vibrant, body you need to understand the concept of *intensity*. It is the most important factor for getting your body to upgrade its capability, yet it is a topic many people don’t truly understand.

In a previous article, I covered the difference between *results* from exercise, and *effects* from exercise. Results are changes that take weeks or even months to materialize. These changes are typically stronger bones, muscles, connective tissue, and a more efficiently functioning body; they make a real difference in your appearance and physical fitness. Effects are temporary changes that come and go quickly, such as labored breathing, increased heart rate, sweating, etc. These changes do not lead to any meaningful betterment of your physical condition.

There are millions of people “exercising” at this very moment. They are performing a lot of work jogging, walking, swimming, biking, etc. for a long period of time. In other words, they are exerting a low level of effort over a long duration. What they are doing is not *intense*. That is why most people never realize even moderately good results from all their efforts. Sadly, most of them never change at all, except in the wrong direction.

The only way to experience results, real, long-lasting changes in your body that will actually make a difference in your life, is to exercise with intensity. To exercise intensely means that you exert a high degree of effort in a short period of time. When you exert more effort you tax more of your muscle fibers, thus encouraging them to become stronger. Make no mistake, getting stronger is the first step toward getting a better body, and that goes for all you women out there—you are the segment of the population that needs to accept the fact that increased muscular strength will improve your appearance.

To illustrate this point, I recently met with a woman participating in one of my research projects regarding

how little exercise is actually required to continuously improve the human body. She is a 44-year-old mother of four. It was time for her to go through another exercise treatment. How long had it been since her last treatment? Nine weeks. To be more specific, her prior treatment consisted of three exercises requiring an intense contraction of her muscles. The first exercise lasted 17 seconds. The second lasted 30 seconds. The third lasted 45 seconds. Total elapsed exercise time from start to finish was two minutes.

Now its nine weeks later and she does it again. First exercise, 31 seconds. Second exercise, 21 seconds. Third exercise, 45 seconds. She was able to contract against even more resistance on each of these exercises. In fact, she was able to push with both legs and resist the downward movement of 740 pounds; an increase of 60 pounds over her last treatment nine weeks prior.

I know what you are thinking and no, she did not do a lot of exercise between treatments. In fact, she did nothing other than normal daily activities keeping up with four kids. And you would easily mistake her for a 21 year old!

How is this possible? Intensity. When you exercise intensely you encourage your body to change. The higher the intensity, the shorter the duration, and the longer the recovery interval must be. This formula will ALWAYS lead to better results compared to any and all other practices out there. Put it to the test and you will be thrilled.

Brian Murray is an exercise physiologist and author of [Stop Trying to Lose Weight – You’re Making Yourself Fatter](http://www.sttlw.com). To learn more please visit www.sttlw.com. For great tips and information that will help you get better results from exercise, follow Brian’s blog at brianmurray.wordpress.com.

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Stay Cool with Foods

By Brenda Cobb

With the temperatures soaring to record highs all over the country, it seems that most everyone is talking about the heat and doing everything they can to stay as cool as possible. When it's hot outside you can help yourself stay cool with the food you eat. Heavy, cooked foods will make your body run hot, slow you down, and make you tired. It takes much more energy to digest cooked food than it does to digest raw food and this can slow you down even more.

The more uncooked fresh raw fruits and vegetables you eat, the lighter and more energetic you will feel and the cooler you'll stay. The right raw foods will not only energize you, but will help you lose unwanted pounds and keep them off. Extra pounds can make you feel hotter. When you lose the weight it also helps normalize blood pressure and keeps you cooler.

Watermelon is a wonderful summer fruit that is cooling in hot weather, is a thirst quencher, and helps relieve depression. Watermelon contains a whopping 92 percent water, so it is very popular with dieters; it makes an excellent cleanser and detoxifier. It tastes really sweet, but it has only half the sugar of an apple. The white rind of the watermelon is one of the highest organic sodium foods in nature so eat the white rind along with the red fruit.

Everyone has a different theory about how to pick the best watermelon. Some say that it should have a skin that is dull and slightly waxy, with ends that are not pointy but rounded and well filled out, heavy for its size, with a bottom that is pale creamy yellow and not white. Others swear by the thumping method, looking for a deep hollow sound rather than a dull thud. Another method is to look for a melon that has a dry crown stem and then scrape the rind with a fingernail; when the green skin comes off easily, the melon is ready to eat. When a melon is cut the best ones have a bright red flesh with dark brown or black seeds. Whatever way you use to choose your watermelon there's nothing better on a hot summer day.

The ordinary cucumber was cultivated very early in Asia and Europe and was a popular vegetable with the Greeks and Romans. Centuries before Thermos jugs, travelers in desert caravans carried cucumbers because the green skins effectively protected the cool fresh liquid

within. This satisfied thirst and provided a refreshing and cooling food. Cucumbers are very alkaline, rich in minerals, and excellent as a natural diuretic. Among other enzymes, the cucumber contains erespsin, an enzyme that helps with digestion. Its potassium content makes the cucumber useful for high and low blood pressure.

Celery also has a high water content and is cooling to the body. It counteracts acidosis, purifies the bloodstream, and can help clear up skin problems. Celery provides organic calcium and silicon to help repair damaged ligaments and bones and can even help stiff, creaking or cracking joints.

Eating raw vegetables and fruits is easy because they take so little time to prepare and with very little effort, you can have a delicious meal that is very satisfying. Best of all, you won't heat up your kitchen and you will get the full nutrition available which is destroyed by cooking. Purchase organic produce so you can be sure they are free of chemicals and pesticides. You'll know that you're giving your body some of the best possible food.

Cucumber Salad

½ c of dried seaweed
2 cucumbers
¼ c fresh lemon juice
1 T extra virgin olive oil
⅓ c onion
⅓ c red or yellow bell pepper
2 cloves garlic
pinch or two of Himalayan salt

- Soak the seaweed of your choice in water for 15 minutes.
- Drain and chop into small pieces.
- Slice the cucumbers and chop the onion, garlic, and pepper.
- Combine everything together with the fresh lemon juice and olive oil.
- Toss and serve.

Celery Cucumber Smoothie

3 stalks celery
1 cucumber
1 sprig fresh mint

2 t fresh dill
1 c water

- Combine all ingredients in the Vita-Mix and blend into a cool smoothie.

Refreshing Gazpacho

Soup Base

3 c very ripe tomatoes
1 c celery
1 c cucumber
½ t Himalayan salt
2 T fresh cilantro
1 large clove garlic
2 T fresh lime juice
1 t cumin powder

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

Vegetables

½ c celery
½ c cucumber
½ c green onions
½ c red bell pepper

- Chop the vegetables and combine with the soup base and enjoy!

Watermelon Smoothie

watermelon chunks, including rind and seeds

- Put chunks of watermelon into the Vita-Mix.
- Blend into a delicious cooling drink.
- Squeeze a bit of fresh lime juice on top to add an extra zip.

Brenda Cobb is founder of The Living Foods Institute and author of [The Living Foods Lifestyle](#)®. She teaches a Healthy Lifestyle Nutrition, Cleansing, Healing, and Anti-Aging course in Atlanta. For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.

Mosquitoes Bite

By Linda Townsend

When I was a child, I lived near a lake where the mosquitoes were just unbelievably prolific. Every summer, there was not a square inch of my legs without a scab or an itching new bump. The only thing my parents knew to do then was to spray an expensive repellent on our skin that probably had chemicals that I would cringe to think about putting on my child today. However, just recently, I was reminded, after trying to recover my lawn and gardens from recent years of drought, what it is like to have itchy bites all over my legs . . . and I do mean *all* over them.

The mosquito is the one creature I actually would not mourn if it was on the endangered species list. Why? Besides never going outside without wearing mosquito netting, there is no way to avoid them completely and they infect people and animals with some rather nasty diseases: Arboviral Encephalitis, Deneque Fever, Malaria, Rift Valley Fever, Yellow Fever, and more. It is said, mosquitoes have caused the death of more people than all the wars of the world.

I have tried many things over the years and some things do help, but, let's face it: I am a mosquito magnet! Although I have never done any clinical testing, I am convinced that one single mosquito released in a room of one hundred people would make a bee-line for me and

bite me at least ten times before it even noticed there were other people around on which to feast.

If you have this problem, you know what I mean. It is maddening to see people on the other side of the spectrum; those wonderfully fortunate people, (like my husband) who in the same circumstances, at the same time (standing right beside me even), just do not get bitten much at all. I don't know what these people have, but if they could bottle it, I would be the first in line to give it a try. I also wish I had some formula to offer you and say this is "the one" that works for everyone, but I am still experimenting with that illusive wonder concoction for myself. It seems that what works for one person's chemistry with local mosquitoes, may not work as well for another. Still, if you are looking for a ready-to-use natural repellent, just ask; Life Grocery carries products that I have used myself with good results. If you like experimenting and want to make a specialized formula for yourself, here are some ideas that might help you:

For spritzing on skin and clothing, mix your choice of just a few drops of essential oils with several ounces of ethanol alcohol, witch hazel, distilled water, or vegetable oil in a fine mist spray bottle and shake before each use (or rub on skin) avoiding the eyes and other sensitive areas. For rubbing onto the skin, add a few drops to olive

or other oil to rub on skin. Some essential oils that are reported to give good results whether used alone or in combinations are citronella, lavender, catnip, eucalyptus, pennyroyal, tansy, basil, thyme, cedar, tea tree, peppermint, myrrh, clove, lemon grass, and vanilla.

If you have an herbal garden, you might already have some helpful plants on hand. Citronella, lavender, basil, catnip, pennyroyal, tansy, and marigolds can be crushed and rubbed on clothes and skin. Just having them planted in areas like your deck or patio might be helpful and the bruised leaves can be tossed around as well. You can infuse the leaves in water to be used as a spray.

You also might get desirable results eating garlic or taking a vitamin B complex supplement. (I had good results with the B vitamins when I lived in another state, but it has not been as effective for me in Georgia.)

The truth is, regardless of what kind of repellent you use, it is most likely that you will be bitten by more than one of these little bloodsuckers sometime this summer. Then what? Hydrogen peroxide is my first suggestion. I keep it in a spray bottle and rub it in. I have even seen it stop the allergic reaction to bug bites

continued on page 5

Herbal First Aid featuring Cayenne Pepper

By Kal Sellers, MH

For decades, herbalists have been putting together their own version of a first aid kit. It contains herbs that will help the body immediately in emergencies. They have aspired to surpass the first aid that can be provided with any amount of modern medicine. Among the most prized elements of an effective and life-saving first aid kit is cayenne pepper.

Bleeding

Our daughter (age six at the time) fell 15 feet onto a tile floor and was badly injured. Her jawbone sliced through the flesh on her chin and her teeth through the flesh on her bottom lip. She had various other injuries that are appropriate for a later article. Immediately, we pulled cayenne tincture from our first aid kit. We put this in her mouth and while she was swallowing this we mixed cayenne pepper into water, one teaspoon in about three ounces. We gave this to her and then each of us (her parents) took a swig. By the time we finished our drinks (no more than 20 seconds after the injury) her bleeding was nearly stopped (the gushing blood had fully stopped). Within another 10 seconds the cayenne affected both her mother and I and all shock left us so that we could start to think more clearly.

From there we reached into our first aid kit and began treating all injuries aggressively. Though she had four broken bones in her right foot, she was completely out of all extreme pain in the next few minutes. Those treatments are for another time and, for those serious about learning natural healing first aid and emergency care, are covered in detail in the Herbal First Aid course on www.MadHerbalist.com.

Another time, the same daughter ran into the bathroom where there was a wet floor. She slipped and fell and hit directly on the back of her head. By the time she stood, she was hemorrhaging from the nose. Immediately, we reached into the drawer in the bathroom and took out the cayenne tincture and gave her one dropper full. Then we went to the kitchen and stirred a teaspoon of cayenne into 3 ounces of water. She began drinking this and by her second drink the bleeding had fully stopped . . . only about 20 seconds after the injury! I have felt that on several similar occasions we have stopped the intra-cranial bleeding damage from a concussion using this technique.

Heart Attack

My first herbal medicine mentor, Dr. John R. Christopher, was called on a heart attack case where the regular doctor was not available. He told them to have hot water waiting when he arrived. He showed up on the scene and took a tablespoon of cayenne pepper and stirred it into a cup of the very hot water. He roused the victim to a manageable state of consciousness and had her drink the cayenne tea. She said, “mmm, that is good!” Parenthetically, Dr. Christopher said that whenever someone really needed the cayenne, that it would taste sweet to them and not unpleasant in the least. We have never had a child in an emergency who rejected the cayenne . . . not once!

In five minutes, the woman got up and said, “Wow, I really feel better, I think I can get up and do some things!” Her husband said that he felt that she needed to stay down because typically after an attack, she is barely able to get around for months. But this time, she got up anyway and beside feeling a little weakness, she was fine. He gave them his program to follow and told them if they were wise they should follow it to prevent future illness.

Stroke

Both Dr. Christopher, and his contemporary, Jethro Kloss, stated that when you have a stroke victim that the fastest way to heal them is with lots of cayenne as soon as possible and persist until they are recovered. Both had numerous stories of stroke victims fully recovering using this treatment.

How Cayenne Works

Dr. Christopher explained that cayenne regulates circulation, stopping bleeding where blood is being lost, opening vessels, and moving blood into places where there were clots and blockages. Because of this, he also said that it is reliable for stopping shock immediately, which is so often the real reason that people die in accidents.

Frostbite and Freezing Cold

While this may not be much of interest here in Georgia, I did use it also to prevent frostbite. I was in the mountains helping my brother, who was, until his death, a hunter. He would call me after he made “the kill” and ask me to go with him to get it out and do some of the heavy work (I, the younger, was the larger and stronger). This time we got on horseback and went up near Timberline, Wyoming in October. It was bitter cold with an average of a foot of snow. I had some anxiety about this trip, as since childhood, just the hour in the cold doing the chores on the farm would freeze my toes and it would take another hour just to get them back to normal. I reached for my cayenne pepper. I sprinkled it in my socks fairly heavily. I put them on and strapped on my boots. Additionally, I ate no food, but once every couple hours ate a whole lime that I had in my pocket. I just peeled it and ate everything but the skin. I had learned shortly before this about the warming properties of limes by virtue, not of intrinsic heat, but of their ability to keep blood flowing freely and not clumping in the body and allowing cold extremities. They also support the kidneys in some ways, thought to be related to cold extremities.

We were out there eleven hours. Anyone who knows will tell you that horseback is far worse than walking for freezing your feet, but in that eleven hours I did not feel even the slightest discomfort from the cold, nor did my feet freeze or hurt. When I removed my socks in the truck on the way home, the only discomfort I felt, which remained with me for three days, was the heat of the truck on my stimulated feet! Each time they got in hot water or under the heater of a car, they were sensitive to the heat. This waned and left after the third day, but this was far preferable to the alternative and this injured me in no way that I could tell.

Parasite Protection

Cayenne also works to aid digestion a great deal. As a visitor to Mexico, I sat down to a meal that worried me. I knew and feared certain parasites, but especially amoebic dysentery. I reached for my cayenne pepper. One study I read while in herbal school stated that just sniffing cayenne in water would boost digestive secretions by 30% and that drinking and swallowing it into the stomach would boost them by 300%! I was no stranger to the fact that high stomach acid and enzymes in well-chewed food would make the survival of any threatening microbes impossible. I stirred a teaspoon into a glass of water and drank it down. My wife and I sat chatting for the next fifteen minutes while I waited for the effect to reach its pinnacle. Then we prayed over our food and enjoyed the meal. We did not get sick or even feel bad in the least.

Digestion Aid

Before and since that time I have worked with many cases of acid reflux. In most of these cases, I was assured by the frightened client that cayenne would be terrible for them and that boosting their digestive secretions was dangerous for them. I did my best to patiently explain that acid reflux was always the result of compensation for not enough stomach acid and if we got enough in there in the first place, we would not face the problem at all. I instructed them, not to eat cayenne on their food, but to stir ¼ teaspoon into water exactly 15 minutes before each meal. In addition to this, they were to avoid all dairy and were to minimize any processed food and try to stick to whole foods only. They were also instructed to consume plenty of fruit, but ONLY ON A COMPLETELY EMPTY STOMACH, and never with anything else. I never had a person follow this who did not get complete relief immediately. Some had underlying problems that needed to be dealt with, but even those got complete relief using this protocol.

May the Cayenne be with You

To make a long story short, I have used cayenne freely for years without ever knowing a problem from it except when it was added to food. This is not a natural problem, really, but for some people it is a problem. Cayenne is high in antioxidants and boosts immune function and helps clear mucus and all forms of congestion. In the Herbal First Aid course I teach, and in my own first aid kit, several key formulas have cayenne or another hot pepper (habanero) as a major constituent. I believe if I could only choose one item (shudder the thought) for my first aid kit, it would be cayenne. So often this herb can save lives and suffering when no other options exist and even medical emergency options are not nearly as good or even comparable. I will continue to use this herb regularly. We are so intent on arming people with this tool, and helping them understand how to use it, that we put together cayenne key chains, with brief instructions on them, and are available for sale through MadHerbalist.com,

Kal Sellers, MH, LMT is a ten-year veteran of natural healing and herbal medicine. He runs a practice in Marietta and Powder Springs and teaches Herbal Medicine and Natural Healing Arts through his website www.madherbalist.com. Call 706-473-4375 for details.

NOTE: The information and advice expressed in this article is not a substitute for regular health care services. Please consult with your healthcare professional.

Mosquitos Bite *continued from page 4*

for some people. For me, it neutralizes the itch, facilitates healing, and can be applied as often as necessary.

