

Another Year Wiser

By Dr. Susan Esposito

Happy New Year to the Life Grocery community! As we dive head long into a new year, there is an old adage that springs to mind: *Another year older, another year wiser*. Experience certainly can make us wiser. However, as we age, can our brain function at increasingly higher levels or, as many studies suggest, might the increasing years rob us of our vital cortical functioning? Herein lies the eternal dilemma—how can we utilize and capitalize on all this knowledge and wisdom that we have painstakingly acquired through the years and not lose it through the process of a degenerating, aging brain?

As we age, the number of neurons in our brain, as well as their size, begins to diminish, which causes a slight reduction in brain volume. Most of us are well aware of the fact that plaques can build up over time in our arteries. However, we can get plaquing in the brain, as well. Plaques, which are essentially concentrations of sticky proteins, will build up between neurons in the brain. These, along with the fibers in neurons, called tangles, are thought to cause knots, subsequently causing these neurons to die off. While this scenario naturally happens to us all to a certain extent, when it occurs in greater amounts, it is associated with dementia.

Other dangers to our cognitive competency are destruction of DNA and the energy-producing mitochondria that reside in the cells of our brain due to the effects of free radical accumulation. This results in the dying off of the effected nerve cells. Aging seems to cause a decrease in the amount of neurotransmitters found in the brain. Acetylcholine is one of these neurotransmitters which is involved with the communication of signals between neurons. Particularly affected with a decrease in acetylcholine is the ability of memory. Memory is also deleteriously affected when a person is under long periods of anxiety or stress. A study was conducted at Rush University Medical Center that included 1200 participants over a 12-year period and concluded that people who are most easily stressed suffered from the greatest amounts of cognitive impairment.

Lastly, the blood supply to feed neurons with adequate amounts of oxygen and nutrients is essential and crucial to proper brain function. Buildup from high quantities of LDL cholesterol can cause impedance of proper blood flow through the small brain capillaries. High blood pressure (normal is considered 120/80 mm Hg) has been shown to double a person's risk of a certain type of dementia called Alzheimer's.

So all this information begs the question: "How can we stave off the ravaging effects of time to our brain?"

Here are some suggestions:

1. **REST AND RELAX:** Research at Massachusetts General Hospital has shown that getting a good night's sleep can actually make you smarter by allowing the brain to bring together different pieces of information and interpret them appropriately. Bad performance and moodiness was elicited by lack of sufficient sleep. People who meditate on a regular basis have been shown to produce high levels of gamma waves, which are correlated with attention, learning, and working memory. Researchers at Emory University found that beginning to meditate in middle age caused a diminished loss of the brain's gray matter and increased attention in comparison to non-meditators.
2. **CONSUME ORGANIC FRUITS & VEGETABLES AND OMEGA-3S:** Apples in particular contain certain antioxidants that can assist your body in retaining healthy levels of acetylcholine. Apples also provide the body with a flavonoid called quercetin, which fights the destructive forces of free radicals on the brain. Cell damage leading to dementia and other brain disorders can be deterred by healthy neuronal membranes, which assist in expedient and proper neuronal communication. These membranes require certain fats to remain healthy. Omega-3 fatty acids, which can be found in fish such as sardines, salmon (make sure it's wild, not farm raised to insure a good supply of omega 3's), and halibut, are the most commonly cited sources for these fatty acids. While eating certain fish can introduce mercury into brain tissue that is detrimental to optimal function, ConsumerLab.com has analyzed different brands of Omega-3 supplements in pill form and found some of them to be free of both mercury and PBCs.
3. **KEEP MOVIN':** When we exercise, we produce copious quantities of a substance called "BDNF" (brain-derived neurotropic factor). This is a protein that not only assists in the survival of neuronal cells by making them resilient to stresses, but also promotes the growth of new neurons. It has been called

the Miracle-Grow for the brain. The greater the amount of BDNF a brain possesses, the greater the capacity for knowledge. Recommendations for increasing your brain's quantity of BDNF vary from daily walks interspersed with 10 minute boosts of speed-walking, to moderate or high levels of aerobic activity. IGF-1 (Insulin-Like Growth Factor 1) is a polypeptide protein hormone present in the brain and is also important to neuronal growth. Our bodies will increase the manufacture of IGF-1 with light-weight workouts and yoga, as well as other activities that cause us to develop muscle strength.

4. **SOCIALIZE:** Rush University scientists, in a post-mortem study, discovered that although a group of 89 seniors had sufficient neuronal tangles and plaques to predict the occurrence of Alzheimer's disease, none of these seniors had reported any symptoms of that disease. The one thing these seniors all had in common was a close network of family and friends. Physical touch and hugs actually make the brain grow, even in the elderly. Cortisol, which is a stress hormone that can produce decreased neuronal function, can be reduced by socializing and having relationships with those you care about—even pets. Learning new activities and putting yourself in situations that are new or cause you to have to think, will create new neuronal pathways and thus promote neuronal growth. So, take dancing lessons with a partner, go shopping with a friend, take up a new hobby, eat dinner for breakfast or vice-versa (and when you eat it, you can try using your non-dominant hand to hold the fork or spoon), take a cooking class (preferably for preparing healthy foods); do anything that is stimulating, fun, new or different, and preferably in a social setting.

Have a great year filled with enhanced brain activity! That way you'll be able to remember it!

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

Ironing Out Iron Info

By Don Bennett

Just as with fats and carbohydrates, there are different kinds of iron. When you say the word “hemoglobin” take the “heme” and add it to the word “iron;” heme-iron is one type of iron, and it is the type that is found in animal flesh products (beef mainly). The iron in plant foods is known as “non-heme-iron.”