Some of the same essential oil formulas that repel mosquitoes are also good for the itchy bumps they cause, especially those with tea tree, lavender, and cedar. Witch hazel is also recommended. The crushed leaves of basil and plantains (plantago) can be used as well. Even more convenient are a variety of homeopathic remedies available at Life Grocery. All these suggested treatments need to be avoided near the eyes and other sensitive areas and should be tested in small areas first.

Taking my own advice, I am out the door to do some more gardening while smelling like some of my favorite herbs and, hopefully, I will not seem to be so tasty of a meal to the mosquitoes this time.

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

“The Perfect Diet” ...

By Draya Woolf-Wilson

There is so much information and mis-information out there. I have been on every side of the diet world in my endless search for truth – for me. This is a very key statement, seeing that every third new book seems to be a diet book in one way, shape, or form. There’s currently a new book out, *Women, Food and God*. There has been much synchronicity with this book, I finally had to pick it up. I had a very good friend tell me about it, then another. Then on my out of town jaunt to Kansas City, I went to many a book store, since I am promoting books myself (kid’s books for now, but even I have a book about food and diet in my publishing near future). So I am standing there talking to the store buyer and not one, not two, but three women interrupted us to find this book, which ironically was the first book when you walk in the door, on a huge stand.

I could make a statement as to what I think that means and how in a few years when my new “big deal” book comes out, they will once again be in the store looking just past the book that will TRY to save them. In no way am I saying it can’t. What I am really saying is this . . . it’s not the food. There is no perfect diet for everyone. I am sure this will surprise many people since I am a raw foodist, transition coach, and chef.

So what am I saying? What am I talking about? What I am going to tell you is exactly what I learned from tons of reading, experimenting, experiencing, and lectures. In my thoughts, I am very impressed with and completely agree with Gabriel Cousens, raw food elder. There is no one diet that fits every person. Every single person is a unique creation of the universe and each of us although similar, are unique, as are our bodies. What affects one of us in one way doesn’t to the next. What does this mean? This means we eat for who we are, what we want, and our perspectives. Food is so much a part of who we are.

The way we buy a car to fit us, is similar to how we eat to fit who we see ourselves as, want to see ourselves as, or who other people see us as, which we have grown comfortable with. Comfort is easy. I have so many examples of this. I have a guy I worked with who wanted to transition to raw. He wanted to be thin, attractive, and what he always imagined he could be. He did have a very pretty face, bedroom eyes, and an amazing voice. He was a singer and songwriter and extremely talented. There was only one thing holding him back in his mind; that was his weight. Of course, any psychologist, as well as most half-intelligent people, would know automatically that it had nothing to do with his weight. It had to do with his self image.

When it’s that far inside you, it’s very hard to let go of. He had always been the sweet, nice, cozy guy. The guy you could count on, maybe not too bright, but comfortable. So what does any of this matter? After about fifteen pounds came off in about a week, he already began to question who he would be if he actually lost the weight and were to become everything he imagined. He quickly fell off, got a regular job, and half-heartedly pursued his music and true path.

This can also be seen on the video *Simply Raw, Curing Diabetes in 30 days*. Out of the contributors, there were two who “could not do it.” The reality is when you watch the video, the two who couldn’t do “it” had lives that entirely revolved around “it” and “that is who they are.” I find this sad and a very acute indication of how most of us are. We are exactly who we want to be and our food is an indication of that. Is any one life style better than another? I think that is unfair to judge. Obviously, some choices affect us all, however, it is still each person’s choice to be who they want to be.

My hope is that instead of worrying about who we are in the eyes of others we will find what truly works

for us, as individuals. I also hope that when people do that, they will accomplish the real goal and conquer the issue of food. Food is used to define us, comfort us, and fulfill us in our society. If you begin to define yourself with how you are following your life’s passions and being all you can be, the food issue will disappear.

In the first chapter of, *Women, Food and God*, the author says, “I believe we are walking, talking expressions of our deepest convictions; everything we believe about love, fear, transformation, and God is revealed in how and when we eat.” I agree. So start with finding out who you truly are or want to be; hold it, mold it, keep it and never give it up so that you never need to be comforted by something outside of yourself. Be conscious when eating and living. Take steps out of love not fear. Be happy not worried. Stay open to what your path and food choices should be in this life for you. Follow your heart’s passions and don’t get caught up in the comfort. Discover yourself. Of course, being me, I would suggest, some of the things that worked for me, like going raw for at least six months to clear out the addictions and parasites, eat in life not death, and so on. At the end of it all though, it must be for you, in complete love, and without judgment.

Draya Sioux Woolf-Wilson: Author, Illustrator, Artist, RAW foods instructor, and life coach. She teaches raw foods classes at Life Grocery and Café and around the Atlanta area. She has also published four children’s and poetry books, and teaches the writing process through schools and libraries all over. And now, Draya collects her own spring water.

Summer Treats

By Dr. Kim Strickland

I love the summer months for ease of feeding my family. We enjoy lots of smoothies, pure fruit ice cream, salads, and grilling on the deck. We planted a garden at the beginning of May and are excited about what it has yielded. My boys chose to plant several kinds of lettuce, beets, green and yellow beans, cucumbers, zucchini, yellow squash, and spinach. This garden is in my neighborhood, a short walk from our house. It is a community garden on government land that is sitting vacant. We are enhancing the land with the garden and fruit trees. In a few years I hope there will be peaches and apples.

Although some of us have chosen to grow some of our own produce, we are so fortunate to have Life Grocery offer such a wide selection of fresh organic produce to those who don’t have their own garden and supplement the needs of those who do. I am including some recipes that we have been enjoying already this summer.

Fruit Veggie Smoothie

2 -3 bananas, frozen with peels off
1 handful of spinach
1 leaf of kale

2 baby carrots
1 small clove of garlic
½ c blueberries, frozen
½ c strawberries, frozen
honey, optional

- Add all of the following in a Vita-Mix or heavy-duty blender with enough water to create a creamy texture. If desired add honey to taste.

Carrot Apple Slaw

2 large carrots, grated
1 apple, grated
1 small piece of kale, grated
2 T mayonnaise
1 T mustard
1 t apple cider vinegar or Italian dressing
2 T sesame seeds, toasted

- Mix carrots, apple, and kale together.
- Make dressing by mixing mayonnaise, mustard, and vinegar.
- Stir into carrot mixture.
- Top with toasted sesame seeds.

Turkey Apple Cheeseburger

1 lb organic ground turkey
1 apple, grated
¼ c onions, chopped
1 T fresh oregano
1 T oil
1 t celery salt
½ t sage
¼ t sea salt
1/8 t black pepper
cheese, sliced

- Sauté apple, onion, and oregano in oil.
- Mix in a bowl with ground turkey and seasonings.
- Grill and add cheese at the end.
- Serve on whole grain buns, such as Ezekiel, with condiments of your choice.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys.

When Is a Cinnamon Roll Like a Vegetable?

By Traci Sellers

In my classes, I like to do a demonstration where I have participants take a small spoonful of wheat kernels and try to chew them up. (If you have never tried this, go grab some out of your storage and give it a go.) If this was how you had to consume your wheat, you probably wouldn't eat much of it, because it is so hard and difficult to chew. Take another handful of wheat and soak it in a cup of water overnight. As it swells and begins to sprout, the wheat becomes soft, sweet, and easy to chew. This is what I refer to as "Nature's Clues" or an indication from the nature of the plant helping us to know how it was meant to be consumed.

Dry grain=hard and difficult to eat
Sprouted grain=soft and easy to eat

What you can't see are the amazing things that take place within the grain during the overnight soak.

The first thing that the water does is activate the enzymes within the grain. Enzymes are like keys, opening the locks that hold together the complex chains of nutrients into particles our bodies are ready to receive and use. Proteins, carbohydrates, and more are changed into their ready to use state. The difference between sprouted grain and dry is like the difference between gasoline and crude oil; one is ready to fuel, the other needs extensive processing before it becomes usable.

The introduction of water into the grain is remarkable because now we have the perfect balance of fiber, water, and enzymes necessary to nourish effectively and eliminate easily, much like a fresh fruit or vegetable. Just as in a fresh fruit or vegetable, the enzymes will break apart the compounds so they are ready for use and the water will carry them through our systems, flushing cells of impurities, and keeping the bloodstream free flowing as the wastes are carried away. Nutrition in, wastes out... a perfect system. Making a cinnamon roll from 100% sprouted wheat is a gift for both tastebuds and body.

Instructions for Sprouting

The sprouting of grains for everyday use is really not a drawn out mysterious process. In fact, it is quite simple. Grain should be soaked for 8-12 hours and sprouted for an additional 8-12. This will give you what I refer to as "minimally sprouted" grain. Seven hours is what is required to dissipate all of the phytic acid, so, just soaking the grain overnight has tremendous benefits. It is important to use your grain before the sprouts get longer than about 1/8th of an inch because it will perform differently (adversely!) in recipes if over-sprouted.

To Soak Grain:



1. Measure out quantity to soak into a non-metal container.



2. Rinse grain by filling container with water that is filtered free of chlorine or other chemicals. Allow any debris to float off.



3. Strain off rinse water.



4. Refill bowl with water to soak



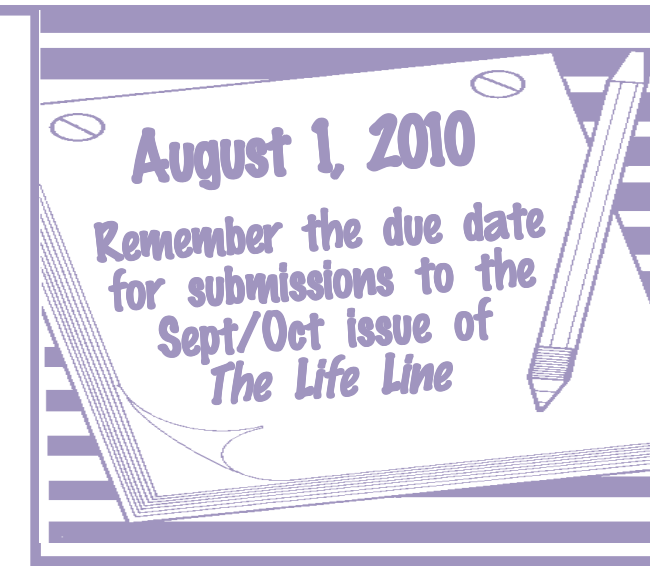
5. Set out bowl on a countertop for 8-12 hours, loosely covered.



6. Strain off soaking water.



7. Rinse grain.



8. Place rinsed grain back in container and set out on countertop, loosely covered, to sprout for 8-12 hours. Then your grain is ready to use!

Traci Sellers had to seriously modify her diet when severe illness during pregnancy threatened her life. She now teaches how to make a plant based diet taste like traditional comfort foods you grew up with. You can learn more about her [Health Principles and Recipes](#) in the book section of [Life Grocery](#).

Fall Life Fest & Member Appreciation Day

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members receive

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Back to School Gluten Free

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

It's that time of year to start thinking about sending our kids back to school, and along with the typical preparations most parents go through, I am faced with sending my 10 year old to fifth grade with special dietary and other restrictions. This wouldn't be such a huge deal except for the fact that she has Celiac Disease and cannot tolerate foods with gluten (the protein found in wheat, barley, rye, and, possibly, oats) in them. So, I will have to plan for this new year of public school with its cafeteria, snacks, and birthday parties; with kids and teachers who don't know the first thing about having to be gluten free. This includes school supplies because, let's face it, kids are messy, and there is always a chance she could be "glutened."

In Kindergarten, we ran into an issue where the school was going to use wheat flour for one of the Field Day events. Most people don't even think about these things. I ended up providing enough rice flour for the event so it wasn't an issue; in first grade they decided to forgo this event. In the years that have followed, we haven't run into too many issues with the school supplies, but there seems to be a never ending torrent of birthday parties and teachers who like to give food as prizes for doing well in class.

Most teachers will put out a list about a week or so before school starts to let parents know which school supplies will be needed for their class. Most school supplies are perfectly safe for children with allergies or food sensitivities, but you can check with the manufacturer to be sure. Things to be careful of are paste, play dough, finger paints, glue sticks, and the ubiquitous macaroni noodles that teachers like to use for craft projects and the like.

I provided my daughter's teachers with a supply of gluten free dried pasta noodles in various shapes for kindergarten and first grade. I also provided enough home made gluten free play dough for the entire class so that I wouldn't have to worry about her having to be kept separate from the other children if they are using regular play dough. All commercial play dough contains wheat. Here is a list of some commercial school supplies that are gluten free.

Common Gluten Free School Products/Materials:

- Chalk – Crayola
- Crayons – Crayola
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- Play Clay – Crayola Model Magic (*Crayola Clay contains gluten*)
- Silly Putty – Crayola

Now lets talk about the cafeteria. When my daughter was in Kindergarten, I simply sent her lunch every day. By the end of the school year, though, I had an opportunity to speak with the head dietitian with Cobb County Schools and the Cafeteria Manager at my daughter's school. They were able to provide me with a list of the cafeteria menu items that were verified gluten free and were more than willing to work with me

on a weekly basis to provide a safe lunch for her. We attempted this for a couple of years, but to be quite honest, the menu choices were not healthy, despite the claims that they were, and as far as gluten free went, there really weren't many available choices. If you are going to go the cafeteria route, be aware that this takes a lot of communications on your part. Cobb County School Board puts out the menus on a monthly basis and you can download and print them out, along with the list of gluten free menu items. It is then your job to communicate your child's lunch selection every week to the cafeteria staff. Now, in order to get this kind of support from the school system, I did have to provide a doctor's note stating that my daughter is on a gluten free diet for medical reasons. If you don't wish to do that, or don't feel comfortable with the cafeteria food, simply pack your child's lunch every day.

Now we come to the lunch box. Since I am packing her lunch once again, I have a little experience in this arena. In an effort to make her feel as normal as possible, and give her fun, healthy food choices, I do lots of shopping at Life Grocery. They have the best selection of kid friendly gluten free foods! I make sandwiches using Kinnikinick's White Sandwich Bread, EnerG's Light Tapioca Loaf Bread, or Udi's Gluten Free Bread, with Applegate Farms deli meats (turkey bologna is her favorite) and Horizon Farms American Cheese Slices. The old standby, peanut butter and jelly, was always a good option. I would fill her Thermos with many varieties of leftover dinners reheated just for her, like spaghetti, chili, soup, etc. Ian's now makes allergen free chicken nuggets and fish sticks. S'Better Farms has Corn Dogs and Chicken Fingers. If I warm these up for her in the morning and wrap them in foil, she can have them with her favorite dipping sauce, Annie's Organic Ketchup! Also, fresh fruits and vegetables, organic of course, are always a good choice! For dessert and snacks there are many varieties of gluten free cookies and even candies. Candy Tree even has gluten free licorice!

Birthday parties and other special class parties can easily be accommodated if you work with your child's teacher and they are aware of several "safe" items that they can choose to have on hand. For many of the parties, I either provided enough of a "normal" gluten free snack for the entire class, or I would send in a similar gluten free item just for her to have. It is always great fun (and the teacher's appreciate it) if you volunteer to help in the classroom during a party, this way you can be assured that your child doesn't get any gluten, and is served their special treat along with everyone else.

Here are a couple of simple recipes for the lunch box

Bagelwich

1 Kinnikinick sesame seed bagel, sliced and toasted
cream cheese or gf/dairy free substitute
avocado slices
bean sprouts.

- Assemble bagelwich with all ingredients, put together like a sandwich.

Fruit Salad

Organic grapes, apple slices, orange slices (seeds removed), banana slices, and lemon juice

- Mix all fruit together. Sprinkle with lemon juice, to prevent browning, and pack in an airtight container

Don't be afraid to experiment and try different things. Fun things for small kids would be edible art projects like "ants on a log" celery sticks with peanut butter and raisins on top, or a simple "pizza" that they can assemble themselves with a Real Foods Corn Thin, some shredded cheese, and a small container of tomato sauce (Amy's Family Marinara tastes great cold). I use those reusable/disposable containers for this. Also, I recommend involving your child in the process of deciding their menu choices for the week. This gives them a sense of control and power over their diet and makes for a happier kid.

All in all, I think we've handled this fairly well. How will you do? Hopefully I've given you some helpful ideas. Here's hoping you and your kids have a great gluten free school year!

Nisla Whetstone is a Gluten Free Lifestyle Coach in private practice. She also works closely with Dr. Joe Esposito and facilitates a monthly gluten free support group at his office on the third Tuesday of every month, at 6 pm. For more information call 770-653-6017 or e-mail magickhand@gmail.com.

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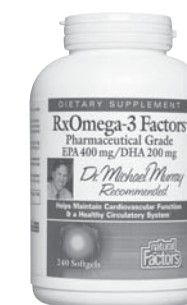


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Team Juice or Team Blend?

By Jesse Andersen

The lovely “I’m ready to improve my health” folks who attend my lectures and classes each month have a lot on their minds after my presentations. “Do I need to be 100% raw vegan?” “Should I stop eating meat and dairy?” “Where will I get my protein?” “Do I have to stop drinking coffee?”

These are just a few of the questions that pop up at nearly every presentation. They are good questions. Questions that I had back in 2003 when I first started studying about the raw and living foods diet.

I want to address one of the most popular questions: “Do you **juice** or do you **blend** your greens, and why?”

I’ve been teaching my students for over three years that if you have serious nutritional deficiencies, you have issues with your digestive system, or, you are considering a short term green juice fast for the purpose of cleansing, juicing your greens is a great way to go. By removing the fiber with a juicer, your digestive system gets a rest, and some say your cells get satiated faster with the vital minerals and nutrients it is depleted of. Just remember, by doing just juicing, your bowels are going to slow down or stop moving as you’re not getting any fiber. You may need an herbal laxative or supplemental preparation to keep things moving. Always check with your preferred health care practitioner.