We’re told by many nutritionists and dietitians that heme-iron is better absorbed than non-heme-iron (thanks in part to the efforts of the meat industry), but let’s take a closer look at this. You absorb about 40% of the heme-iron you take in, and you absorb anywhere from 10% to 40% of the non-heme-iron depending on how much you need. There’s a built-in regulation mechanism with non-heme-iron, not so with heme-iron—you’re going to absorb it whether you need it or not. And too much iron is a bad thing.

Sufficient iron is extremely easy to get in a plant-based diet, despite what you may have heard to the contrary. Iron content is usually reported by the weight of the food, so if you compare a pound of strawberries with a pound of beef, the beef will appear to be a better source of iron than the strawberries. However, *calorically* speaking (145 calories for strawberries vs. 1309 calories for beef), the strawberries would be a healthier choice. And when you look at leafy greens, they are even better than strawberries in the iron department.

Yes, there have been vegetarians who ended up with an iron deficiency, but this is usually because they consume a goodly amount of dairy products (thinking it is healthy for them to do so) and dairy is not only a very poor source of iron, it can make some of the iron that’s already in your body unavailable. And some vegetarians don’t eat enough *uncooked* fruits and green leafy vegetables; many people who self-identify as vegetarian eat a goodly portion of their diet cooked, which can make iron unavailable. And they can eat a goodly amount of “junk” vegetarian food, which supplies no iron but takes up valuable stomach real estate, that could have been filled with iron-rich foods. On the other hand, it’s rare for a person who eats a vegan diet (no animal products or animal by-products) that includes lots of uncooked fruits and green leafy vegetables, to have an iron deficiency.

So eat a healthy diet consisting of plenty of fresh fruits and leafy greens, and refrain from eating foods that can interfere with iron absorption, and you needn’t worry about not getting enough iron.

Don Bennett is a Health Creation Educator, lecturer, and author; his book, How to Have the BEST Odds of Avoiding Degenerative Disease is sold at Life Grocery. More empowering and enlightening information can be found at health101.org.

The Right Type of Exercise

By Brian Murray

It’s the beginning of a new year and that means many people will be heading into the gyms to exercise, a lot. Is this necessary? Of course not. Better results can occur by doing the opposite. So how much exercise do you really need? If you ask me I will tell you “a ridiculously small amount.” Of course that only works if it’s the right type of exercise.

Recently I finished guiding a 52 year old woman through a fat loss research program. In six weeks she lost 10 pounds of body fat, a ½ inch off each arm, 7 inches off her midsection (the result of three measurements—at the navel, two inches above the navel, and two inches below the navel), one and three-eighths inches off her hips, and three inches off her thighs. Her body fat percentage dropped from 31.6% to 26.2% while her lean body mass as a percentage of her body weight went from 68.5% up to 73.7%. How did she achieve great changes in her body composition and shape?

She followed a simple eating plan made up of mostly unprocessed, uncooked fruits and vegetables, combined with a small amount of high intensity strength training once a week. How much is a small amount, you ask? To be exact, her total exercise time for the entire six-week period totaled 6.9 minutes! That’s right, a little more than 60 seconds per week. The rest of the time she was instructed to go about her normal day without any additional physical activity.

Do you think most of the people who are going to log hours of exercise each week in the next few months

are going to achieve anything close to what this woman achieved? No way. In fact, they will most likely experience the opposite of what they want and end up quitting by the end of February. Sadly, this happens every year and it could all be avoided by shunning the wrong type of exercise activity that involves low intensity muscle contractions that can be carried on ad infinitum several days a week.

The right type of exercise involves very intense contraction of your muscles. When you do this for a brief period of time (which is the only thing possible) and infrequently, believe it or not, you don’t require much exercise to make the right type of changes in your body begin to appear.

Please do not misunderstand. Am I saying that you only need to be active a few seconds a week? Of course not. You must be active. To be active is human. But you must also remember that if you are not getting stronger, you are getting weaker. The right type of exercise leads to a stronger body. The by-product of that strength is the ability to be active. The other by-product is a leaner, firmer, and more pleasingly shaped body.

Brian Murray is an exercise physiologist and author of Stop Trying to Lose Weight – You’re Making Yourself Fatter. 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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If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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Do I Really Need Supplements?

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

What's the scoop, do I really need supplements?

A vitamin, by definition, is a substance that will cause a disease if the body does not have enough of it or if the body cannot utilize what it does have. Vitamins do not produce energy on their own. Once a substance is found to meet these guidelines, it will be called a vitamin. A vitamin will help in food metabolism and will assist in releasing energy from digested food. The amount needed for good health is relatively small, so vitamins are considered micronutrients, as opposed to macronutrients such as carbohydrates, proteins, and fats.

Vitamins will also assist in enzyme functions in the body, so you may hear them referred to as coenzymes. Nothing in the body can occur properly unless we have an enzyme in the chemical interaction. We are born with a certain amount of basic enzyme stores and as we age, the body will use those stores to create two types of specific enzymes: digestive enzymes, which are used to break down and digest food, and metabolic enzymes, which are used for every chemical reaction in the body. Should you deplete your enzyme stores, bodily functions will begin to malfunction or worse yet, cease all together. Most chronic diseases can be linked, in some way, to enzymes that are depleted or not functioning properly due to coenzyme problems. Things that will deplete enzymes stores are stress, excessive physical exertion, fever, aging, and poor diet.

Cooking your food, whether it is a piece of meat or a carrot, will cause the body to tap into its enzyme stores to help digest the food. Raw foods, which contain enzymes that help digest themselves, therefore don't require using your stored enzymes. In fact, they will actually help replace enzyme stores that you have used up over the years. Of course, it is not recommended to eat raw animal products, but raw fruits and veggies are always the food of choice. Raw fruits and veggies will also contain the vitamins you require in a form that is easily absorbed. The form of the vitamins will be in a natural state and mixed with other vitamins and minerals that work in a symbiotic relationship to be more effective than the isolated vitamins you would find in a pill.

What is RDA?