I have always felt that we get more of the best that the greens have to offer by blending and drinking the greens *with* the pulp. However, I’ve recently learned that if you **blend** your greens, then pour them through a nut milk bag to remove the pulp, you actually receive even more of the nutritional value because the secondary, or stage 2, juice that usually stays in the pulp, having been “masticated” by a high speed blender, is now available via squeezing it through the nut milk bag.

The big issue currently being discussed from everyone from Dr. Joseph Mercola to Dr. Gabriel Cousens is: “What about oxidation?” “Is juicing or blending preserving more of the vital nutrients in each glass we prepare?”

Well, I’ve done a lot of research on the subject over the years and some additional research just recently. I’d like to share some information from three other leaders in the raw food community. Just like most things in life, if you ask ten people a question, you’ll get ten responses with varying degrees of similarities.

The first two authors share their feelings about the subject, while the third author, Victoria Boutenko, shares her own research and backs it up by speaking with an expert on the subject.

On her website, www.thedetoxspecialist.com, Sandy Halliday, discusses blending, juicing, and oxidation. Here is an excerpt of that article:

Fresh fruit and vegetable juicing has been used as part of detox regimes for many years. Proponents argue that the fresh raw juices without the fiber are easy for the body to digest. The vitamins, minerals, and other nutrients released from the produce are easily absorbed. In cases of cancer and serious illness the person can consume many more nutrients through juices than he/she can by eating whole fruit and vegetables.

By flooding the body with these concentrated nutrients, it is believed that toxins are forced out of the cells and tissues and damaged tissue is repaired.

People with poor digestion or bowel problems like ulcerative colitis get all the nutrients without the added digestive burden or irritation of the fiber. Unless you are juice fasting, the high intake of whole fruit and vegetables in detox diets provides enough fiber to make up for that lost in the juicing.

Because of the health benefits of fiber and other nutrients in blended fruits and vegetables that may be lost in juicing, many practitioners are now recommending blended fruit and vegetables for detoxing. Although I can find no scientific evidence for the effectiveness of it, thousands of people have lost weight, and restored their health and energy by using blended fruits and vegetables, or green smoothies, for detox.

Some nutritionists have been concerned that the fast speed of the blender may result in increased oxidation of the smoothie. Oxidation is the process that causes a sliced apple to turn brown.

Fresh vegetable and fruit juices should be drunk immediately after juicing as they start to deteriorate, but green smoothies seem to retain their freshness much longer and can be kept refrigerated for several days without obvious deterioration. I do not recommend this though. You should always drink them as fresh as possible.

Bob Hedges, from the site www.optimallivingfoods.com, adds these comments about juicing and blending:

Most juicers do not get the stage 2 juice that’s bound up in the pulp. The best way to get the stage 2 juice is to blend the foods in a 20-amp blender and then strain it through a nut milk bag to get the pure juice with no pulp. Green smoothies can be a little thick for some until they get used to it. (NOTE: Add some water so it’s not so thick)

Fruits and vegetables are made up of nutrients, fiber, and water. Our bodies are designed to consume whole foods and not processed foods. Each individual part is very important as an integral part of the package. Two parts without the third is not the ideal way to consume the food. Juicing takes out the fiber and all of the stage 2 juice that’s in the pulp; dehydrating takes out the pristine alkaline structured water. Juice from a juicer is not whole food—it’s considered processed because the fiber with its phytonutrients has been removed.

And finally, one of my heroes, Victoria Boutenko, author, researcher, and raw vegan shares this information (with permission) from her latest book, *Green Smoothie Revolution*. (You can find her book right here at Life Grocery at a 20% discount.):

After I published my first book about green smoothies, I have received many inquiries from my readers asking whether blending was preferable to juicing. I also heard that some nutritionists were concerned that blending might accelerate the oxidation of the food. I was very curious to find the answer for myself and decided to seriously research this question.

I conducted a simple experiment. I chose potatoes for my experiment because it is easy to observe the process of oxidation in potatoes. You probably remember an instance when you left a slice of raw potato on your cutting board and observed it turning brown within several minutes. That is why my grandmother used to put peeled potatoes in water, to prevent browning or oxidation.

First, I peeled two potatoes so that the color of their peel wouldn’t interfere with the results of my experiment. I then juiced one potato in a twin-gear juicer and blended the other one in a Vita Mix blender with one cup of water. I placed both cups of fluid on the table and took a photograph of them. I was taking photographs frequently for two days. The potato juice started to turn brown within a matter of minutes and became dark brown by the end of the first hour. The blended potato stayed almost white for two days. The top of both liquids, which was exposed to the air, turned dark almost instantly. I repeated this experiment three times with different kinds of potatoes and various shapes of glasses. The results were the same.

It was clear that the juiced potato oxidized much faster than the blended potato. Since I am not a professional scientist, I decided to seek the opinion of someone with the appropriate expertise. I went to the local university and consulted with Gregory T. Miller, professor of chemistry of Southern Oregon University. After researching this matter, he wrote the following:

The browning is the result of oxidation of specific bio-molecules in the fruit or vegetable. My students study this in lab, so I have some familiarity with the process (albeit they are studying the enzymatically regulated oxidation). My wife is also a winemaker and deals with oxidation of her juice/wine on a regular basis. I also possess a huge number of resources on the oxidation topic in the form of biochemistry, medical, and nutritional books. Here are my thoughts:

Many people believe that the blending process will cause increased oxidation due to thousands of tiny air bubbles getting mixed into the “juice.” This effectively increases the surface area of oxygen in the liquid and facilitates the oxidation process. However, in grapes at least, I have observed the opposite to be true. The blended grape stays a truer color much longer. I believe this observation in grapes to be a result of numerous antioxidants released as the grape is blended (breaks open more cells than juicing). I believe this is what you are seeing with the potato, as well.

Potatoes contain numerous antioxidants. This may come as a surprise to many people

Conquering Food Cravings

By Don Bennett, DAS

Food cravings can seem like they threaten to undermine all of your diligent dietary improvement efforts. When you're dealing with cravings you may feel like you're fighting a battle, with the devil on your left shoulder whispering to you, "go ahead, eat it, you know you want to" and that angel of reason on your right shoulder saying, "this is the very thing you said you DON'T want to eat anymore." If you cave in to cravings—to that persistent pest on your left shoulder—you may feel disappointed and frustrated, and you may even beat up on yourself. And if that isn't enough, you may suffer some unpleasant physical symptoms from eating whatever it was that you caved in to.

Cravings are real and they can really test your commitment to health. But they are not a mysterious, incomprehensible, irresistible force of nature, and you don't have to become their victim. Keep in mind, many of the most addictive things that you love to eat probably contain addictive substances, such as the opioids in grains and chocolate (addictive, toxic, morphine-like molecules) or the caso-morphine in dairy products like cheese, ice cream, and yogurt. Salt and spices also excite your system and can promote cravings. And certain foods can trigger emotional associations, which can exert a powerful "eat me" influence. But even if your diet is great, if you are over-stressed and under-slept, you may still find yourself experiencing powerful cravings for unhealthy foods that you want out of your life.

With empowering information, you can get good at ignoring that annoying voice that taunts you to eat things that you really don't want to eat; you can stay ahead of cravings. Here are some tips.

1. Eat enough simple carbohydrates from fruit during the day. Not eating enough fruit is the number one thing that most people do when transitioning to a healthier diet. Making fruit your primary fuel requires adopting some new habits, and until you make a habit of consuming sufficient calories from fruit during the day. You'll likely find yourself reaching for concentrated sources of calories towards the end of the day. This will cause you to either overeat on fatty foods, such as nuts, seeds, and avocados, or to eat cooked foods like grains (complex carbs) or cheese which are foods that keep you wanting more.
2. Get sufficient rest and sleep. Fatigue is a major factor in food cravings. It sets up an unhealthy cycle of giving in to cravings in exchange for some emotional "comfort," which further depletes your energy and vitality. When you're exhausted at the end of the day, what your body really wants is rest, not food, and you should want this too because when you're well rested, everything in your world looks brighter and things are easier to deal with. Changing your eating and lifestyle habits require diligence and commitment, and these are much easier to maintain when you are well rested. So consider going to sleep earlier and not eating too close to bedtime.
3. Daily exercise and recreation are very important activities in a healthy lifestyle and will help a lot with curbing food cravings. Exercising outdoors in fresh air and sunshine is especially beneficial. When you exercise, you help to detoxify your body, you "earn" your calories, you will find that you enjoy healthy fuel (such

as fresh fruit), and you will sleep better; all very important for creating health.

4. Eliminate and replace addictive foods with healthier foods. Many of the foods common in the typical Western diet are very addictive. Even small amounts of some of these foods can trigger an addictive response which can keep you stuck in an unhealthy cycle. It takes tremendous willpower to be able to keep foods like cooked grain products, starchy foods, and dairy products to the occasional small quantity. This approach will almost always lead to a physically and emotionally destructive "yo-yo-ing" between healthy foods and unhealthy foods; it's very easy to slip back into the "comfort" of more of the addictive foods and to then lose the ground you've gained on your healthy diet program.
5. The most effective way to stop eating something that you know you need to eliminate from your diet, is to simply stop eating it! Trying to wean yourself off it slowly, or saying that it's okay to have a little now and then, usually ends up keeping the item a significant part of your diet. When you stop inundating your body with the foods that you love but don't love you back and replace them with foods that you love and that love you back, in time your cravings for the health-robbing stuff will be replaced with desires for the health-building stuff.
6. Do things that make you happy and avoid situations that create uncomfortable emotions because they can trigger cravings. Your inner self knows that it can't process strong emotions AND do difficult digestion at the same time, so it knows that if you eat foods that require lots of digestive energy, emotional processing will be numbed, and, therefore, you'll feel better if those were strong negative emotions that were coming up. This is a common trap, so it's helpful to understand this very human scenario, and avoid it if you can. But if you fall off the wagon, don't beat yourself up. Instead, forgive yourself, treat it as a lesson learned and look ahead to doing better next time. And when you can be happy and stay on course, you'll be able to pat yourself on the back (which helps to reinforce those positive choices and habits that enabled you to avoid temptation).
7. Keep your goals ever-present in your thoughts; remember why you're doing this. Remind yourself that what you are doing is an important investment in your future health; that any cravings you are currently having to deal with are temporary and will eventually be gone or greatly diminished to the point where they are easily manageable. This will help you find the inner strength to stay the course and reach the point where being bothered by cravings is a thing of the past.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author; his book is sold in the book department of Life Grocery. More empowering and enlightening information can be found at health101.org.

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

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

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Jesse Andersen, Betsy Bearden, Don Bennett, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Brian Murray, Kal Sellers, Dr. Kimberly Strickland, Linda Townsend, Nisla Whetsone, Draya Sioux Woolf-Wilson

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In This Issue

- 1 Team Juice or Team Blend?
- 2 Conquering Food Cravings
- 3 Ask Dr. Joe
- 3 The Real Key to Great Results
- 4 Living Food is Sprouting Food
- 4 GMOs Are Too Hairy
- 5 Understanding Food Allergies
- 6 Hold Onto Your Ability to be Self Sufficient
- 6 Back to School Snacks
- 6 Headaches
- 7 Bye Bye, Birdie!
- 8 Comfort Foods

Ask Dr. Joe

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

Every time I am in Life Grocery, inevitably someone stops me to ask me a question. Either they recognize my voice from the radio shows that I do or from a lecture that they've attended. I don't mind though, it's what I do. I thought for this article I would do something a little different and answer some of the more common questions, just in case you have wanted to ask the same questions.

Q: I wondered what your thoughts are on cleansing, especially the Master Cleanse by Stanley Burroughs?

A: I am a big supporter of cleansing, including the Master Cleanse. I have done the Master Cleanse several times. But, more important than cleansing is this: don't pollute your body to begin with! Your body is self cleaning, assuming you have a normally functioning nervous system, so that the brain and spinal cord can properly control your organs and allow them to work properly; a normally functioning digestive system, so that you are capable of absorbing nutrients from your diet; and, of course, a good diet. Then, if you do a cleanse, you will get the best results.

Q: You mentioned on one of your radio programs that bone medicines were bad, but didn't discuss it in any detail on that particular program. Please let me know if you discuss it in more detail in another program or article. I have tried to find it, but am unable to. I have been on Actonel (a bisphosphonate) for almost six years and wonder if it is safe to continue it.

A: I am not a medical doctor, so I can't tell you to take drugs or not take drugs, but I can give you my opinion. For simplicity sake, there are two types of bone cells we need to look at: osteoblasts, which build new bone cells, and

osteoclasts, which break down old, weak bone cells. Most bone meds stop the production of osteoclasts, so you retain the old, weak bone cells while growing new cells. This might show up as an increase in bone density on a bone scan, however now your bones are made up of high quality new bone cells along with weak "cheap" old bone cells. In several studies, there was no significant decrease in the risk of bone fracture in those who took meds and those who did not. However, the meds caused numerous side effects. That being said, if there is statistically insignificant evidence to show a benefit to taking the meds, and you are exposing yourself to potential side effects, perhaps there is a different approach that warrants investigation.

There are numerous studies that show a diet high in acid foods, such as alcohol, meat, sugar, dairy, coffee, soda, and artificial sweetener will increase your risk of osteoporosis. A diet high in more alkaline foods, such as fruits, veggies, certain grains, nuts, and seeds, will decrease your risk and in many cases can reverse some of the bone loss due to a high acid diet.

I feel that in order to achieve the best results, you would need to: (1) Have a nervous system that is working at its best. If you have neck, back, leg, or any other pain, this is a warning sign that your nervous system is not working at 100% of its capabilities. (2) Have a normally functioning digestive system. If you have gas, bloating, diarrhea, constipation, or acid reflux, your digestive system is not performing at its best, so you are not absorbing your nutrients as well as you should. (3) Have a good, plant-based diet in order to supply your body with the nutrients you need, and in your case, the nutrients it needs to repair your bone damage.

Q: My child has been having recurrent ear infections and we have tried multiple antibiotics, but they have not worked. Now the doctor wants to put tubes in his ears. I don't see how a tube will fix anything. I don't think the cause of his problem is that he is lacking plastic tubes. Any suggestions you might have that would be a way to treat the cause of the problem and not have to keep putting potentially dangerous antibiotics into my child? Any advice you have would be greatly appreciated.

A: There are two things that I have seen work very well. The bone in the upper part of the neck, called the Atlas, can move out of place and put pressure on the ear canal. I have seen many kids get that bone put back in place and they see amazing results in regards to ear infections. The other thing that might help with the symptoms is ear oil. It usually contains olive oil, garlic, and other herbs; you put that in the ear two or three times a day. You can either purchase it in a health food store or make your own.

If you have a specific health problem, feel free to set up a consultation with me at no charge, so you and I can look at your issues and see if we can come up with an action plan to get you well. I look forward to seeing you soon.

Dr. Joe Esposito, chiropractor, author of "Eating Right For The Health Of It!," syndicated radio show host of HEALTH TALK ATLANTA and director of Health Plus Wellness Center, is committed to making healthy living commonplace. For more information or to speak to him personally, please call 770-427-7387. Mention Life Grocery when you call and get a private consultation with the doctor at NO CHARGE! You can also check out Dr. Joe's website www.DrJoeEsposito.com.

The Real Key to Great Results

By Brian Murray, M.Ed.

A friend of mine has dramatically transformed her body in the past several weeks. I am proud of her for doing it and staying committed to discipline. She really does look great and everywhere she goes she gets the same question, "How much weight have you lost?"

The truth is she hasn't lost that much body weight. Last check revealed a nine-pound fat loss and corresponding nine-pound body weight reduction (this is what should happen when you do it right. Unfortunately for most this isn't the case). Doesn't sound like much, right? Would you expect someone who only lost nine pounds of body weight to knock your socks off with their new appearance? Probably not. So what's going on here?

What most people are chasing is the BIG number. Twenty, thirty, fifty pounds of weight loss is usually the goal. To most people only big changes are real. However, big changes are not necessarily the *right* changes. When you experience the right changes—lean body mass gain while losing ONLY fat—you should not expect to see big changes in numbers. Just a few pounds of fat loss will have a much more dramatic effect on your appearance than a 20-pound indiscriminate body weight loss. So how can small number changes lead to big compliments, reactions, and new wardrobe bills? You may think it's because of what my friend *lost*. Yes, she lost fat and now occupies much less space, but what had to happen to make that possible? Remember, you must change the way you think. What came first was what she *gained*.

Her first step was to get stronger by engaging in a high intensity strength-training program. This in turn led to her gaining strength, lean body mass, confidence, energy, restful sleep, and inner calm. These are the ingredients necessary for successful fat loss. As I wrote in my book, *Stop Trying to Lose Weight—You're Making Yourself Fatter*—before you can get what you want, you must first

get what you need. You don't need to "lose weight." You want to lose weight. This way of thinking is your downfall and until you start to focus on *gaining*, you will have a hard time losing what you should.

As my friend has pointed out, instead of asking "How much have you lost?" the real question should be "How much have you gained?"

Brian Murray is an exercise physiologist and author of [Stop Trying to Lose Weight—You're Making Yourself Fatter](http://www.sttlw.com). To learn more please visit www.sttlw.com. For great tips and information that will help you get better results from exercise follow Brian's blog at brianmurray.wordpress.com.

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Living Food is Sprouting Food

By Brenda Cobb

Enzyme-rich foods like sprouts are extremely important to health. They are alive and growing when you eat them, thus giving life to the body. Cooked foods are deficient in enzymes because heat destroys all enzymes. Cooked food slows the rate of the metabolism and weakens the immune system. Living sprouts help the body conserve vital enzymes, stimulate the body's inherent self-cleansing, self-healing, and regenerating properties and boosts the metabolism. Sprouts can be a healthy and economical key to creating good health and vitality!

Sprouts result when almost any bean, grain, or seed is soaked overnight and allowed to grow. When you eat these tiny, easy-to-digest plants, you are literally getting the best of what the plant has to offer, since they are at their nutritional peak. During sprouting, vitamin and enzyme content increase dramatically, while starch is converted into simple sugars, protein is turned into amino acids, and peptones and crude fat is broken down into free fatty acids. The sprouting process predigests nutrients, making them easier to assimilate and metabolize.

In 1978, at the University of Texas Cancer Center, Dr. Charles Shaw and Dr. Chiu-Nan Lai tested a variety of vegetables for potential anti-cancer elements. Foods like lentil and mung bean sprouts, as well as carrots and parsley were tested. Even though the carrots and parsley did show some inhibitory effect on carcinogens, they weren't nearly as potent as the sprouts in terms of anti-cancer activity. John Hopkins University has done extensive

research on broccoli sprouts and found they are capable of both preventing and healing breast cancer.

If you're trying to lose weight, then sprouts can be your best friends. They supply the body with a large quantity of low-calorie, easy-to-digest nourishment. Sprouts can even help your sex life and slow the aging clock. Sprouts contain natural antioxidants A, C, and E, along with exogenous enzymes (enzymes that come from a source outside the body). Antioxidants inhibit the formation of free radicals in the body. Vitamin C prevents free radicals from being formed and keeps vitamins A and E from being destroyed.

The enzymes in sprouts not only digest themselves, they also help digest other foods too. Humans are the only creatures on earth who eat their food without the food's natural enzymes, since humans cook their food, and all enzymes are destroyed when heated. Dr. Edward Howell, author of *Enzyme Nutrition*, believes that cooking is the main reason why people suffer from so many serious diseases like cancer.

To reverse and heal illnesses and serious life-threatening diseases it takes common sense, knowledge about food and how it works in the body, and a willingness to change bad habits and replace them with good habits. It isn't complicated or difficult to understand. It's simple. Health is not the mysterious stranger we never meet. Health is within reach for every one of us if we will follow the basic laws of nature. Eat sprouts. Create good health.

Asian Mung Bean Sprout Salad

1 lb mung bean sprouts
1 c cucumber, peeled and sliced
½ c carrot, grated
1 c red bell pepper, chopped

Asian Dressing

3 T raw tahini
2 T Nama Shoyu raw soy sauce
4 T fresh lemon juice
1 t cayenne pepper
2 medjool dates, pitted
1 T sesame oil
1 T ginger, minced
1 T garlic, minced
1 T scallions, minced
½ t Himalayan salt

- Mix all vegetables and sprouts in a bowl.
- Blend all the dressing ingredients in the Vita-Mix and pour over the sprouts and vegetable.
- Mix and toss until well coated.
- Chill and garnish with minced scallions.

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute in Atlanta* offering *Healthy Lifestyle Courses on Nutrition, Cleansing, Healing and Anti-Aging*. For more information, visit www.livingfoodsinstitute.com or call 404-524-4488.

GMOs Are Too Hairy

By Linda Townsend

Imagine you are a hamster, a species known to be highly prolific, but you cannot reproduce and you have hair growing . . . of all places . . . *in your mouth!* All you did was eat genetically modified (GMO) soy, just as your parents did and their parents before them. (GMO, GE, and GM are common initials for genetically modified or engineered foods.) That is what happened during a routine study conducted by Russian biologist Alexey V. Surov. The third generation of hamsters fed GMO soy over a two-year period not only exhibited these health issues, but they also showed slower growth rate, smaller size, and higher pup mortality rate. This is reported in the article: "Genetically Modified Soy Linked to Sterility, Infant Mortality," published on the Institute for Responsible Technology website:

<http://www.responsibletechnology.org/utility/showArticle?objectID=4888>

Folks, we have something very frightening on our horizons—already growing in farm fields all over America, already in our food chain. I feel I need to repeat that for emphasis: **GMOs are already in our food chain and we are the laboratory rats!** It is believed that 60 to 70% of products on grocery store shelves contain at least one genetically engineered element: corn is 85% GMO; soy, 91% GMO; cotton, 88% GMO; canola, 85% GMO; and sugar beets, 95% GMO. The company Monsanto has genetically engineered these plants to withstand massive doses of RoundUp®, or else to produce their own pesticide, *Bacillus Thuringiensis* (Bt).

Because the United States lacks laws requiring manufacturers to label foods as GMO, unlike the European Union, Japan, China, Korea, Australia, and New Zealand, most Americans are unaware that they are purchasing and eating GMO foods. Jeremy Rifkin, founder and president of the Foundation on Economic Trends, stated "The industry's not stupid. The industry knows that if those foods are labeled 'genetically engineered,' the public will shy away and won't take them."

Therein lies the fight. While polls indicate an overwhelming number of Americans, 80 to 90%, want labeling, the USDA and FDA opposes labeling, claiming

that GMO foods are not in any way different from other foods and labeling would be "false, misleading, or deceptive." In fact, these agencies even went on to state that no country should require labeling to distinguish GMOs. Even if there should be labeling of known GMO foods, GMO grains are being fed to livestock and presently meat is not required to be labeled either.

I did state and will again: **GMOs are in our food chain NOW!** Not just ours, not just our livestock, but in all of nature! Insects, birds, and wild animals eat food in farm fields, too. Who is monitoring the effects on them? Those sci-fi movies about man-made plagues are feeling a bit too real for me right now.

I think the last time I featured this subject was two years ago in my July/August 2008 article called "The Frightening Phenomenon." (Go to lifegrocery.com and click on "More Newsletters" on the right side to find it.) It began like this:

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

Not just a part of us, but of our off-spring too, apparently. To be honest, much of our fears about GMOs were just speculation previously, but scientific proof is mounting and my greatest fear is that it is too late.

What can you do? Please call and email to your representatives *often* to oppose GMOs and support laws that would require labeling: GMO producers do not stop lobbying their interests, so we should keep at it too. Buy *only* organic foods as much as possible. At this time, foods labeled organic must be GMO-free, however genetic encroachments are happening even in some organic produce because of cross-pollination (nature cannot be contained). If you are a meat eater, inquire about whether the livestock is fed GMO-free feed. If you have your own home garden, be sure your seeds and plants are from

organic sources. Buy only organic food for your pets as well.

Remember these simple facts: There is no labeling of GMOs, so if the food is not labeled "organic," it most likely contains some GMOs. Research on GMOs was inadequate before released for production, but now there is enough solid research to consider it a health risk. GMOs are in our food chain *right now* and research indicates that health risks increase with each generation fed with GMOs.

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



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Understanding Food Allergies

By Kal Sellers, MH

For many natural healing practitioners today, the primary step in healing is the removal of foods from the diet to which the person has allergies or a milder reaction called a food reaction or sensitivity. This approach has been used for nearly every chronic and acute condition in existence today. In this article, we will discuss this approach, what you need to know about it, and the most common mistakes people make when they approach allergy-oriented natural healing.

First of all, let me share a story of my own. A young girl of nine years old was brought to me with very high cholesterol and her parents were told that she would have to go on cholesterol drugs immediately. The parents, who were both coming to see me for the Rolf Method of Structural Integration, knew that I did holistic healing work and brought her to me. I told them that the only reason for a child to develop high cholesterol was food allergies. I tested her and told them a number of things they should either reduce or remove from her diet. I then took them off of a certain type of food, which is discussed later in this article. In three months they had her re-tested and her cholesterol was completely normal. I did not put her on anything that would lower cholesterol, but I did have them start an herbal liver formula because I knew that the liver was involved.

Allergies greatly interfere with normal endocrine function, including health of the pancreas and thyroid and the adrenal glands are greatly stressed by the reactions themselves. All body chemistry is disturbed and the gut becomes irritable and dysfunctional and the liver and gall bladder will swell or weaken, depending on the case. Because of this, we can use removal of allergies to treat diabetes, low thyroid, high thyroid, chronic fatigue, Crohn's, IBD, IBS, high cholesterol, high blood pressure, low immune function, osteoporosis, etc.

If we really want to have the right to call ourselves natural healers, we need to always ask the question, "Why is this malfunctioning?" The distinction between natural healers and the medical profession is primarily about whether we think the body is intelligent and vital or whether we believe the body is just a victim of the impacts that occur in conception and then in life. If we believe the body is intelligent and that it gets confused only when you take it out of the natural state, then we have to keep asking, "Why," when the body is in any way sick. Every answer needs to be followed by another "why" until we arrive at an explanation that includes the body being removed from its natural state or having its natural processes interrupted somehow.

Allergies are no exception. There is a great explanation that I use all the time for my clients. It also happens to be a lie. I tell my students the truth, though, but clients do not always have the time to get the full explanation. I will give you both.

The lie that I use all the time:

1. The body gets exposed to processed, cooked, or otherwise refined substances that it would never get in that volume or form in nature.
2. The ability to digest that substance becomes exhausted. The enzymes and micronutrients needed to digest and then balance the uptake of those nutrients simply take too much from one area of the body and the body thereafter has to detoxify this "residue" through the liver. If not, it has to get the immune system to attack this and process it out through the lymphatic system and then still through the liver and kidneys in other forms.
3. Eventually, an immune reaction will occur if any food is consumed for long enough in a processed form in high enough quantity.

4. Babies born to mothers who had or developed food reactions may be born already sensitized in the extreme.

Most people think that this is a pretty good story. It is, as I said, a partial lie. The truth is that there is no good reason that the body could not perpetually detoxify itself. Further, there is no good reason that the immune reaction, should it ever really have to occur, not be appropriate to the actual detox process and have nothing beyond this that would cause harm or extra stress.

The rest of the story is twofold:

1. The liver is very much involved with irritable, inflammatory responses. When the wastes, toxins, and residue from undigested food are in the blood, the liver will detoxify these and either dump them into bile and then into the bowel or will ship them off to the kidneys to be excreted. If the liver is backed up, though, then at a certain level, the immune system is activated. If this happens a lot, you may get a hypersensitive immune system. While this might happen, it is insufficient to explain the body actually hurting itself with the immune response (life-threatening allergy resulting in anaphylactic shock).
2. There is a psychosomatic involvement with EVERY allergy or hypersensitive immune response. I will take a useful excerpt from the MadHerbalist.com course entitled, *One 5 Subject Notebook*, which is a course designed to teach you to process out the roots of your own psychosomatic issues and trapped emotions: Every physiological process can be processed just like addiction (which is discussed in detail in that course). This means that you can start with the physiological process in the bottom box (drawn on the bottom of a page in the reverse flow chart for addiction) and draw a line from it to a box right above it. You fill that box with what you feel happened immediately before the physiological response. You want to find the psychological and emotional states as well as triggers—physical things that happened or were said or done that triggered the psychological or emotional state or the next physical process in the allergy. This can be done with many types of things in life that actually are the last stage in a long cascade. The reason anything gets out of control is that it is totally out of mind. The goal of the reverse flow chart for addiction is to help you walk carefully backward, asking, asking, asking yourself questions to get deeper and further until you find the process that actually begins the journey to the undesirable outcome. At this point, you have gained the power to select consciously a different path and the power of the path to your undesirable outcome will be automatically diminished. In this way you can engage in the all important psychosomatic healing process.

There is one final element to allergies that is commonly misunderstood that must be addressed before we can

complete our discussion. This is the issue of high residue foods. "Residue foods" is a phrase coined by me. It refers to the fact that some foods you digest and use; others stay in your gut (low residue). Think raw, non-starchy vegetables. If you break it down, you can use it. If you do not, it stays in your gut and feeds your friendly flora. This is a *low residue* food.

There are other foods you do not even have to digest for them to start leaking into your blood from your gut and when you are done digesting them there is a load of stuff left behind that could not be used by your cells. This is a residue *in your blood*, which is from *high residue* food. High residue foods, even if you are not allergic to them, are irritating to the digestive tract and to the immune system making your reactions to other things to which you are allergic or sensitive much worse. Indeed, we have shown that at least in some cases you will stop reacting to your allergies altogether if you will remove all high residue food from your diet.

High residue foods are very key in our discussion. It diminishes the importance of (though does not altogether remove) the actual allergen and allergy testing. It places instead an emphasis on overall wise choices that diminish the stress on your body. Here are some examples of the higher residue foods and food choices (some foods are fine until badly combined, for example) you can make and might want to stop making to get well:

- **All Animal Protein:** These complicated proteins are not usable by the body and have to be broken down and re-combined. A large portion is unusable and ends up as protein particles, often damaged, in the blood. Not all animal proteins are created equal. Fish and wild meat are better choices. Pork, dairy, and commercial chicken are among the very worst choices.
- **Dairy:** Yes, I know this is covered under the last heading, but dairy is so hard to digest, so mucus forming, so chemically and hormonally altering, so full of chemicals and antibiotics today that it is a phenomenal threat to health and should be totally avoided in any form, even organic.
- **Bread:** Grain is difficult to digest at its very best, but when you take the dry grain, process it down to flour—maybe without its germ or bran—and then cook it to complete oblivion, there is no chance for digestion. Further, loads of particles are broken down by heat and processing and get into the blood as debris at best. Even sprouted grain is still very complex and should only be eaten in simple combinations and without cooking it to death. I recommend against all breads.
- **Starch:** Starch is thought to be the most universally agreed upon category of food no-nos. Eating it raw is probably no big deal, but even then, it is not easily digested. My feeling is that starch tends to be incompletely broken down and tends to result in ill-prepared sugars entering the blood. These cannot be used well and they create debris.
- **Sugar:** Simple, though it is, if we have a refined sugar, it is unusable. The possible exception is glucose, but this does not really work out because it turns out that even for glucose to be used it needs trace minerals with it and cofactors that facilitate use by the cell.

continued on page 7

Hold Onto Your Ability to be Self Sufficient

By Draya Sioux Woolf-Wilson

As stated in *The Lorax*, the children's book by Dr. Seuss, "Let me say a few words about Gluppity-Glup and also Schloppity-Schlop." If it wasn't bad enough that we are one of the few countries that must have a special label to express that something is as nature intended or "organic," it seems that our government doesn't believe we need to know when things have cloned cells or have been genetically modified; not to mention, the newest craze of nanotech foods, which cross the blood and brain barrier.

There is an even more alarming, if that's possible, issue at hand. A complete attack on raw foods, local community and small farms is occurring right now in our beautiful country. I am referring to bill H.R. 875. What is H.R. 875? [FYI, S. 510 is the Senate version of H.R. 875] You ask. "Well," they say in a calm way, "the Food Safety Modernization Act of 2009, of course." It sounds perfectly acceptable, nice, and helpful right? The Food Safety Modernization Act, where they essentially imply that raw farm foods need to be regulated to insure they are healthy and safe. Wait a minute . . . I thought that we had a regulation body of safety for food . . . isn't that the job of the Food and Drug Administration. Well, perhaps it was before they appointed more politicians than scientists.

Anyhow, the bill actually intends to imply, with such a common and deceiving title, that any food not provided by a corporation complying with the pasteurization regulations is considered unhealthy and needs a "Food Safety Modernization Act" to help keep it within safe regulations. Except that is the furthest thing from the truth, especially when you consider that the same man

involved in the recent Georgia Salmonella epidemic, is also a key player in the movement of this act. Let me point out that his factory was under the regulatory system and pasteurization standards of corporations, just in case you think he trying to do something good and avoid another situation like that.

This is just scary and so wrong. The idea of regulating small farmers, who by the way, already have more regulations than big corporations, and potentially having people at farmer's markets fill out forms indicating what they bought, who they bought it from, why they bought it, when they intend to eat it and so forth, is ridiculous and extremely inconvenient. Can you imagine going to the farmer's market and filling out page after page about each carrot and tomato you bought and when you intend to eat them, with whom, and for what purpose?

However, the most disturbing thing is not any of the things I have already discussed. The fact is that the bill has very broad language that does not, in fact, define a farm. The reality is that without an exact definition, if it does not explicitly exclude something then it could implicitly include something, though not the original intent, at a later time; potentially, anyone growing anything without complying with the federal regulations is in danger of committing a federal offense and serving prison time and/or paying outrageous fines. So, if you happen to grow a tomato plant and you don't fill out your documentation, you could go to jail or pay exorbitant fines! Let me add here that this is being pushed by means of foods that are "unpasteurized," which means that a possible action could be total pasteurization of all fruits, veggies, nuts, and seeds.

This is an atrocity; a complete dismantling of our constitutional and basic life rights, which gives us the ability to provide our bodies with healthy, nutritious foods, without the interference and regulation of a governing body. I am outraged and hope that this is the one thing that will make people finally say, "Enough is enough!"

So if this resonates with you, please contact your appropriate government bodies and let them know that this is *completely intolerable!* When the basic staples of life are restricted, we simply cannot prosper, which is the right of every soul on this earth. Here are a few links so that you can research and make your own decisions. Be well, stay positive, be grateful—especially for a wonderful place like Life Grocery—make a change and prosper!

Resources:

<http://belasonic.blogspot.com/>

<http://www.youtube.com/watch?v=zOe6mpJuu0I>

[http://www.govtrack.us/congress/billtext.xpd?](http://www.govtrack.us/congress/billtext.xpd?bill=h111-875)

[bill=h111-875](#)

[http://www.youtube.com/watch?v=LGZL6q-](http://www.youtube.com/watch?v=LGZL6q-3LOw&NR=1)

[3LOw&NR=1](#)

<https://writerep.house.gov/writerep/welcome.shtml>

Draya Sioux Woolf-Wilson, author, illustrator, artist, raw foods instructor, and life coach, teaches raw foods classes at Life Grocery and Café and around the Atlanta area. She has also published four children's and poetry books, and teaches the writing process through schools and libraries all over.