RDA, or Recommended Daily Allowance, is the minimum amount of a vitamin required to prevent a disease from occurring in the general population. It is not what is required to obtain and maintain optimum health. In order to have vibrant health, you must consider the ODA, or Optimum Daily Allowance. Taking too little of a vitamin can cause problems, however taking too much of a vitamin can cause a condition called hypervitaminosis, or too many vitamins.

The symptoms of too little or too much of a vitamin are often exactly the same. The cut off point is often a very fine line. For example, up to 100 mg. of zinc is shown to help strengthen the immune system, but over 100 mg. of zinc may actually harm the immune system. B vitamins, when taken in an isolated form, have been shown to deplete other B vitamins. This is a very strong argument for using whole food supplements, which are supplements made from whole foods that contain a wide variety of vitamins and minerals that work synergistically to create a stronger vitamin function. One example that illustrates this is vitamin C and bioflavonoids. In order for bioflavonoids to work properly they must be taken along with vitamin C. Bioflavonoids appear to be helpful in fighting cancer and other diseases.

Whole foods, such as raw apples, carrots, lettuce, nuts, seeds, etc., are in their natural unaltered state. These foods likely contain nutrients, which we are yet unaware of, that will later prove necessary for optimum health and will work with other nutrients to allow all of the nutrients to be more effective. Whole food supplements also minimize the risk of hypervitaminosis.

In a world of pollution, diets consisting of more and more cooked foods and stress, as well as our caloric needs decreasing due to a more sedentary lifestyle, it is often difficult to get enough high quality foods to meet our ODA. Many experts recommend a supplement to get all you need for good health. But, which supplements are best? Is synthetic just as good as natural?

Synthetic vs. Natural

Synthetic vitamins are produced in a laboratory from either natural or chemical sources that have undergone a conversion or chemical extraction. If you are suffering from a deficiency, synthetic vitamins will help in correcting that deficiency, but you will not get all the other benefits of vitamins found in a whole food source. There is also a risk of getting too much of the isolated vitamin. Manufacturers must use larger amounts of synthetic vitamins than natural vitamins in order to get similar results.

Natural vitamins are derived from vegetable, mineral, or animal sources without any conversion or chemical alteration. This assures that the nutritional integrity remains intact. However, even natural vitamins are isolated and may not work as well as they would if they were in a whole food supplement.

Whole food supplements are made with whole foods and the nutritional value of whole foods vary due to when and where the foods are produced. This is why there is not a listing of vitamin and mineral content on bottles of whole food supplements. If two apples are used in a whole food supplement and both are grown on different trees and picked at a different times of the year, the nutritional value will be different. On the bottle of a truly whole food supplement the amount of each vitamin will not be listed. This is not necessarily a bad thing due to the fact that if you are eating a diet high in whole foods and are taking a whole food supplement, you should be getting all the nutrients you need in a form that is optimum for good health.

Whether the vitamin is synthetic or natural, all vitamins on the market must comply with the molecular structure of vitamins described in the U.S. Pharmacopoeia, which is the national standard of all supplement manufacturers.

What is a mineral?

Minerals are inorganic, meaning they do not contain carbon, and are not of animal or vegetable origin. They are required by the body in small amounts and have various functions. Minerals are not absorbed very well in their natural state, so manufacturers often bind them to proteins in order for them to be absorbed better. This process is called chelation, which is when an inorganic mineral is bound to an organic (meaning containing carbon) substance. Typically, minerals found in whole foods are naturally chelated and easily absorbed.

Calcium is an example of a mineral. If you are taking a calcium supplement, be aware that in one study of 70 different brands on the market, a majority of them contained lead levels above the recommended amount. It is wise to avoid calcium supplements that contain natural oyster shells, dolomite, and bone meal products. Not all of these will contain high levels of lead, however there are better choices.

Studies have shown that if your diet consists of mainly fruits, vegetables, grains, and nuts, and you avoid high acid foods including alcohol, meat, sugar, dairy, coffee, sodas, and artificial sweeteners, you will not need a calcium supplement. The reason behind this is the seven foods listed above are acidic and your body uses its calcium and other mineral stores to neutralize the

acids. We do not need more calcium if we are eating a good, whole food diet. We just need less dangerous acid.

So, do I need a supplement? If your diet consists of a plant based menu, at least 60% raw, and you avoid alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners, you probably do not need a supplement. However, it is a good idea to add a whole food supplement to your diet in order to reach your Optimum Daily Allowance. Whatever whole foods supplement you select, be sure it has no artificial colors, additives, or fillers. It should contain whole foods and nothing else. Here's to good eating!

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. You can find Dr. Joe's Essential Source Whole Food Supplements in the Supplement Department at Life Grocery. For more information or to speak to him personally, please call 770-427-7387 or visit www.DrJoeEsposito.com. Mention Life Grocery when you call and get a private consultation with the doctor at NO CHARGE!

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Can't-Miss Plan for Keeping Your New Year's Resolutions!

By Julia Havey

"You had better stand for something, or you will fall for anything!"

I don't know who said this line originally, but it is one of the truest statements that I have ever read. I think it can also be a great motto for your weight loss journey, especially at this time of year. The yearly phenomenon of "resolutioners" has commenced at gyms across the country. Millions of people buy gym memberships in the name of their "New Year's Resolutions" and they flock to their local gyms in droves; filling up group fitness classes to capacity crowds, monopolizing cardio equipment, and causing chaos at the smoothie bars.

The regular gym members shake their heads and wink at each other with the knowledge that "this madness" won't last for long.

As much as the resolution-enhanced January "full-house" has become tradition for most gyms, sadly so has the February "empty-nest" syndrome. Well-intentioned "resolutioners" start to miss their workouts and by March have all but dropped out of their regime and canceled their monthly debit membership agreements.

Why does this happen year after year, and most importantly how can YOU avoid it happening to you?

Stand for something—a commitment to get fit, in shape, and healthier in 2011!