Back to School Snacks

By Dr. Kim Strickland, ND

I am homeschooling my boys and they like several snacks per day. This summer we came up with a list of their favorite snacks. Some of these are portable for a school setting and some would be great for right after school when your kids get home.

It's important to have a wide variety of healthy options available to choose from. I like to provide raw fruits and veggies in addition to other snacks. Choose fruits that are in season and have them displayed in an appealing manner. My kids get excited when I use fancy dishes to serve them in or on. My husband won a handmade flat rectangular serving dish at a road race and seeing food on that makes them zealous. Standby veggies are baby carrots, sliced red peppers, cucumber slices, and celery stalks with peanut butter. You can also keep dried fruits like raisins, apricots, dates, figs, and prunes on hand.

When thinking of snacks, be sure to think of foods that will replenish and fuel the body rather than create a quick rush of sugar that will then result in a crash. Think of items with proteins, such as cheese, peanut butter, raw nuts, or even soybeans. My boys love edamame, which are soybeans in the shell, boiled with a little salt on them. They call them "pop peas." Variety is the spice of life, so mix it up. I've included a few recipes for some healthy snacks. Bananas are on my mind, as I bought 12 big bunches of "red tape bananas" today for baking and smoothies! Enjoy.

Banana Dip for Crackers

2 bananas

2 t miso

2 T almond butter

- Mash bananas and add miso and almond butter until smooth and mixed well.
- Serve on crackers.

Banana Bread

3 bananas

1 T lemon juice

¼ c oil

¼ c applesauce

½ c honey

¼ c dates, chopped

1 c oat flour

½ c millet flour

½ c oat bran

½ t salt

½ t baking powder

½ t baking soda

- Preheat oven to 350 degrees.
- Mash bananas with a fork and add next five ingredients.
- In a separate bowl combine the rest of the ingredients.
- Add the wet into the dry and stir until just mixed.
- Pour into an oiled loaf pan and bake for 45-50 minutes. Test to see if done.

Mini Pizzas

2 Ezekiel English muffins, split

pizza sauce

cheese

pineapple and other toppings of your choice

- Preheat oven to 400 degrees.
- Top the English muffins with sauce, cheese, and toppings.
- Place in oven for about 10 minutes.

Chocolate Banana Smoothie

2 bananas, peeled and frozen

½ c blueberries, fresh or frozen

½ c chopped spinach, frozen

1 c chocolate almond milk

- Put all in a blender and process until smooth.
- Add more milk if necessary.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as a private math tutor specializing in calculus.

Headaches

By Dr. Susan Esposito

A headache, which is also known as cephalgia, is pain that occurs somewhere in the region of the head. It can be an indication of any one of several disorders of the head or body. Although the brain tissue itself is unable to feel pain, because it lacks pain receptors, pain can be felt from structures that surround brain tissue. These pain-sensitive structures can be divided into two categories. One category is inside the cranium, which consists of blood vessels, meninges, and cranial nerves. The other category is outside the cranium, which includes the periosteum of the skull, blood vessels, muscles, nerves, subcutaneous tissue, eyes, ears, and sinuses.

Headaches can result from irritation or traction of the pain-sensitive structures listed above. Pain receptors (called nociceptors) can also be activated by trauma to the head, brain tumors, stress, muscle tension, and blood vessel dilation. When nociceptors are stimulated they carry the signal down the neurons to a location in the brain (the sensory cortex) that is able to perceive it. The sensory cortex enables the recognition of the location of the pain.

There are over 200 types of headaches. The most common types of headaches are called primary headache disorders. Here are some examples: Migraine can be a very severe, pulsating form of headache, often preceded by an aura, affecting one side of the head, often concomitant with nausea, sensitivity to light and sound, lasting anywhere from a few hours to a few days. Tension headache tends to feel like a tight band wrapped around the head, lasting variable lengths of time. Some less common forms of primary headache disorders are trigeminal neuralgia, which is shooting face pain; cluster headaches, which occur most often in males and typically cause severe pain behind the eyes and occur as the name implies, in clusters of episodes that will remit for a period of time only to reoccur in clusters again; and hemicranias continua, which is a continuous headache that occurs on one side of the head.

Other causes of headaches can be separate from the head, such as cervicogenic headaches, which are caused by spasms of the neck muscles; and medication overuse headaches, which ironically are caused by taking too many painkillers.

continued on page 7

Bye Bye, Birdie!

By Betsy Bearden

Life gives us so many opportunities to explore the beauty in it and the wondrous things around us, if we will just take a little time to pay attention. I am so guilty of not taking advantage of these gifts. However, one very hot and steamy day this past July, all of that changed.

My husband Steven was in the garage doing whatever it is that men do in the garage; I set out to check on him. It was sweltering out there and the window fan at high speed wasn't helping the situation. I took him a tall glass of ice water. Before I could leave, he said that he wanted to show me something. On the garage wall was an old canvas nail pouch hanging behind an old archery bow that he'd gotten at a yard sale years ago. (My husband is a yard sale junkie and the bow was a great deal, so he brought it home, and hung it in the garage. Moving on . . .) He told me to look in the pouch; I didn't see anything. He told me to take a closer look.

There was a tiny little face, with two tiny brown eyes, and what looked like an ornate white mask around them, and a sliver of a beak hanging over the lip of the pouch. It was a little brown bird! How cozy it looked in the pouch. "Well, hey Birdie," I said. How original, right? It was so cute and it didn't seem to be afraid of us at all. Then my mind was flooded with questions: was it an abandoned baby, was it hurt and couldn't fly, how did it get in and have time to build a nest, if in fact, it did build the nest, and how would it get out when the garage door is closed 99% of the time. Steven said that it, or its mama, must be coming in and out between the gap at the top of the fan between it and the window. "Quick! Turn the fan off," I said! Steven assured me that the grill around the inside and the outside of the fan would keep it from getting hurt, but he turned it off anyway.

I stood inside my kitchen and peeked out the window in the garage door, and watched that bird throughout the afternoon for hours. It sat there, and sat there, and sat there, and then suddenly, it moved. I know what you are thinking: I could have just opened the garage door, but there are stray cats in our neighborhood. Birdie hopped out onto the edge of the pouch, and then out to the archery bow where she clenched her feet to the string and tight-walked it a bit and then hopped down onto the tool box in front of the window, zipped up on top of the fan casing, and out through the gap between it and the window! Amazing. Later that night I went to check on Birdie, and it was safe and sound in the pouch again. Now I am a city girl, and I know birds nest, but they nest in trees, don't they? So it took me a few minutes to realize that Birdie must be on the nest. I told her she was welcome to stay with us as long as she wanted.

My friend, Brenda, came down to look at it the next day and she said it was a Carolina Wren, and that they make their nests in just about anything. Then I got worried again about how she was going to teach her babies how to do the whoop-de-do through the window, but I had faith that if Birdie was smart enough to build a nest where she would be safe, then she would be smart enough to get her babies out when the time came.

For the next week, I watched as she kept perfecting her nest, and placed water and breadcrumbs on the utility table beneath it. Each evening I would spend about a minute or two with her and, um, sing—yes, sing to her, and she loved it. Then it happened—we've got babies! Over the next few days, she worked non-stop, bringing in food for her new little family; I wondered and worried when poor Birdie ever slept.

A couple of days later I peeked out the window and saw two little birds, then three, flittering around in the garage. Brand new life is sweet! The hair on their little heads looked like Snoopy's friend, Woodstock, all messy and soft. I could not make myself leave the back door for watching them. Birdie was outside on the deck calling to them to come outside. Again, I saw something amazing. Birdie came in to feed the babies wherever she found them, but someone else had joined the celebration. It was their daddy! Birdie went back out for food, and Daddy perched himself onto the fan casing. He was trying to

show them the way. Now we had Daddy, Eensie, Teensie and Weensie, all congregating toward the fan. They would flitter and fall, and flitter again, but eventually they got back up and made their way to the window. Birdie constantly called to them, and Daddy would come in and out to show them the way.

I was neglecting my work, so I went back to my office and started working, but I couldn't concentrate—back to the window I went. Why are there never any batteries when you need them for your camera? There was Daddy, Eensie, Teensie and Weensie, all on the fan casing. Birdie was still outside calling to them.

Daddy showed them once again how to go out, and then Eensie figured out the whoop-de-do, and Teensie and Weensie soon followed. I was so proud and so relieved. But wait. Something moved on the garage floor. There were two more! *Two more!* So now, I had Itty and Bitty. Eventually Itty found its way out, but Bitty was obviously the runt of the group. It finally found its way to the window, but couldn't quite navigate it. I thought about opening the garage door, but the rest of its family was in the back yard. Besides, I had faith in Bittie's parents. Birdie kept calling it all afternoon.

I suddenly panicked when I realized everyone seemed to have disappeared. I was left alone with Bitty. Now what? I called Steven at work and asked him to come home right away. He wanted to know exactly what it was he was supposed to do when he came home. I don't know . . . something!

I stayed with Bitty in the garage all afternoon. When it flew to the far end, I would talk to it and coax it back to the window. It would sit on the casing again, but just did not know what to do. Finally, Steven came home. He went out to the garage and pulled the window fan out of the window, and now there was a huge opening for Bitty. It finally got to the window, and flew outside. Yay! I tore open the door to the deck and saw it sitting on the deck steps. What now? "Okay, no one goes out there for a while," meaning my two dogs, Yogi and Rocky.

About thirty minutes had passed, so I figured it was safe for the dogs to go out since they had just eaten their dinner. Well, there we all were, about to descend when there sat Bitty on the same old step. We put on the brakes and I hurried the dogs back in the house. "We have to do something," I said. It was getting near seven in the evening and I was really worried something might get Bitty if it didn't fly somewhere. But thankfully, Birdie came to the rescue, and Bittie flitted off after her.

I asked Brenda if they would come back to the nest, and she told me that they were gone for good. I went out that night and looked at the open window and then at the empty nest, and I cried.

The next evening we sat on the deck for a while and I heard Birdie. I would know that tweet anywhere. Then I saw them—Birdie was on the fence, and then one, two, three, four, five of them with their little Woodstock hair, had perched all up and down the fence. As of the middle of August, they were still hanging close. I have never witnessed anything like that before. The devotion and the dedication of Birdie and their daddy was a life changing experience. Now, don't get me wrong . . . I don't plan to turn into a binocular totin' Miss Jane type from the Beverly Hillbillies or like her birdwatcher side kick, Wally Cox, but I do plan to watch these amazing little creatures every chance I get.

So yes—Life does give us so many opportunities. That is why we all need to visit Life Grocery and stock up on fresh organic veggies, fruits, and pantry staples. And don't forget to visit Café Life for not only a healthy vegan meal, but also a very delicious and satisfying one!

Betsy Bearden is a certified, 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](#). Email her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net or at www.tofucookbook.net.

continued from page 5

Understanding Food Allergies

Thus we are against all processed sugars of any kind.

- **Protein and fruit together:** I could also say protein and starch, but that would be suggesting that you will ignore the starch rule. However, you might eat raw starch, to which this would apply to. Protein and fruit (or starch) will not digest together well. Simply put, the human body is designed to consume and use very simple combinations of things. If we are going to combine, we want to make sure that we honor the two "S's": Simple and Similar!
- **Chemicals:** It is shocking that we are consuming literally thousands of chemicals in our food every single day even on a healthy program. Extreme vigilance is required even to minimize that intake. It is a major factor in the residue—in this case toxic residue—in our bodies, though. We need to avoid chemicals wherever we can. Foods should be scrutinized at least by carefully reading the label and maybe by investigating the company. Products for the skin, hair, nails, as well as soaps, detergents, dryer sheets, etc., should be approached with caution and scrutiny. Water should at least be filtered and the home should be treated conservatively and with caution.

Kal runs a natural healing practice oriented toward herbal medicine and natural nutrition. He also does Reflexology and the Rolf Method of Structural Integration. Kal also teaches natural self-healing and clinical herbology through www.MadHerbalist.com.

Headaches

continued from page 6

There are many warning signs that a headache may be potentially very serious and warrants further investigation. Be aware of these important warning signs:

- a new headache in someone over 50 years of age
- headaches that come on very suddenly and strongly (these are referred to as thunderclap headaches and could potentially be a sign of subdural hematoma)
- inability to move limbs or face
- vision disturbances or other abnormalities of sensation
- mental confusion
- pain in the jaw
- head pain that gets worse if you change position, cough, or have a fever
- if the headache sufferer has cancer, HIV, or has risk factors for thrombosis.

Treatment for a headache depends on its cause. Many take analgesics (whether over-the-counter, prescription, or holistic). A health care professional will determine the degree of treatment from the description of the headache, together with a complete neurological exam.

The level of endorphins (mood elevating chemicals) in one's body may play a role in the experience of headaches. It has been suggested that those people who suffer from chronic, severe headaches may have lower levels of endorphins than those who don't. If this is true, then I have another excuse to eat more chocolate (which is said to increase the release of endorphins) and have fun!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and mother of three children. If you have a question for Dr. Susan, you may e-mail her at susan.esposito@gmail.com. Please note that not all questions can be addressed in this column.

Comfort Foods

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

What are comfort foods and why do we crave them when we are feeling down, or sick, or even when we want to celebrate something? I was wondering this very thing as I was laying in bed fighting off the fatigue from some virus I picked up somewhere. I don't feel good; I'm tired and I'm hungry. And instead of thinking about all of the healthy foods that I should be putting into my body to nourish me, I am consumed with thoughts of ooey gooey sweet sticky gluten filled cinnamon rolls and wishing that there was a suitable gluten free cinnamon roll available to me.

Now, I'm sure if I wanted to take the time to dig out all of my gluten free cookbooks, I could find a recipe. But the downside is that I would still have to go shopping, and then spend hours baking. This isn't fair! Am I feeling sorry for myself? Maybe just a little, but I thought that I would write down how I was feeling and share it with you.

I remember when I was a kid, my mom would get these ready to bake cinnamon buns that came in a cardboard tube, complete with the sweet sticky icing that you could drizzle all over them as soon as they came out of the oven. These things were the epitome of deliciousness and comfort to me. At that time, I didn't know that they were making me sicker every time I ate them, but now that I do know, that still doesn't stop me from craving them.

My mother also made the most decadent coffee cake that would suffice if there weren't any cinnamon rolls around, but I tell you, the cinnamon rolls were my favorite! I know that there are many companies that are making gluten free cinnamon rolls that come pre-made and you can usually find them in the freezer section at Life Grocery. These are delicious, and I really wish I had some right now! I guess I'm going to just have to stock up on them. In the meantime I can still dream about those hot from the oven, cinnamon rolls from a cardboard tube that I remember from my childhood. Maybe someday someone will make a gluten free version of those very same rolls. Maybe I need to find someone to help me do that. I'm just thinking out loud here, don't mind me!

So what am I to do? I'm going to go make myself some hot soup, drink some juice, and go back to bed.

Maybe in the morning I'll feel like going shopping for some gluten free cinnamon rolls!

Here is a recipe for gluten free cinnamon rolls that I adapted from one of my gluten free cookbooks:

Gluten Free Cinnamon Rolls/Sticky Buns

1 T yeast
3 T warm water
1 c sorghum flour
¼ c cornstarch
¼ c tapioca flour
1 T xanthan gum
4 T oil
3 T honey
½ c milk, dairy or non-dairy
¼ t salt
1 egg or equivalent egg substitute
¼ c butter or butter substitute, softened
1 T cinnamon
¼ c sugar
½ c sorghum flour (reserve this for kneading)

optional additions:

¼ c finely chopped walnuts or pecans
¼ c raisins

Sticky Bun Topping

3 T butter or butter substitute
½ c honey
½ c brown sugar
1 c chopped walnuts

- Combine the yeast and warm (NOT HOT!) water in your mixing bowl. Set aside to let it do its magic.
- In a separate bowl, combine the 1 c sorghum flour, cornstarch, tapioca, and xanthan.
- Stir to combine.
- In a small bowl, combine the oil, honey, and milk.
- Stir into the yeast.
- Add salt and egg.

- Turn on the mixer and gradually add the flour mixture. Once it is all added, mix vigorously for 10 seconds.
- Cover the bowl loosely with plastic wrap and rise in a warm place for 30 minutes. It doesn't rise a whole lot, like with traditional cinnamon rolls, but you should notice some rise in the dough.
- Combine butter, sugar, and cinnamon for the filling. Set aside.
- After the dough has risen, dust your work surface, hands, and the dough with the reserved sorghum flour.
- Knead the dough several times until it is all combined. It seems like a lot to be adding, but it really does soak it all up. If the dough is still really sticky, you may need to add more sorghum flour.
- Roll dough out into an 8 x 12 rectangle.
- Spread the reserved butter mixture over the dough.
- Roll into a long tube. Slice tube into 1-inch individual rolls.
- Place rolls on a parchment lined jelly roll pan.
- Cover and allow to sit and rise for 1 hour.
- Preheat oven to 375 degrees F.
- To prepare the topping, place butter, honey, and sugar in a saucepan.
- Cook over medium heat until sugar is dissolved, about 1 minute.
- Pour topping into a greased 9 x 13 pan.
- Sprinkle chopped nuts over the mixture.
- Once cinnamon rolls have risen, place in 9 x 13 pan and bake for 15 minutes.
- Eat them while they are hot. ENJOY!

Nisla Whetstone is a Gluten Free Lifestyle Coach in private practice. She also works closely with Dr. Joe Esposito and facilitates a monthly gluten free support group at his office on the third Tuesday of every month, at 6 pm. For more information call 770-653-6017 or e-mail magickhand@gmail.com.

continued from page 1

Team Juice or Team Blend?

because of the pale color of many varieties. Among others, potatoes are rich sources of phenolics, flavonoids, carotenoids, and anthocyanins. The concentration of each vary with the type of potato. Since your potatoes are skinless (where the greatest concentration of the tyrosinase enzyme is located), I believe the blending process releases a much higher percentage of these antioxidants from the tissue than the juicing process.

It is also possible that, in many fruits and vegetables, the bulk of the fiber released during blending reduces the oxygen saturation in the solution but, if true, I think this is a secondary issue.

Victoria's response to Professor Miller's comments: *Now I understand why it is commonly advised to drink squeezed juice within minutes of making it, and why smoothies can stay fresh for two or three days in the fridge. Even though I can clearly see the many benefits of smoothies, I still don't want to completely disregard juicing. One of the main advantages of juice is that it requires next to no digestion and can be absorbed and assimilated*

immediately into the bloodstream, allowing the digestive system to rest. This important quality of juice allows it to be used by people who suffer from severe nutritional deficiencies or have a highly irritable digestive system. People with these conditions often cannot tolerate any fiber at all, and juice may provide invaluable nourishment for them. Later, when their health will improve, these people can switch to drinking smoothies.

Victoria says that she agrees with Dr. Doug Graham who states that "juices are a fractured food, which is missing an essential component—fiber." She believes, as do I, that when we consume enough fiber, we take a load off of our organism by improving our elimination. Toxins often build up in the colon and fiber cleans them out. When most toxins have been removed by fiber, then the body has a greater ability to absorb nutrients, thus improving digestion. Victoria concludes, "Humans could not live on juices alone, whereas green smoothies are a complete food."

You know, most of the people on the planet today, and most especially here in the United States, do not eat many fresh, organic, fruits, vegetables, greens, nuts and seeds without heating or cooking them. In fact, even though there is indeed a "green smoothie revolution" and a "raw food movement" that is beginning to be noticed

by some of our nation's leaders, our medical community, our children's schools, and just regular folks like you and me, we still have a lot to learn. But just like grandma used to say, "the proof is in the pudding," (in my case, the raw food pudding) people from all over America and the World are beginning to experiment with the raw vegan diet and discovering the phenomenal health benefits; more energy, weight loss, better sleep, etc.

And **greens**, with the powerful amount of minerals that make up our foundational core, are gaining popularity at a rapid pace. Dr. Mehmet Oz has a green smoothie every day, and several times a month tells his millions of viewers on the Dr. Oz show, the importance and benefits of adding greens and green smoothies to your daily diet.

How about you? **Team Juice** or **Team Blend**?

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 and Weight Loss." She also presents a free one hour lecture and shopping tour at Life every Thursday at 6:30 pm. For more info on her classes, or if you would like Jesse to email you her Before and After weight loss photos, email her at RawFoodResourceCenter@gmail.com.

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Give the Gift of Health

By Dr. Susan Esposito

Here we are gearing up for another holiday season of friends, fun, and good cheer. While the holidays provide an opportunity for sharing quality time with our loved ones, many choose to express their love and celebration of the season with some form of presents or gifts to those we hold near and dear.

Since we will be giving something to those we care about, why not give a gift that will create happiness for your recipient, and also serve as a way to make them healthier? If these are people who you care enough about to buy them presents, it would follow that you'd probably want them to be around and healthy for a long time!

To help ease your burden of trying to figure out what you could give to those loved ones on your shopping list, I have compiled a list of twenty traditional and not so traditional options to assist you in your endeavor to put a smile on their face and a skip in their step.

1. Candles—you can find organic soy candles with aromatherapy essential oils. You could add to that a fancy lighter or fill a decorated box with matches.
2. Relaxation CD's—there are all kinds of music available with many kinds of instruments. You could add headphones or if you're feeling really generous, an mp3 player.
3. Yoga DVD or exercise DVD—there are so many different kinds available. You could add a yoga mat or sweat suit.
4. Sports or exercise equipment—especially for kids, instead of all those video games. You can add a basketball, baseball and glove, bike, tennis racquet and balls, etc.
5. Stainless steel water bottle—so they can drink their water without the chemicals that may be produced from plastic bottles. You can add some special waters or customize the bottle with colorful sharpie markers.
6. A beautiful tea set or a special coffee mug—you can add an assortment of organic teas or coffees.
7. Bath salts, oils, or bubble bath—you can get some that invigorate, are therapeutic for specific conditions, or just plain relaxing. You can add a bath pillow and eye shades.
8. Funky-looking, decorative, or personalized toothbrush—you can add a tube of healthy toothpaste.
9. House cleaning—you can clean their house or their car or you can hire someone to clean it for them. This is really an appreciated present for the busy person. You could wrap up a bottle of the healthier cleaners and include a note stating that it comes with the house or car cleaning.
10. Subscription to a health magazine—this could help motivate your loved ones to make good choices throughout the year. You could wrap up a current issue of the magazine and add a note letting them know they will be getting it for a year or however long the subscription will last.
11. Healthy trail mix—you could mix together their favorite nuts, seeds, and dried fruits and put the mixture in a decorative container. You could add a tasty sports drink that's healthy or a beautiful bowl of fruit.
12. Pedometer—a fun gift to let them see if they're getting their requisite amount of daily walking. You could add a pair of cute socks or a t-shirt.
13. Comedy DVD—it is often said that laughter is the best medicine. Maybe some classics like the Three Stooges or a new release that's a real side-splitter. You could add some popcorn kernels in a fancy canister.
14. Healthy food recipe book—always a great idea for the health conscious who is interested in trying new dishes. You could add kitchen utensils, gadgets, and/or appliances that might be required in some of the recipes or a funny apron.
15. Organic dark chocolates—Yes there are some health benefits! I personally love this one! It's fun to take these candies that you can even buy in bulk and find a gorgeous crystal serving dish in which to present them. If you don't need quite such an extravagant gift, you can just put them in a festive holiday container.
16. Massage—you can give it yourself or hire someone to do it. You can add a bottle of massage oil or lotion.
17. Dance lessons—you can take the lessons with them or send them on their own. It's a fun way to get your exercise! You can add a cd of the type of music to which they will be dancing.
18. Incense—you can add the incense holder and even a lighter.
19. Coupons for whatever they might need to lessen the stress of their daily lives—you could give busy parents a baby-sitting coupon or someone who travels frequently a ride to the airport coupon.
20. Life Grocery gift certificate—this is a particularly great choice, because the recipient can come and choose whatever they like from the healthful bounty of options at Life. It makes a perfect stocking stuffer!



I hope the above ideas are helpful in your quest for the perfect gift. Many of the items listed above can be found at Life Grocery and for those that cannot be found there, you can always look on the internet. I wish all of you the very happiest of holidays and will look forward to seeing you in the New Year!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and mother of three children. If you have a question for Dr. Susan, you may e-mail her at susan.esposito@gmail.com. Please note that not all questions can be addressed in this column.

Why Isn't the Focus on Prevention?

By Don Bennett, DAS

We recently had "Breast Cancer Awareness Month." We hear these types of names and don't give them a second thought, but if we did, we might wonder why it wasn't called "Breast Cancer *Prevention* Month" with its focus being on what can be done to prevent breast cancer. When I posed this question to people, I got pretty much the same answer, "But we don't know what causes breast cancer" and supposedly that's the reason for all the fundraising awareness, which is really what the pink ribbon campaign is all about.

While breast cancer, actually any cancer, is a terrible thing, we need to keep something in mind, and that is: human nature. When the earthquakes that made hundreds of thousands of people homeless struck Haiti and Chile, up sprung bogus disaster relief fundraisers who took your money that you were donating for relief efforts and kept it for themselves. Same thing happened after September 11.

There have always been, and will always be, those who seek to take money from you under false pretenses. In general, the higher their IQ, the more clever and devious the scam. And scams of large enough proportion can involve well-meaning people who've been duped into helping to carry out the fleecing. While it's not hard to imagine and accept as real, a large real-estate scam, contemplating nation-wide major fundraising that's not really for the purposes stated, can be mind-boggling. Since our minds are bogged enough with the tasks of paying bills and not losing the house, there's a tendency to disbelieve any such things actually happen. But that doesn't mean they don't happen.

Earlier this year, Kentucky Fried Chicken launched a "Buckets for the Cure" campaign that promised to donate fifty cents from every bucket of fried chicken sold to "end breast cancer forever." But consider that KFC's chicken contains cancer-causing chemicals like MSG, and it's fried in trans-fat oils which are a contributing factor to cancer. And then there's Chambord Vodka who launched a pink campaign to promote their alcoholic beverage; alcohol consumption is linked to causing cancer. And back in 2002, both Yoplait and Dannon painted their yogurt products pink, even though milk contains hormones and hormones help cancer cells grow (consuming dairy products when you have cancer cells is like throwing gasoline on a fire).

Now let's look at something that's promoted as prevention, but in reality isn't. Flu shots are a huge business, and that's putting it mildly. But it turns out that taking vitamin D supplements appear to be a better preventative measure against the flu than flu vaccines. So why isn't this fact being shouted from the rooftops by public health officials?

Consider that the flu shot is aimed at preventing the flu, but credible research shows that taking vitamin D supplements help in preventing the flu, colds, type 2 diabetes, osteosarcoma (bone cancer), melanoma, colon cancer, breast cancer, osteoporosis, inflammatory bowel disease like Crohn's disease and ulcerative colitis, mental illnesses like depression and psychosis, multiple sclerosis, heart disease, periodontal disease, macular degeneration, muscle weakness, chronic pain, bone fractures, autoimmune diseases including type 1 diabetes, lupus, rheumatoid arthritis, kidney disease, and obesity. And when someone like Dr. Greg Plotnikoff (Medical

Director, Penny George Institute for Health and Healing, Abbott Northwestern Hospital in Minneapolis) says, "Because vitamin D is so cheap and so clearly reduces all-cause mortality, I can say this with great certainty: Vitamin D represents the single most cost-effective medical intervention in the United States, why don't we hear this on the nightly news?"

So why isn't the focus on prevention? No, it's not because we don't know what causes things like breast cancer (it is known, it's just not common knowledge). It's because there is virtually no money in disease prevention and boatloads of money in disease management. Developed countries that have a not-for-profit health care system have a population in much better health than countries that have a for-profit health care system—more accurately termed an ill-health management system—like in the U.S. (see the movie *Sicko*). If profits go up when the health of a population goes down, that's a formula for disaster (from the public's perspective). And anyone who promotes the kind of prevention that has the potential to dramatically improve public health is going to be attacked by both industry and the government agencies that industry influences.

There's a notion that it is a waste of time to focus on prevention because the things that people would need to do to greatly reduce their risks of degenerative disease, they simply won't do, so it's better to find a cure instead. Granted, there are people who have no intention of quitting smoking or drinking, even though they know full-well the hazards, and likewise there are people who will not change their health-damaging dietary practices even if told to by a medical doctor. But there are lots of folks who *would* make positive changes in their lifestyle habits if only they knew the facts. And if those positive changes lead to not getting a disease, I think that's preferable to getting the disease and then hoping to cure it.

It's a sad fact that if the overall health of the general public were to greatly improve due to prevention, it would be devastating to the economy. This is because people would be cutting down on, or eliminating entirely, many of the things that cause ill-health, and therefore the need for remedial measures (drugs, therapies, surgeries) would be greatly reduced. When the things that make us sick, and the things that are then done to manage that sickness, make up a huge portion of a nation's GDP, it's a recipe both for a lucrative business environment and a public health disaster, which is what we have today.

But the truth is out there! There is no law that says you, the individual, can't take charge of your health. So think about how valuable your health is—both today's health and your future health—and start spending your time and money where it can *really* make a difference. If we all did what we needed to do to prevent ourselves from getting breast and prostate cancer, we could wipe out these cancers, and contrary to the pink ribbon campaign slogans, prevention is the only thing that can.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author; his book is sold in the book department of Life Grocery. More empowering and enlightening information can be found at health101.org.

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café	Hot Bar
Monday-Saturday	9am-8pm	9am-6pm	11am-3pm
Sunday	11am-6pm	12-5 pm	12-5 pm

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

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

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Jesse Andersen, Betsy Bearden, Don Bennett, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Kal Sellers, Dr. Kimberly Strickland, Linda Townsend, Nisla Whetsone, Draya Sioux Woolf-Wilson

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

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Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 Give the Gift of Health
- 2 Why Isn't the Focus on Prevention?
- 3 Hope for Allergy Sufferers
- 4 Raw & Living Food
Holiday Goodies
- 5 Five Herbs to Regulate
Metabolism
- 5 Cole Slaw for Healthier
Holidays
- 6 Transition, Information,
and Trust
- 6 Fall Baking
- 7 The Reason for the Season
- 7 Some Favorite Raw Recipes
for the Holidays
- 8 Gluten Free and Vegetarian
Food Choices During
the Holidays

Hope for Allergy Sufferers

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

Over the years, many of you have come to me asking about allergies. Most of you have suffered with chronic allergies for most of your lives. The list of allergies includes everything from seasonal pollen, animal dander, chemicals, fragrances, and even foods.

I have found that, when it comes to allergies, you need to look at the digestive system. If you are not properly breaking down your proteins into tiny amino acids, you might be absorbing large chunks of protein into your blood stream. The body recognizes these foreign invaders, attacks them, and tries to get them out of the body the quickest way possible, which is through the mucus membranes in your sinuses, throat, lungs, colon, and sex organs.

When allergies are indicated, my first thought is to check the nerves that come from the spine and into the organs. If they are being pinched, the organs cannot work properly and this can be the start of what we call an allergic reaction. Also we want to be sure your digestive system is working the best that it can. I might suggest you try two tablespoons of raw, organic apple cider vinegar every day. Mix it with water, juice, natural sweetener like stevia or raw honey, or use in as part of your salad dressing every day. This can help you digest your food more efficiently. There are certain supplements that can help, but I would rather try to get to the cause first, and then use supplements if you still need a little boost. Your diet can also play a critical role, so it might be something that you are eating, or not eating, that is making this worse.

Many people suffer from food related allergies. One of the most common allergies is to gluten, which is found in wheat, barley, rye, and oats. Symptoms of a gluten allergy include runny nose, gas, diarrhea, and bloating. In children, it can also cause ear infections. The best way to test if you have a gluten or other food allergy is to totally avoid the suspected food for five days. On the fifth day, eat a serving or two of that food, and if you get a reaction, you will know which food to avoid.

Dairy is one thing that all humans are allergic to at some level. Contrary to the ads for dairy digestive aids, lactose intolerance isn't something that happens to just a few of us. It's estimated that at least 75% of human beings are lactose intolerant. If that isn't a loud and clear, neon-signed message that we should be avoiding dairy, I don't know what is. Think about it. A long time ago, someone decided that we were going to consume the milk of another animal. Then, they built a whole industry around it and convinced us that the milk made for the young of that species (i.e., calves) was one of the best sources for the nutrients that we humans—a totally different species—needed to build strong bodies. Human beings don't even have the enzyme necessary to digest cows' milk. What a surprise since... hey, we're not cows! Not to mention that the hormone and antibiotic levels in processed milk can also lead to allergic reactions. Sort of bizarre, isn't it? So, the moral of the story is to avoid dairy products. And again, I understand that it's probably not going to happen overnight. At least be thinking about phasing it out, one item at a time. And ok, you may never cut it out completely, but the less you have, the better off you'll be. In my book, *Eating Right . . . For The Health Of It!*, you will find several replacements for cows' milk such as almond, rice, oat, and cashew milk. I think they taste better than cow's milk and certainly do not cause the negative reactions of cow's milk.

Alcohol is another hyper-allergenic item. If you're like many people, your sinuses will get nice and stopped

up after a few drinks, especially beer and wine. Mild to severe sinus problems are common side effects of drinking alcohol. Aspartame and other artificial sweeteners can cause over 92 reactions including headaches, nausea, muscle spasms, blindness, depression, fatigue, memory loss, and anxiety, to name a few. Do you drink a lot of diet sodas? Do you also get pretty regular headaches? Since aspartame is a vasoconstrictor, meaning it tightens the blood vessels, headaches are a pretty predictable reaction. Steer clear of this poison.

Let's not forget MSG (Monosodium Glutamate), the staple seasoning in Chinese food, among other things. Some of the most common reactions from MSG are headaches, difficulty breathing, nausea, vomiting, irregular heartbeat, and depression. The tough part about avoiding MSG is that it's often found in many foods, but not listed in the ingredients, or even worse, referred to as "natural flavor." Your own tolerance to MSG can vary widely from the next guy. While it might take a pile of it for you to feel the effect, the smallest amount could trigger a reaction for someone else as much as 48 hours later.

Just look how many ways the industry hides this stuff! Hidden MSG is not limited to foods. MSG-sensitive people have reported reactions to soaps, shampoos, hair conditioners, and cosmetics that contain MSG. The most common hiding places are the ingredients "hydrolyzed protein" and "amino acids," although not all amino acids contain MSG. Drinks, candy, and chewing gum are also potential sources of MSG. Also, aspartic acid (found in aspartame) has been reported to cause MSG-type reactions in MSG-sensitive people. Aspartame is also found in some medications, so it is a good idea to check with your pharmacist. Binders and fillers for medication, nutrients, and supplements, including some food formulas and some fluids administered intravenously in hospitals, may contain MSG.

Even good food can often cause adverse reactions in certain people. Strawberries, pineapples, tomatoes, grapefruits, and oranges are common culprits in causing hives, skin rashes, and more often, pimples on the tongue and "cold sores" on the lips.

As a side note, sometimes suspected food allergies or sensitivities turn out to be merely reactions to fabric softeners, deodorant soaps, or detergents touching the skin. If you have a reaction to a certain food or product, such as a rash, simply avoid it.