Stand for something—a commitment to get fit, in shape, and healthier in 2011! There is a huge difference between declaring on December 31st that you are going to get fit and actually committing to it 365 days of the year in 2011!

If you jump into anything at too steep of a slope of change, you are much more likely to slip back down the slope. However, if you make the commitment to slowly and gradually climb the challenges that lie ahead and make it your goal to reach the summit over time—rather

than in ONE day—then you have a greater chance of success!

To keep on track with your resolution to get healthier this year, take it ONE step at a time!

By all means, join the gym or start a home fitness regime—but this year commit to exercising twice the first 2 weeks; then three times the 3rd week. That means that by the middle of February, rather than slipping into obscurity you will actually become a "regular" member of the gym or will actually be using the DVD you paid good money for! The goal should be to increase not only the frequency of your workouts, but to also increase the duration of the time spent working out.

If you are totally out of shape today, no problem! Just commit to twice this week doing 10-20 minutes of cardio, ten crunches, and a few bicep curls. "Just Do It," as Nike would say! Do the same again next week.

Creating a HABIT of actually doing exercise at this point is far more important than what you are doing. In time you will have it all in sync, but NOT if you aren't doing it; right?

Remember that you now stand for fitness in ALL that you do! You are going to be a different person in 2011 and things, therefore, are going to be different this time. Stand for fitness or you just may fall for the same things that have knocked you off track in the past and you know where that leads—nowhere near where YOU want to be!

As you venture into the new year, keep the story of the Tortoise and the Hare in the forefront of your mind. The well-intentioned and resolution-filled Hare in our story buys the platinum gym membership, gets outfitted in the latest workout apparel and rushes out the door January 1 to start his new workout regime. After three hours of huffing it on the treadmill he grabs a smoothie filled with protein powder and high fructose corn syrup on his way out the door. He is back the next day, our fearless furry friend!

Are you going to be the Tortoise or the Hare this year?

He gives it his all for another two hours (starting to sound like a "Biggest Loser" contestant isn't he!) and even pumps some serious iron before telling a few jokes to a fellow member. He rushes home from work the next day, cursing about having to make it to the gym before it closes. He spends his hour walking on the treadmill while looking around for his buddy to share a few new jokes with. A new project at work keeps our hero away from the gym for much of the next two weeks, but he swears at Friday's "Last Friday of the Month Happy Hour" that he has to leave early because he is hitting the gym at 7 am the next morning. The alarm goes off the next morning, "that damn Jose Cuervo—he certainly isn't my friend," moans our weekend warrior as he slams the alarm to the floor and sleeps until 1 pm. On Monday, he vows to make it a more serious week at the gym.

Meanwhile, the buddy he made at the gym, Mr. Tortoise, and the other regular members at the gym are up at 7 am and have assumed their usual spots on the treadmill. They are happily sipping away at their water as they sweat off the stress of the work week. He looks around for his new buddy; he really liked his jokes and had hoped that this "resolutioner" might make it to the finishline.

Are you going to be the Tortoise or the Hare this year? To be the Tortoise, use my FREE program available at PGX.com. Make 2011 your most empowered year yet!

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The Need for Animal Flesh

By Kal Sellers, MH, LMT

The other day, while in Life Grocery, I found myself in a discussion about animal flesh consumption and was exposed again to the intense feelings people have about this subject. In this article, I would like to leave all thoughts of Karma for killing another animal out of the discussion and see if I can discuss it from a totally physiological standpoint. I will discuss both pros and cons as I understand them. I have no desire to toy with minds or pull strings, but rather I hope to give good information and sound thinking on both sides so that whatever position the reader decides on, he or she will be able to be wise about it.

Pro-Animal Flesh Consumption

To begin the pro argument, let us take a look at Judeo-Christian history. We find, according to literature that most of this country reads, that animal flesh was first introduced for food in chapter 9 of Genesis when Noah came off the ark onto a world that had been covered in water for a whole year. From that time on, humans partook of animal flesh as part of their diets. According to Judeo-Christian thinking, this represents at least 2/3 of human history. In other words, we have been eating animal flesh for most of our existence.

One would assume (and assume correctly by my thinking) that adaptations would occur that would make animal flesh integral to the human diet.

Research has suggested that we need to get essential amino acids in our diet in order to be healthy and that the eight essential amino acids are already in correct ratio in animal flesh. This way, we insure that we always have enough.

We also see that humans have developed enzymes in their saliva that show increased ability to digest animal flesh. Further, if animal flesh is so bad for us, how could our ancestors have eaten it as such a standard part of their diet? Why do we go on living healthfully and being well if it is such a problem?

Those who abandon animal flesh often look weak and peaked. They do not have the same luster and color as those who eat animal flesh. We also need plenty of fat to build healthy nerves and to have healthy babies, which animal flesh provides.

Clearly, we are designed sufficiently to survive off of animal flesh without becoming weak or sickly.

If one looks at the modern diets that have become popular for the long term, it is starch, sugar, and bread that must be limited, not animal flesh. Even Raw Foodist Matt Monarch said this when he lectured at Life Grocery in 2009.

Anti-Animal Flesh

To start this discussion, it seems right to go to the same beginning. Yes, it is true that in Genesis chapter 9 animal flesh was introduced, but that was an extreme situation. The earth was more or less yield-less. Likewise, animal flesh consumption has been a matter of need because of scarcity in most situations since that time. Today, there is no such need. Today, there is abundant, healthy, live plant food available so that animal flesh consumption need not be consumed.

While it is certainly true that humans have adapted to animal flesh consumption, it is important to note that humans have adapted to many things that may be missed

when gone. What about coffee? How about cocaine, meth amphetamines, or heroin? When a person stops using drugs, they will certainly look less than their best and yet, should they go back on the drugs?

On that note, it is only fair to notice that animal flesh is quite addictive. It does give a rush, possibly just from too much protein, possibly from the hormones and neurotransmitters in the fluids in the flesh. In any case, it is something that people have actual withdrawal symptoms from. Although it is unlikely that we will starve or be deficient if we do not get animal flesh every day, some people act as though their meals are totally inadequate for their survival if there is no animal flesh involved!

I propose that any addictive substance is not entirely good for the body. It means that an imbalance is being perpetuated.

As far as protein needs are concerned, the rat study done shortly after the turn of the century was overturned by the same researcher. That study said that humans needed 10 essential amino acids (it was based, actually, off of rat needs) to be well. Later (actually, more than 30 years later) the same researcher actually did a human study and determined that only 8 essential amino acids are needed for human health. While the 10 are harder to come by (requiring careful combining of vegetable foods to get them), the 8 are in almost everything. If you are eating whole foods, you are getting all 8.

Further, when human protein needs are the highest, just after birth, the protein percentage of calories in mother's breast milk is only about 3%. It is hard to find a fruit that has lower than 4% (cantaloupe) and most fruit runs about 10% calories from protein!

Enzymes in saliva do appear to have adapted to support the consumption of animal flesh, but this is a hard sell once it is compared with the high levels of an enzyme for breaking down uric acid found in true carnivores. We do not even produce this enzyme in our saliva. There are other physiological differences also. Carnivores have a much shorter GI tract, preventing putrefaction and they are designed with mouths, claws and teeth for ripping out the entrails of their prey.

I like what Harvey Diamond said about animal flesh consumption. He said you can do a test where you put a rabbit and an apple in a playpen with a small child. "... if the child eats the rabbit and plays with the apple, I will buy you a new car."

It is not in our nature, actually, to kill and eat animals except when driven to it for survival.

Finally, a comparison published in *Nature's First Law*, by Arlin, Dini and Wolfe, states that chimpanzees in the forest regularly eat some raw animal flesh, while desert chimps eat no flesh; they are complete vegetarians. According to this information, both groups mature at about 10 years old, but the desert chimps live to be as old as 80, while the jungle chimps invariably die by 50. Across the board, it is true that herbivores have a life expectancy that is 6-8 times their maturation age, but carnivores have a life expectancy that is only 3-4 times their maturation age. The implication of this article in *Nature's First Law* is that a species that is herbivore by design might shorten its life to that of a carnivore by eating animal flesh regularly. Humans mature at roughly 20 years of age. You do the math.

My Real Life Position

Animal flesh is very stimulating and can drain the body. Transitioning away from animal flesh can be challenging since the body will, at least for a time, be depleted and empty-looking. These people often require assistance to warm and balance the body. Many herbs exist that function well for that purpose.

In my practice, I do not tell anyone to go completely animal flesh free unless they are having trouble digesting protein. Then I have them take at least a hiatus from all animal protein and concentrated plant protein while we heal their digestion and let the sensitivities to protein-rich foods die down. I never put protein deficient people on animal protein as it invariably makes the problem worse. The only exception would be a severe case of celiac's disease where the person is really protein deficient. That person may get, for a very short period of time, some concentrated source of protein.

Anything intensely stimulating is considered to be damaging to health and to the body. If you come to me in my practice and you are eating animal flesh, I encourage you to eat it only at midday and no more than twice per week. I urge you to eat it by itself or with a small helping of raw, green, non-starchy vegetables. This minimizes many of the problems of animal protein. One of the biggest clinical problems is that animal protein cannot be used by us like it is and the breakdown of even raw animal protein creates a lot of acidic residue in the body. This debris causes many problems systemically and is very much overheating. Sometimes one can only get well when such debris is eliminated. This means eliminating both animal protein (including flesh, milk, and eggs) and plant sources of this debris (such as bread, starch, processed food products, and refined sweeteners).

One can be healthy while eating animal products if they are wise about it. I am less sure about dairy. I think a person might never be healthy consuming it. Those who eat meat should know, though, that it has costs attached to it. These costs include burning out of the body faculties, excessive stimulation of the endocrine system, aggression, residue in the body, and hormone imbalances. Depending on the health of the animal and how it was treated prior to death, it may include toxins produced in the animal's own body (from stress and fear; the worst toxins ever) or toxins concentrated in the animal's flesh from injections and toxic foods.

For the person eating animal flesh, rigorous investigation into the health of the animals they are eating is encouraged. No one will gain any benefit from eating animal flesh more than twice per week. Individuals eating a healthy plant-based diet have no physiological need for animal flesh and the adaptations that long-term animal consumption has led to can easily be mitigated by wise use of herbs. Like most things that give immediate gratification at the expense of long-term health, animal flesh will rob both quality and quantity of life, even as they promise to improve quality by indulging urges right now.

Kal runs a live herbal medicine practice in Marietta and Powder Springs. He teaches clinical natural healing and herbal medicine at www.madherbalist.com. Contact him at 706-473-4375 for further information.

Reflections of This Last Year ... Worthy Thoughts

By Jesse Andersen

Happy New Year! I know, the big Georgia peach has long already fallen; they've swept up all the confetti and packed up all the equipment from the bands that played *Auld Lang Syne*. I like to think that we can still wish each other a happy new year for just a little bit longer, as we all reflect, and look forward with anticipation to set goals for the new year.

I reviewed the "Top 10 Stories of 2010," written by one of the recognizable news organizations, and my heart was heavy by the time I was finished: The Haiti Earthquake, Iraq, EU Financial Crisis, Mexico's Drug Wars, Afghanistan, North Korea's Leadership, the Pakistan Floods, just to name some. Now, don't get me wrong, I don't want to live under a beaver dam, not paying attention to things going on in my world. However, when I clicked on the "Top 10 Stories," the optimistic part of my soul anticipated seeing a list of "10 Great Things that Happened in 2010" ... but that's just me. So I decided I wanted to share with you today "10 Great Things ... 10 Top Things," things that were positive and optimistic. What would I share?