Also, in the 26 years I have been in practice, I have never had a patient with allergy related asthma who did not have a pinched nerve in the upper part of their neck. This is the direct nerve supply to the lungs. This needs to be corrected, regardless of what other therapies are used. If the patient has bad gas and/or is ticklish, they are most likely having a digestive problem. Almost all allergy reactions can be traced back to the digestive system. It might be a pinched nerve to the digestive system or a spasm in the digestive system. Either way, mechanically correcting the problem would be necessary. It is a physical problem, not a chemical one, so it needs to be corrected physically.

Dr. Joe Esposito, chiropractor, author of "Eating Right For The Health Of It!," syndicated radio show host of Health Talk Atlanta, and director of Health Plus Wellness Center, is committed to making healthy living commonplace. For more info or to speak to him personally, please call 770-427-7387. Mention Life Grocery when you call and get a private consultation with the doctor at NO CHARGE! You can also check out Dr. Joe's website www.DrJoeEsposito.com.

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Raw and Living Food Holiday Goodies

By Brenda Cobb

You'll be busy during the holidays and can prepare these raw and living food recipes ahead of time. Whether it's a big family reunion or a small dinner party, you'll be ready to serve your guests at a moment's notice. You can celebrate, indulge your sweet tooth, and eat your fill knowing that every bite is not only delicious but healthy too. It's all possible with raw and living foods and no cooking needed!

Use ORGANIC ingredients and filtered alkaline water for best results in these recipes.

Living Hummus

2 c dried garbanzo beans
4 cloves garlic
½ c fresh lemon juice
½ c cold pressed extra virgin olive oil
4 T chickpea miso
4 T raw tahini
pinch of cayenne pepper

- Put the garbanzos in a sprout bag and soak in a bowl of water overnight. Drain the soaked beans in a colander and leave them out of the fridge to sprout one full day.
- Rinse beans morning and evening to keep moist. Do not sprout longer as this will cause bitterness. Beans will expand to more than 2 cups. Use all of them.
- Put the garlic in the food processor and chop, then add the rest of the ingredients and keep blending until there are no lumps and it is completely smooth and creamy.
- Serve with celery, carrots, or any sliced vegetables you like. Yummy!

Zucchini Carrot Dill Salad

3 c zucchini
3 c carrots
½ c fresh dill leaves or 2 T dried dill
2 t Himalayan or Celtic sea salt
½ c cold pressed extra virgin olive oil
½ c fresh lemon juice

- Chop the carrots and zucchini into small chunks to make about 6 cups vegetables.
- If you use fresh dill, take the leaves off the stem and mince the fresh dill leaves. (Don't use the stem.)
- Combine the fresh or dried basil with the olive oil, sea salt, and lemon juice.
- Toss and serve on a bed of mixed baby greens.

Nori Rolls with Sunflower Seed Filling

Filling:

2 c sunflower seeds
¾ c fresh lemon juice
1 c chopped green onions
¼ c raw tahini
1 T powdered kelp seaweed
2 T dulse seaweed flakes
2 cloves garlic
pinch cayenne pepper

Nori Roll Assembly:

nori seaweed sheets (use sun-dried nori, not toasted)
red pepper strips
carrot strips
cucumber strips
slices of avocado
sunflower or broccoli sprouts

mixed baby greens
Nama Shoyu unpasteurized soy sauce
powdered wasabi, with water to form paste

- Soak the sunflower seeds in filtered water for 4 hours and drain.
- In food processor, mince the garlic; add the sunflower seeds, lemon juice, green onions, raw tahini, kelp, dulse, and cayenne pepper. Process until smooth. You can keep this for 2-3 days in the fridge until you are ready to make the nori rolls.
- Julienne (cut into small thin strips) the red pepper, carrots, cucumber, and celery ahead of time and put in the fridge.
- Assemble nori rolls as close to serving time as possible. They tend to get soggy if they sit too long. Slice the avocado right before you are ready to make the rolls.
- Place a nori wrapper on your cutting board. Put a layer of mixed baby greens on the nori wrapper and spread 2 to 3 tablespoons of the sunflower seed filling on the greens. If you put the filling on top of the greens rather than next to the nori wrapper it will keep the wrapper from getting soggy.
- Arrange the julienned vegetable strips on top of the filling and top with slices of avocado. Finish with a layer of sprouts.
- Carefully roll up the nori wrapper and seal the wrapper with a little water on your fingertips. Slice into bite size pieces, about 1 inch thick, with a sharp serrated knife. Serve with wasabi and Nama Shoyu.

Banana Walnut Coconut Pudding

1½ c walnuts
8 ripe bananas
⅔ c fresh lemon juice
1 t vanilla extract
3 c raw shredded coconut
1 pint fresh strawberries

- Soak the walnuts in filtered water overnight and drain.
- Blend 2 of the bananas, 2 tablespoon fresh lemon juice, and the vanilla extract into a cream in the Vita-Mix blender.
- Slice the remainder of the bananas and toss with the rest of the fresh lemon juice until all slices are coated. This will help the bananas not turn brown.
- Scoop the bananas out of the lemon juice and combine with the banana cream, walnuts, and 2 cups shredded coconut.
- Spoon out into dessert dishes. Top with extra fresh grated coconut and a strawberry slice.
- If you have a dehydrator, you can also make cookies with this mixture by dropping tablespoons of the mixture on the dehydrator sheet.
- Flatten out with the back of a spoon and top with a little grated coconut and a strawberry slice.
- Dehydrate overnight to make this delicious chewy cookie.

Dill Cheese Dip

3 c raw cashews
1 c fresh dill leaves or 2 T dried dill
2 T nutritional yeast
1 t Himalayan or Celtic sea salt

2 t lemon juice
pinch cayenne pepper
½ red bell pepper for garnish

- Soak raw cashews in water overnight. Drain the nuts the next day.
- If you use fresh dill, take the leaves off the stem and mince the fresh dill leaves. (Don't use the stem.)
- Put the cashews, lemon juice, fresh or dried dill, sea salt, nutritional yeast, and cayenne pepper in the Vita-Mix and blend.
- Take out and put the dip into a pretty serving bowl and top with chopped red peppers. Garnish with a dill stem with leaves.
- Serve with vegetables, crackers, or chips of your choice!

Strawberry Apple Spice

1 c dates
2 c strawberries
1 c figs
2 c apples
1 c celery
pinch cayenne pepper
pinch cinnamon

- Pit the dates. Chop the strawberries, dates, and figs either in the food processor or by hand. Take out and put in a bowl.
- Peel, core, and seed the apples. Chop into bite size pieces either in the food processor or by hand.
- Combine all the rest of the ingredients.
- Spoon out in dessert dishes and top with a strawberry.
- If you have a dehydrator and would like to make them into cookies, you can spoon out a heaping tablespoon of the mixture on the dehydrator sheets and pat down with the back of the spoon.
- Dehydrate at 95 degrees overnight until the cookies are chewy.

Holiday Salsa

1 c medjool dates
2 c tomatoes
1 c celery
1 c fresh cilantro
½ c chopped green onions
1 c cranberries
1 T fresh garlic
2 T lemon juice
2 t Himalayan or Celtic sea salt

- Pit the dates.
- Chop the tomatoes, dates, celery, cilantro, onions, cranberries, and garlic either in the food processor or by hand.
- Combine with the lemon juice and sea salt.
- Toss and serve with your favorite veggies or chips.

Brenda Cobb is founder of The Living Foods Institute and author of The Living Foods Lifestyle®. The Institute teaches a Healthy Lifestyle Course in Atlanta, Georgia each month. Call 404-524-4488 or 800-844-9876 or visit www.livingfoodsinstitute.com.

Five Herbs to Regulate Metabolism

By Kal Sellers, MH, LMT

Metabolism is a hot subject when talking about obesity, detoxification, energy levels, and much more. Metabolism is more than just our metabolic rate, but includes all the processes and pathways of chemical regulation in the body. It includes detoxification, building the body up, burning or storing energy and vital nutrients, and basically every process in the body. The management of metabolism is exceedingly complex if you hope to do it from a modern medical standpoint of anticipating every isolated pathway and its far-reaching effects. In nature, however, broad nets of metabolic regulation are frequently cast when a single herb is used. We have lived with these herbs since our creation and they are suited to serving us and our needs; we are suited to utilizing them for our benefit.

Metabolism has a sticky aspect to it that may require other skills and understanding beyond basic herbology. This has to do with “alternative” metabolism which can occur in compensation to something that is very unnatural. Thus, we usually talk about metabolism holistically, meaning we include a discussion of stress, diet, lifestyle, congruity, as well as habits. Unnatural icons in our life that disturb our normal peaceful state, or which introduce unnatural combinations of nutrients or obstacles, cannot be ignored. In this article, however, I will stick to a discussion of herbs and encourage anyone who is not living the life he or she feels is ideal to take a close look at any and all unnatural stressors to which the body and all its metabolic processes will have to adapt.

Our first herb is a delightful liver herb (though it is almost never used for this): saw palmetto berries. This plant has amazing, across-gender properties beneficial to metabolism. It also builds blood around the liver and will thereby cool excess irritation in the body. Saw palmetto berries do not just do a few things, they are actually a super food to compete with any on the market today. The difference probably is that they are nasty! Fortunately, taking them in capsule form is fine and hides that taste and smell. Just two capsules of saw palmetto berries each day will support the liver by allowing it to work (because it will have adequate blood around it at

night) and will tend to preserve metabolic processes that are most damaged by aging.

The second herb has more to do with mitigating stress injury on both the heart and the digestion. Most people are surprised to discover that this heart remedy is used for digestion, especially of fats, in China. This herb is hawthorn berry. Ideally, if you hope to heal emotional injuries to the heart and to digestion, you will want a preparation made with the flowers, the berries, and the sprigs. This gives the broadest action. The young berries and flowers work very well together. Although using only berries can work, the results are not as profound on emotional injuries. Hawthorn berry syrup is my first choice if a tincture of all three is not available. Third choice would be the dry powders, one capsule with each meal.

The third herb is artichoke leaf. The flower (the part we eat) is tastier . . . and it is medicinal, but far less so. The leaf of the artichoke shares with hawthorn the ability to improve lipid digestion. Actually, nine capsules two times daily has been shown to break down body fat and two capsules one time daily is often enough to lower cholesterol levels. Artichoke leaf shares with milk thistle that liver-regenerative ability and as such will support almost all metabolic processes. Meanwhile, artichoke leaf is bitter enough to be a strong bitter tonic to improve digestion in every way and to cool the body that is over-hot.

The fourth herb is goji berries. These berries (Life Grocery carries a really nice goji berry powder) at the tune of a teaspoon per day will manage and support every endocrine gland—certainly enough to prevent, maybe enough to be restorative. This is a nice tasting addition to top a vegan ice cream (or raw ice cream from Traci’s Transformational Kitchen Recipe Book), or just to add to any smoothie. Goji berries also build blood around the liver, improve eyesight, sweep infection out of the liver because of their betaine content and nourish the blood quality in the body. They are very effective to use long term and actually work better after long-term use, rather than having that benefit wane with time.

The fifth and final herb in our metabolic line-up is a simple herb that casts out phlegm. Phlegm was well understood by early herbalists and by Chinese herbalists (who did not necessarily call it phlegm but used broader words) as an obstacle to normal function in the body. Unclear-ness of mind or body, twitches and jumps, neurological overstress and irritation could be traced to piling up of phlegm in the body that was not being removed. We all have a picture of phlegm in the lungs, but a variation of this can and does exist in all tissues of the body, creating irritation and obstacles to normal function. Deep spiritual healing often brings up phlegm in the person who experiences it, showing a deep connection between physiological functions and one’s stability of peace. The herb that brings up such phlegm is a very simple mint family member called horehound. This can be taken in capsules, but works as a tea best. Two ounces of the tea per day or one capsule two times daily is sufficient to get the value from this herb for most people. This herb should probably not be taken indefinitely as the others above may be, but over three to four months to clean out the body while making other changes that support healing and phlegm removal.

As you enjoy your natural healing journey, always respect both herbs and your own internal intelligence, which knows the plot back to your ideal health from wherever you are. Don’t ignore anything you have to say to yourself, but listen honestly and you will do quite well. These herbs will help you and support you long-term, as well as immediately in your healing process. Normalizing metabolic pathways in your body will have a deep benefit to your life and healing trajectory. These are simple and profound remedies God and nature offer us generously. Let us use them wisely and with thanksgiving!

Kal Sellers, MH, LMT, runs a natural healing/Rolf/ Massage practice in Powder Springs and Marietta. He also maintains a website to teach natural healing to the world and to share his most valuable resources with them. Visit www.madherbalist.com for more information.

Coleslaw for Healthier Holidays

By Linda Townsend

My husband’s family always has coleslaw for the holiday meals, actually at nearly every family get-together. I have always thought of coleslaw as an ordinary summer side dish and one of which was not common nor a favorite with my family. I always enjoy interweaving family traditions from both sides in the making of our own, however this tradition is particularly important to us this year, because of the passing of my husband’s father. Practicing traditions, even in just preparing a simple food dish, have a way of honoring our loved ones through our memories and there are so many good memories of our holiday family gatherings. A few years ago I began playing around with some ingredients and came up with my very own coleslaw recipe that has, to my surprise, become frequently requested year around.

I originally chose red cabbage because it adds a rich, glistening, jeweled color at the holiday dinner table; however red cabbage has some wonderful health benefits. Cabbage is a unique source of several types of phytonutrients, including polyphenols. The polyphenols in red cabbage include antioxidant and anti-inflammatory compounds called anthocyanins. Cabbage is also unique for its rich supply of glucosinolates. By slicing, shredding, or chopping, the myrosinase enzymes in its cells can become active in converting the glucosinolates in cabbage into isothiocyanates, which have special detoxification and anti-cancer properties. Raw cabbage has some cholesterol-lowering ability as well.

Each of the ingredients in coleslaw have a number of benefits, but I am going to be focusing on the digestive processes, because even though we all know better and promise ourselves we will not do it this year, everyone tends to overeat at a holiday meal! For this reason alone, the offering of coleslaw is so beneficial.

Cabbage, itself, is high in fiber and a welcomed addition to meals consisting of mostly cooked and rich foods low in fiber. The acids in apple cider vinegar improve digestion and deter the growth of disease-causing bacteria in the digestive tract. Malic acid, in particular, is the main digestive acid found in apple cider vinegar, as well as in our own body cells, which stimulates the metabolism and increases energy production. Olive oil is easy to digest and aids in the digestion of other fatty substances because it encourages the secretions of the peptic system and stimulates the pancreatic enzyme lipase. Ginger cleanses the palette and aids in digestion by speeding up the movement of food from the stomach into the upper small intestine—this would help rid that discomfort that comes from overeating more quickly. The touch of mustard facilitates digestion by promoting the secretion of gastric juices also.

Coleslaw keeps for weeks and can be made well in advance, which I appreciate because my kitchen is a busy place with baking and meal preparation for the holidays.

Holiday Red Cabbage Coleslaw

1 large head of red cabbage, shredded
1 c white sugar
1 c apple cider vinegar
3/4 c olive oil
1 T salt (optional)
1 t dry mustard
2 t dry ginger

- Place shredded cabbage in a large bowl. Sprinkle with 1 sugar and mix well.
- In a small saucepan, combine vinegar, oil, salt, dry mustard, and ginger. Bring to a simmering boil. Boiling the mixture is not necessary, but the olive oil will not emulsify to soak into the cabbage and will tend to sit on top.
- Pour dressing over cabbage mixture and mix well.
- Chill overnight or longer.

At times, just a bit more sugar makes it taste better depending on the sharpness of the apple cider vinegar and you can mix it after it has chilled according to your taste. This is best if made a day to two weeks ahead.

I hope you enjoy good digestion during your holiday feasting and give lots of hugs to your loved ones to let them know how special they are to you.

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

Transitions, Information, and Trust

By Draya Sioux Woolf-Wilson

Recently, there has been a controversy that agave may not be a healthy alternative to sugar and may not even be raw. Big surprise, right? Was it really too good to be true? I absolutely do not give in to that ideology. As a matter of fact, I believe the most we can conceive is the very least we can achieve. So where do I stand on all of this and what is the deal? For a person who is just looking into healthful eating for the first time and needs steps, transition foods can be quite useful.

What is a transition food? In my opinion, a transition food is a food that is presumably better than those you ate before (for varying reasons). Transition foods can assist you in moving to a better path of eating. So let us talk about this for a moment before glorifying or vilifying specific foods. I have always said in my classes that agave was neutral, but definitely not beneficial. However, if it can get someone to move from eating white sugar, white bread, and rice, onto green smoothies, nutritious raw meals and desserts, and other potentially health assisting foods, it is a benefit.

I often recommend rotating all things and eating with the seasons. We even rotate our fresh spring water collection. Eat romaine lettuce and others greens when in season. Change is the only constant. So consistently change. Changing with the seasons is easy. The point is rotate and vary your food as much as you can. We use many sweeteners including maple syrup, honey, coconut crystals, lucama, fresh juiced cane juice, raw agave, etc.

Even if something is labeled raw or organic, the truth is, *if you weren't there during the processing, you don't really know*. You only know what you are told. But you can be aware and listen to your body. Don't ignore your inner knowing because of a label. When the big "it's not raw" scare about agave came around last

year, we bought several different kinds and tested them all to see our reactions. We found only two that didn't cause sniffles or itchy throat. To me that said the others were definitely doing something in collection, production, or distribution that didn't resonate with our family's vibration or health choices. We use two brands, only one of which we get frequently. However we do use other sweeteners, several others, so as to have many options.