I thought about making a list of the "Top 10 Great Things that Happened in My Family's Life This Year," but then I thought, that would probably only be interesting to those who are close to me. Besides, it would probably end up being filled with the great, sweet, and cute things my grandchildren did this year. I know you're smiling right now if you have grandchildren, because you know exactly what I mean. Instead, I went in another direction.

In my filing cabinet, I keep a file of quotes. Whenever I see a quote that is inspiring, majestic, interesting, motivating, or encouraging, I make a copy, look at it for a while, maybe share it with a friend, and pop it in my file.

Here are 10 quotes that I discovered this last year that made it to my file. You'll notice that Khalil Gibran made the list twice. I couldn't decide on one, because I like them both. Here's my antidote to the "Top 10 Stories of 2010." I hope they inspire you and make you feel as good as they made me feel.

- *Give whatever you are doing and whoever you are with the gift of your attention.*
—Jim Rohn
- *When love is at its best, one loves so much that he cannot forget.*
—Helen Hunt Jackson
- *A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.*
—Tom Stoppard
- *Music in the soul can be heard by the universe.*
—Lao Tzu
- *The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.* —Marcel Pagnol

- *Always do your best. What you plant now, you will harvest later.*
—Og Mandino
- *A master can tell you what he expects of you. A teacher, though, awakens your own expectations.*
—Patricia Neal
- *For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul.*
—Judy Garland
- *I love you when you bow in your mosque, kneel in your temple, pray in your church. For you and I are sons of one religion, and it is the spirit.*
—Khalil Gibran
- *Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.*
—Khalil Gibran

Jesse Andersen teaches classes on raw and living foods through her company Raw Food Resource Center. She is also the Director of Operations and Marketing of Real Health Medical, an integrated, holistic medical practice in Roswell, Georgia. For information call her at Raw Food Resource Center, 770-606-0353, email her at RawFoodResourceCenter@gmail.com, or call her at Real Health Medical, 678-990-5401.

Cookware Safety

By Linda Townsend

Recently a friend, who needs a couple of replacement pots, asked me to look for a certain brand of used glass cookware on the Internet, because it is no longer made, or at least not made with the same quality as it was since the company was bought out. This spurred a conversation between us on which cookware is the safest to use. She, of course, was convinced that tempered glass is the safest. The last time I really looked into this subject was over a decade ago, so I thought maybe I should investigate it again.

Basically, my previous opinion still holds: There are no absolutes in which cookware is the safest. Regardless of the materials used, there are some substances being leached into the food as it is heated or interacting with the food and rarely is any of it good for the body in high amounts. At best, the cookware you choose determines what is being leached. While my friend was convinced that glass cookware leached the least, which may be true, there are other considerations as well.

For one, glass is glass, so obviously it can break when dropped. It heats up more requiring lower cooking temperatures, retains heat longer, and does not heat evenly, which may be more of a problem if you are into perfecting your culinary arts than for the average cook. Plus, nearly everything sticks to it, which is inconvenient for cleaning. Although it provides the convenience of seeing the food as it cooks, it also allows infra-red light from the fire or heating element to destroy light sensitive nutrients. On the other hand, although small amounts of harmful materials may be in the glass, one of the best benefits is its corrosion-resistant quality, which means less leaching.

Thermal fatigue is probably the greatest concern with glass cookware. Actually, thermal fatigue is a factor with all cookware, but it can have disastrous results with glass because virtually unseen tiny cracks can develop over time and a small temperature change can be enough to cause the glass to shatter. It is rare, but still many complaints have been made about how a glassware piece shattered so violently without warning that it appeared to explode causing injuries in some cases. This occurred with just normal use by people who had cooked and baked with the product for years.

Assuming that American-made ceramic and enamel cookware do not have harmful elements in the glazing, they can be a good alternative if you like the idea of a non-leaching material that is unlikely to shatter. Like glass, cookware with glazing does not cook evenly, so it requires a metal core, usually aluminum or cast iron.

Metal cookware is known for the leaching factor, particularly with cooking corrosive, acidic foods. When choosing metal cookware, pick the material that will do the least harm to the body. One of the metals that some consider the safest is titanium. It is non-toxic and biocompatible; it's used surgically because the body does not reject it. It is naturally non-porous and even burned foods do not stick to it. Titanium heats up quickly, but does not distribute heat as evenly. Because of this, manufacturers often use an aluminum core, which is completely covered by the titanium.

Even though titanium seems to be the latest health craze in cookware, I am still cautious. I remember, about 30 years ago, my cousin picked aluminum cookware for her wedding registry because it was considered the

best. Now we know it should be avoided. I have seen too many things in my lifetime promised to be the healthiest choice, only to find problems with it later on. I have not found any research that shows what ingested titanium, after having been heated and cooled repeatedly, does to the body over a lifetime or what happens as it interacts with various foods. However, with the information we have at this time, titanium seems to be the top choice of many experts. Unfortunately, it is also a quite expensive one.

There are conflicting opinions about non-stick coatings, cast iron, anodized aluminum, and stainless steel, to name some of the most popular cookware options. However, disadvantages can be found with each of them. If you are thinking of getting new cookware, I encourage you to look beyond the sales pitch and do some research. Find out what best suits your cooking style and the possible health issues that concern you. Perhaps variety is the best way to go. I have some non-stick pots and pans, some stainless steel, some enamel, and even some glass bakeware (although I am really rethinking the glass right now).

Upon seeking the opinion of another health-minded culinary expert close to me, my husband's recommendation as to the safest cookware is simply a stick over an open fire. But what kind of wood would you use for the stick and what is being burned in the fire raises an entirely new set of concerns ... and just how would one cook peas?

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

Ten Steps to Admitting That You Might Just Have an Eating Problem

By Betsy Bearden

As the New Year is once again upon us, many of us will realize it's a little harder to fasten our belts or zip up our pants. For those of you who made it through unscathed, my hat is off to you. Moving on....

Personally, I am not going to make any New Year's resolutions this year because I know I won't keep them. What I will do, however, is make a real and conscious effort to kayak more, walk more, and re-connect with the Peachtree Road Race after three years off. (It is my opinion that a conscious effort is better than an unconscious effort, but then what do I know?)

Furthermore, I will do my best to drop 30 pounds by July so I can make the 6.2-mile trek with less baggage onboard. Anyone who has ever participated in "The Peachtree" knows that at the end of the day, with getting to the start line and finding your way back to your car, you will, at best, have put in at least 8 or 9 miles by the time it is all said and done. In addition, the most important thing—no buying brand new shoes the day before the race (I learned my lesson the hard way on this one).

Finally, and the number one thing I can do for myself in this brand new year, is to eat more often at Café Life at Life Grocery—just for the health of it! Some of the unhealthy restaurant choices I made last year did me no favors.

I say let's all reach out and help each other. The "Buddy System" works on so many levels. If you or someone you know seems to have developed an eating problem during the holidays, I have put together some of the warning signs to be on the lookout for. If you notice

even three of the warning signs, then you can bet that either you or they are in need of an immediate intervention.

1. Admitting loss of control over chocolate to the point of sneaking into the kitchen—at night at first—and drinking chocolate syrup right out of the can. After a while, you find yourself carrying it around in a flask and keeping it in the console of your car for quick fixes throughout the day. People begin smelling it on your breath, so you eat mints to hide it. However, they can probably see it all over your face.
2. Believing that chocolate and salty foods have a greater power than yourself, and eating them will actually restore your sanity.
3. Making the decision to turn your will and your life over to the M&M Mars Company, Lays Potato Chips, and anything in the frozen food section of the grocery store where they keep the ice cream and pizza.
4. Fearlessly searching for yourself and taking inventory of your new wardrobe of pull-on pants and oversized sweatshirts.
5. Admitting to yourself and your friends (and strangers on the street) that you're "only in it for the food."
6. Sincerely asking God to help you with your excessive problems.
7. Humbly asking Him to remove the shortbread cookies from your pantry.

8. Making a list of all persons you've sneaked food from, and are willing to make amends. You know, like when you went to the fast food restaurants, ate half their fries on the way back to work, only to blame it on the server at the window. *I don't know, it looks like they may have shorted you again.*
9. Making apologies to above people wherever possible, except when to do so would injure them or others because they stand between you and your food.
10. Continuing to take personal inventory of your new pull-on pants and oversized sweatshirts and convincing yourself, "It's not such a bad look for me after all."

Author's Note: The material in this article is original and is a loosely-based paraphrase of The 12 Step Program. http://en.wikipedia.org/wiki/Twelve-step_program.

Betsy Bearden is the author of Normal People Eat Tofu, Too. She been a volunteer chef, a cooking class instructor, and a reporter for The Paulding Neighbor Newspaper. You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net or at www.tofucookbook.net.

Claim Your Health

By Dr. Kim Strickland

It's that time of year when many people make resolutions, most of which never get out of January. Instead of creating pie in the sky goals for yourself, take some real action toward your health. Do something every day that is good for the health of your mind, body, or soul. This could be taking a walk, going to bed early, skipping the cookie, eating an apple, lifting weights, or donating your time. The list is endless. If by chance, you happen to get to the end of a day and are not able to find anything you did that was beneficial for your mind, body, or soul then give yourself the gift of forgiveness and love. That is good for your soul—mission accomplished!

Life is too precious to be spent mentally beating yourself up about the things you didn't do. Spend time doing what you love, with whom you love, and your world will be joyous. Cooking homemade meals for my family is something I love doing (most of the time). Below I'll share a few recipes we are enjoying this winter. Remember to use organic ingredients whenever possible!

Pumpkin Pie

It's not just good for Thanksgiving Day!

1 can of pumpkin
2 eggs

1¼ c vegan milk
1 t vanilla extract
½ c turbinado sugar
2 t cinnamon
½ t sea salt
½ t ginger
4 t nutmeg
¼ t cloves
1 gluten free frozen pie crust

- Preheat oven to 425 degrees.
- Mix pumpkin, eggs, milk, and vanilla in a bowl.
- In a separate bowl, mix sugar and spices.
- Add to wet ingredients and mix well. Pour into pie crust and place on cookie sheet.
- Bake for 10 minutes. Reduce heat to 350 degrees and bake for 40-50 minutes more.

Moroccan Lentil Stew

1 onion, diced
3 garlic cloves, diced
3 carrots, diced
1 14 oz can of diced tomatoes
1 bag of frozen green beans
2 c cooked lentils (either canned or dried and prepared)
5 c chicken or vegetable broth

3 t dried basil
3 t turmeric
3 t paprika
1/8 t fresh ground pepper
1/8 t cinnamon
2 T ketchup
1½ c small brown rice pasta

- Sauté onion, garlic, and carrots until onion is transparent.
- Stir in remaining ingredients except pasta.
- Bring to a boil, reduce heat, and simmer covered for 15 minutes.
- If time permits, allow to sit for a while so spices can infuse the vegetables.
- When ready to eat, reheat and add pasta.
- Cook until pasta is tender.
- Serve with a green salad and some whole grain bread.

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.

Vacation Dreams Do Come True

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

In previous articles I have written about how the tide is turning and more restaurants and vacation destinations are starting to get on the bandwagon by offering gluten free foods. One such company has been accommodating individuals with food allergies for many years, and they certainly have the right idea.

Recently my family had an opportunity to visit Walt Disney World in Orlando over the holidays. It was so much fun planning the trip and not having to worry at all about our "special dietary restrictions" since Disney is one of those places that actually specializes in catering to individuals with food allergies and special diets. I didn't realize just how special and amazing this was going to be until we actually set foot onto the Disney property.