After presenting this information, let me state, that everything you do is for and up to you, your family, your budget, your perspective. Your reasons for what you do and why are yours. I know, I say that a lot. Judgment is for no one. Agave to me is a decent transitional food to get a person moving progressively on their path, whatever it is and for whatever their purposes are. Those are the most important things to remember when looking at any evidence about anything. Ask yourself, "how does it affect me, what are my reasons, and what is my purpose?"

Let me reiterate that every person, especially a raw foodist, should know that the optimal diet is very high (80-90%) greens, then fruits, seeds, and nuts. So, if you are having a ton of agave, I find it hard to believe that you are following a healthy path. We all have our off days, but in general agave should be an "Ok, whatever," not an "oh my God, what will I eat?" Maybe in the first few months while "transitioning" eating agave often is okay, but after that, if you're still there you might have missed something or you might have emotional things to work out. Food issues can be a symptom of deeper emotional issues.

I guess everyone wants to know the deal with agave now. First off, we still use it. Partly because a big part

of what I do is help people go from white cake and yellow icing, steak and potatoes to green smoothies, squash pasta marinara, and key lime pie. Not everyone can quit all things at once and maintain joy. We seldom use it, but when we do, we enjoy it and do it in love and joy.

Now . . . drum roll, what is the problem with agave. First off it has a 50-95% fructose level, which is higher than high fructose corn syrup. The big problem with it is that fructose is only broken down in the liver, like alcohol. So if you are concerned with liver detox, and that is your main reason for transitioning your diet . . . don't use agave. There is also some controversy about which companies are legit and stay under the 118° temperature to be raw. Another concern is that they use an inhibitor to keep it from fermenting and it has been said that some companies may use genetically modified enzymes and enzyme inhibitors. The list may go on and on, but the point is do what you need to with this information based on your perspective. So far I have not met an obese person who is 100% RAW and only uses agave occasionally while following a high greens diet. Furthermore, if a person is following a high raw or 100% raw diet then they more than likely aren't craving agave. I think the two main points are (1) you can't trust 100% anything you didn't create yourself and (2) everything must be taken from your own perspective for your own reasons. And, above all, do all things in love and joy.

Draya Sioux Woolf-Wilson, author, illustrator, artist, raw foods instructor, and life coach, teaches raw foods classes at Life Grocery and Café and around the Atlanta area. She has also published four children's and poetry books, and teaches the writing process through schools and libraries all over.

Fall Baking

By Dr. Kim Strickland, ND

My family and I have enjoyed this fall season with several camping trips to state parks. I love the change in the air that comes with the cooler weather. It means a change in wardrobe as well as a change in foods for my family. Now the apples will be crispy and juicy; the pears, rhubarb, pumpkins, and hard squashes will be plentiful and delicious. Below are two recipes I created just for fall. I hope you'll try them and enjoy them as much as we do.

Fall Crisp

4 stalks of rhubarb, chopped
1 pear, sliced
1 apple, sliced
½ c apple juice

Topping:

½ c spelt flour
¼ c sunflower seeds
¼ c walnuts, ground
¼ c pecans, ground
½ c brown sugar
1 t cinnamon
½ t nutmeg
½ t cardamom
½ c canola oil

- Mix fruit with apple juice and place in an oiled square 8 inch pan.
- Combine flour, seeds, nuts, and spices in a bowl.
- Stir in canola oil.
- Place on top of the fruit and bake at 350° for 20-25 minutes.

Apple Spice Cake

1 c barley flour
1 c spelt flour
1 t sea salt
1 t baking soda
1 t cinnamon
½ t nutmeg
¼ t cloves
¼ t ginger
⅓ c canola oil
1 c molasses
1 T ground flax seed
¼ c water
1 c applesauce
¾ c raisins
powdered sugar

- Oil and flour an 8 inch square pan.
- In a large bowl mix the flour and spices. In another bowl mix the remaining wet ingredients.
- Add the wet to the dry and stir until just mixed.
- Pour into the prepared pan and bake at 350° for 40-45 minutes.
- Sprinkle with powdered sugar just before serving.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as a private math tutor specializing in calculus.



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The Reason for the Season

By Betsy Bearden

Another year is approaching its end, and soon we'll be faced with that annual whack at a "clean slate" we receive each year as a New Year's gift. Time for making amends, renewing promises, and maybe even a do-over for some of us. I always love to look back and reflect on my accomplishments. Take the Peachtree Road Race for instance—oh, wait! I didn't do that this year, but next year I'll be back! Or like losing that 30 (ahem) pounds or so—oh wait, I didn't do that, either. But you wait, come January 1, I'll be back out there hitting the old pavement.

However, I did participate in a planned event for the Upper Chattahoochee River Keepers this past May. I kayaked thirteen miles down the Oostanaula River! My husband, Steven, talked me into it. When he told me it was thirteen miles I nearly freaked, but he assured me it was all down river. Now, I don't know about you, but down river is just not quite the same as down hill or down stairs. From where I was paddling, it all looked pretty flat to me for as far as the eye could see! But yes, I kayaked thirteen miles down the Oostanaula, and all I got was a lousy tee shirt! All kidding aside, it was an awesome trip and I would definitely do it again; I highly recommend it as a must do on any to-do list.

It's funny; a year ago, we kayaked eight miles down the Chattahoochee from Garrard Landing to Azalea Park in Roswell, and saw million dollar mansions along the riverbanks. Up in Rome, all we saw were cows.

Guess they must have shown up for all the hoopla, so it must have been a big day for the cows as it gave them something to watch for a change. What a difference a river makes.

But yes, this coming 2011, I am going to focus more on getting back into shape and getting out from behind my desk a little more often. This time of year is especially difficult to stick with healthy eating habits. For me, Halloween always seems to be the big holiday kick-off. I bring something into my home that I usually don't have just lying around: Candy! And just what happens to all that leftover candy after the trick-or-treaters have come and gone? I'll bet you can guess. Every year, Steven reminds me that I probably did not need to buy three bags of everything, but I would feel bad if I ran out.

Then, before you know it, it's the week before Thanksgiving, and the candy is gone, but that's okay because now there's cookie dough mix, cake mix, pie mix, brown sugar, white sugar, and all manner of tempting things to keep your mind off the candy. Then you get to turn around in a month and do it all over again. I just love this time of year!

Yes, it's tough to stay on track, but just remember, it is easy for us vegetarians to maintain a healthy diet before and after the holiday season. An easy rule for getting complete protein and getting in all those essential amino acids is very simple: protein and whole grains. Some prime examples are as follows: beans and rice,

prepared tofu and a whole grain roll, veggie chili and whole grain crackers, veggie breakfast patty on a whole grain English muffin or bagel, veggie patty over brown rice, peanut butter sandwich with soymilk, etc. See how easy it is? Don't forget to eat your fresh vegetables and fruit, either.

If you don't have the time, or simply don't want to bother with cooking all those holiday meals, you always have Café Life at Life Grocery. You can load up on fresh, organic raw and cooked delicious foods, and take them home to serve your family and guests! I am planning to get my Tofurkey there soon. If you have not yet tried Tofurkey, what are you waiting for?

Enjoy your time with family and friends; I hope each of us takes time to reflect on the reason for the season, what ever your reason may be, even if it's a "Happy Festivus for the rest of us!"

Happy Holidays and Peace on Earth is my wish to you and yours.

Betsy Bearden is a certified, 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 or at www.tofucookbook.net.

Some Favorite Raw Recipes for the Holidays

By Jesse Andersen

It's always such great fun to surprise the relatives during the holidays with great tasting food that is actually good for them. I love hearing visiting cousins and great aunts and uncles all exclaim with glee, "this raw food actually tastes good!" Most of them have already decided before dinner that they needed to steer clear of my "troll food" or my "Euell Gibbons inspired" all natural poo. (Do any of you remember Euell Gibbons?)

Then the "grandmaws" and "grandpaws" at the gathering start to talk of simpler times, when they made many a meal fresh from the backyard garden. A few folks reminisce about the "good old days," until one of the teenagers or "20 somethings" in the family pulls out a warm cellophane-covered Little Debbie's Oatmeal Pie from their pocket, that they tell the gathered crowd is as "natural" as they get.

Here are three of my favorite recipes that present well during the holidays, or actually, any day of the year. By the way, all of these ingredients are available at our wonderful Life Grocery. Enjoy!

Chocolate Almond Bars

2½ c almond meal
9 T Coconut Secret Raw Coconut Crystals
7 T cacao powder
6 soft, medjool dates, pitted
1 T vanilla powder
3 T cacao butter, melted (in dehydrator or in hot water in the container)
1 pinch Herbs of Light Pink Crystal Himalayan Salt

- Add all dry ingredients to a food processor with the "S" blade and process until fully blended.
- Add dates and cacao butter until it forms into a ball.

- Press the "dough" into a glass dish, about ¼ to ½ inches thick and cut with a wet knife into 2 inch x 2 inch squares.
- Scoop out with a spatula onto teflex covered dehydrator trays.
- Dehydrate for 3 hours, then remove teflex sheet and flip over onto the screened dehydrator tray.
- Dehydrate for another 3-5 hours, depending on how dry you would like them. Lasts for several weeks in the fridge.

NOTE: Of course you can add crushed nuts, goji berries, etc. I also like to "dust" the top of them with some of my chocolate bar recipe "shaved" or some of the coconut sap sugar granules. YUM!

Jesse's Famous Chocolate Lu Lu Bars

¾-1 lb cacao butter
½-1 c agave (depending on how sweet you like it)
1 T almond butter
½ T vanilla powder (or scrape out the seeds of a pod)
½ c lucuma powder (that's where the Lu Lu comes from)
4 to 6 "heaping" T cacao powder
1 little shake Herbs of Light Pink Crystal Himalayan Salt
3 c sun dried mulberries (my favorite optional addition)

- Place cacao butter in a glass bowl, in an Excalibur dehydrator set at 105 degrees, for about 4 hours until it is completely melted and warm.
- Remove glass bowl from dehydrator and immediately add agave.

- Using a spoon, continually stir the now liquid cacao butter and agave together until thoroughly mixed, which takes about 2 minutes.
- Add the almond butter and mix thoroughly again.
- Then add each of the 3 powders to the mixture and stir with the spoon, using it also to mix the powders into the liquid.
- Continue to stir until completely and thoroughly blended, approximately 3-5 minutes.

NOTE: I like to use a wire whisk because if you whip it, it will have a nice consistency.

- Take a 13 x 9 glass dish and line it with natural wax paper (so it folds over the top of all four edges).
- Pour the mixture onto the wax paper and move it around to make it level in the glass dish.

NOTE: The glass bowl that you melted the cacao butter in, the whisk, and any other utensils that you used with the cacao butter should be immediately wiped off with paper towels and thrown away so you are not rinsing the bowl and utensils in your sink. If you don't, the liquid cacao could harden and plug your drain pipes!

- Cover the top of the dish with a long paper towel and put on a level shelf in the refrigerator for about 20-30 minutes.

continued on page 8

Gluten Free and Vegetarian Food Choices During the Holidays

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

For most of us, the holiday season is filled with gatherings that center on food. When trying to follow a healthy diet, this can be a great source of anxiety and can sabotage your best efforts. I have to be gluten free because I have Celiac Disease. I'm also celebrating my fourth year as a vegetarian. It's frustrating because I miss the traditional holiday favorites and often times I feel left out. But, I have to look at the positive side. My health has improved dramatically and I find that I don't feel awful after the holidays have passed. I'm not going to lie to you. It is challenging when I am invited to parties or even traveling to see family and friends, but I choose to look at this as an adventure rather than feeling sorry for myself. I wanted to share some tips on surviving the holidays with you.

To begin with, being healthy is the best gift that you can give yourself and your loved ones. Making healthy choices during the holidays, as well as throughout the year, is a wise investment in your health. If your traditions revolve around unhealthy foods, try creating new

traditions. Find your favorite family recipes that lend themselves to being easily converted. Find activities that don't involve food.

Traveling for the holidays presents its own special set of challenges, but I believe it can be done with just a little planning. Scout out the area you are going to and find the local health food stores. Plan on shopping when you get to your destination. If there aren't any local health food stores, you can still find plenty of things to eat at any grocery store. Fresh fruits and vegetables are almost always available, and certainly much better for you. When dining out at restaurants, look for the side dishes and salads. Is this as exciting as a filet mignon? No, but you will feel so much better in the long run!

Parties should be about the socializing, not about the food. If there will be food served at the party, you can look for the fruit and veggie tray, or you can bring a dish of your own that you know you will eat and that you don't mind sharing with everyone else. There are so many wonderful recipes that you can choose from.

Most of what I eat comes out of Dr. Joe Esposito's book, *Eating Right For The Health Of It* and everything in there is really easy to prepare and delicious!

I don't want to minimize the emotional aspect that food plays in our lives and our holiday traditions, but we have to make a choice. Do we want to perpetuate the unhealthy habits that have contributed to the nationwide epidemics of obesity, cancer, diabetes, and more, or do we want to make a change and eat to live and not live to eat? It's up to you. I choose to eat to live! Happy Holidays!

Nisla Whetstone is a Gluten Free Lifestyle Coach in private practice. She also works closely with Dr. Joe Esposito and facilitates a monthly gluten free support group at his office on the third Tuesday of every month, at 6 pm. For more information call 770-653-6017 or e-mail magickhand@gmail.com.

continued from page 7

Some Favorite Raw Recipes for the Holidays

- Remove as soon as chocolate has some "body" to it and score the bars with a thin, non-abrasive knife (one line down the middle, tall way; 6-8 lines across, short way).
- Re-carve your lines a second time then return the bars to the refrigerator for about an hour.
- Remove and crack apart into bars.
- Be careful, not to blend too long as it could get hot and you'd have cooked soup. Let a high speed blender run just enough to warm it.

I usually double this recipe as everyone always wants more!

Life Grocery carries a number of wonderful raw crackers, including some by Lydia's Organics and Matter of Flax, that go well with this soup.

For a more hearty and chunky soup chop up some avocados, some Roma tomatoes, some small slivers of celery and add to the soup after it has already been blended. Another great idea is to simply take some jicama, peel it, cut into small chunks, and process in your food processor until it looks like little pieces of rice. Pour your "jicama rice" on top of a few paper towels to press off some of the excess liquid and throw into your soup. I promise you're going to love it!

Jesse is the Director of the Raw Food Resource Center and teaches several classes including: "Raw Food Nutrition for Health and Weight Loss" at Life Grocery. She also presents a free one hour lecture and shopping tour at Life on Thursdays at 6:30 pm. For more info email her at RawFoodResourceCenter@gmail.com.

NOTE: After you have gotten the basic recipe down, use your imagination and add goji berries, blueberries, pineapple, cinnamon, ginger, or whatever your taste buds are calling for to the liquid. Have fun!

Tomato Basil Soup

1½ c Thai young coconut water
4-5 medium sized tomatoes
¼ c fresh lemon juice
1-2 stalks of celery
¼ Vidalia or yellow onion
½-1 c fresh basil or 2 heaping T of dried basil
¼ c olive oil
¼ c Nama Shoyu
2-4 cloves of garlic peeled
2-3 pinches of Pink Crystal Himalayan Salt

- Process all ingredients in a high speed blender until smooth.

NOTICE OF ANNUAL BUSINESS MEETING OF MEMBERS 2010

TO OUR MEMBERS:

NOTICE IS HEREBY GIVEN THAT the 2010 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 14, 2010, at 6:00 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

Marietta, Georgia

November 10, 2010

**Winter Life
Fest &
Member
Appreciation
Day**

**Saturday,
12/11/10
12:00-4:00
pm**

**members
receive**

10% off
**all in-stock
purchases from
9 am-8 pm**

LIFE GROCERY

A Natural Foods Co-op

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Flora

Herbal Solutions For Living Well

Sambu Guard

5.9 oz \$12.99

Sambu

5.9 oz \$13.99

Sambu Guard for Kids

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25% off

**natural
Factors**

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Theanine

60 chews \$18.99

Pharma Gaba

60 chews \$22.99

KYOLIC
Aged Garlic Extract™

*Aged garlic extract
helps support
cardiovascular
health*

**All Garlic
Products**

25% off



All Pamela's Products

15% off



Pure Coconut C₂O Water

17.5 oz

\$1.79



All 5 pound bags of flour

15% off



All Tulsi Tea

20% off



Oregon Fruit Products

- Blackberries in Syrup
- Blueberries in Syrup
- Cherries in Syrup
- Tart Cherries in Water

14.5-15 oz

\$3.59



Rudi's Gluten Free Bread

- Cinnamon Raisin
- Original Sandwich
- Multigrain Sandwich

18 oz

\$4.79



NEW! Brown Rice Artichoke Blend

6.75 oz \$2.99

Wild Pecan Rice

7 oz \$2.99



Lactose Free Yogurt

6 oz \$1.59

• **Lactose Free Plain Kefir**

32 oz \$4.49

• **Lactose Free Blueberry Pomegranate Kefir**

32 oz \$5.19



Elixirs . . . 14 oz

Iced Coffee

. . . 9 oz

\$1.99



Give the Gift of Health . . . Give a Life Grocery Gift Certificate



- **Whole Body Defense**
60 vcaps \$21.99
- **Black Elderberry Syrup**
3 oz \$11.99
- **Olive Leaf**
60 vcaps \$19.99

MegaFood

- **Vitamin D3 2000 IU**
30 tabs \$10.99
- **Complex C**
90 tabs ... \$27.99
- **Adrenal Strength**
30 tabs \$21.99
60 tabs \$39.99

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- **Brain Boost**
60 vcaps ... \$18.99
- **Prostate Optimizer**
90 soft gels... \$22.99
- **Ultra Joint Builder**
90 tabs. \$19.99



- **All CoQ10 Ubiquinol**
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