Once we were checked in at the resort, the first order of business was lunch. According to the e-mail I had gotten from WDW.specialdiets@disney.com this was all I needed to know:

All our chefs in our Theme Parks and Resorts are trained to handle allergies and take every precaution against any cross contact. Due to the large volume of meals we serve, vendors and suppliers occasionally swap out product. Therefore menu items and preparation is often updated. We stress that you ask to speak to a Chef or Manager when you arrive at each location. They will be happy to assist with your selection and provide product labels and ingredients for menu items.

At first I was concerned that this was going to be a hassle, but was rather quickly assured that they were very prepared for our request! My daughter was beside herself when she was told that pretty much anything on the menu could be made gluten free! They even offered gluten free Mickey Mouse shaped waffles and pancakes, gluten free brownies and cookies for desert, gluten free buns for hamburgers and hot dogs, chicken sandwiches, pizza, pasta, and the list went on!

The rest of our visit to Disney was absolutely a blast, and we were able to enjoy ourselves without having to worry about our food. It took a little bit longer to get our meals, but I didn't mind the wait. I hope that other businesses will take a cue from how Disney handles special diets and food allergies. I am pleased to note that Café Life has been doing a fabulous job of offering many gluten free choices on the salad bar, hot bar, and menu. I love that I can just pop in for lunch and do not have to worry about being able to find something gluten free to eat.

If you are someone that is newly diagnosed with Celiac Disease, or new to the gluten free diet for other reasons, take comfort in the growing availability of delicious gluten free options at many of your favorite restaurants. When I was first diagnosed with Celiac Disease almost eight years ago, there weren't as many options, and I thought that I would never be able to enjoy eating out again. Even better, I never thought that I would be able to travel away from home and be able to find food to eat without having to carry my own food with me. The thing that is most amazing to me is the growing availability of a wide variety of choices in gluten free foods. We now are seeing healthy competition, leading to better tasting, more affordable choices.

As always, Life Grocery is continuing to bring in some of the best gluten free products available on the market today. Yes there is a gluten free aisle, but please make sure that you look around the store in places you wouldn't expect gluten free foods to be! One day you just might see pastries or fresh breads (I can hope right?). Some of the products found at Disney, such as Amy's Gluten Free Pizza, Ener-G hamburger and hot dog buns, and Amy's Macaroni and Cheese are available at Life Grocery. If you are planning a vacation, have fun and don't let your diet keep you from enjoying yourself.

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.



Café Life Hours

Salad Bar, Juice Bar,
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9am-6pm

Sunday
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Hot Bar:

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

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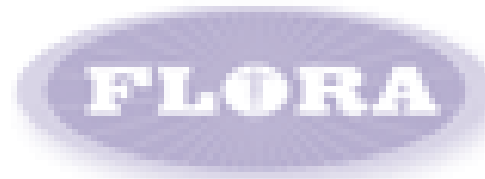
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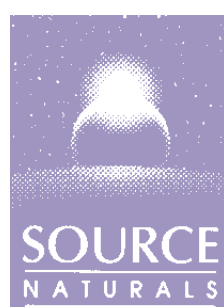
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Losing Ground to GMO

By Linda Townsend

As I began writing this article, the United States Department of Agriculture (USDA) approved Monsanto's alfalfa. In case you are unfamiliar with the genetically-engineered craze, here is the short version of Monsanto's involvement:

- The number one selling herbicide worldwide for the last two decades has been Roundup®, a product made by Monsanto.
- Using genetic engineering, a Roundup®-resistant gene developed by Monsanto now can be inserted into a plant's DNA.
- From the marketing aspect, Monsanto convinces farmers that fields of Roundup®-resistant plants can then be treated with Roundup® so that all other plants die off making farming easier, which means this herbicide can also be used in higher amounts than ever before. (What Monsanto does not tell the farmers is *because* Roundup® has been used so extensively, several plant species, now known as super weeds, have been identified as having a resistance to it and could dominate Roundup®-treated fields. Does this sound familiar to the overuse of antibiotics and antibiotic resistant bacteria?)
- The first available seeds of the Roundup Ready® line were soybeans in 1996. Two years later corn was added and now canola, sugar beets, cotton, wheat, and the latest alfalfa.

If we examined just the effects of the herbicide alone, the results would be something like this: All the Roundup Ready® plants would be treated with higher amounts of an herbicide that would contaminate not just the plant but the soil and the water runoff, which impacts water sources, wildlife, and people.

This synthetic chemical contamination is what organic farmers have been fighting against for years, but the herbicide is only part of the GMO equation. Genetic engineering contorts this scenario pushing out into new legal frontiers, some beyond logical comprehension. Monsanto requires buying farmers to sign an agreement not to keep any seeds, but to purchase seeds yearly from its company and has sued farmers when they find their GMO plants anywhere they are not supposed to be, when in some cases it should be the other way around.

Within the Roundup Ready® plant is a patented gene that has been propagated by wind and insects through pollination, a natural process in nature's kitchen. Apparently, Monsanto's techno-genes are running amok in the wilds of nature and the company has no way to contain them, so Monsanto began suing farmers for "stealing" its patented genes, even when Roundup Ready® encroachments were unwelcome. ***In fact, GMO gene contamination has led to some farmers losing their organic certification!***

Why would any farmer bother to try to raise organic produce when the fields surrounding his are planted with GMO? It would be a losing battle. We are losing ground, *organic* ground, because of GMO!

I cannot tell you how horrifying the concept of genetic engineering is to me personally, especially when it has such potential to infiltrate the food chain of the entire planet. I grew up in a very small town surrounded by farms. I went to school with sons and daughters of farmers, some now farming themselves. Many of my friends and cousins worked along with their family members planting fields and raising livestock. My cousins feed their livestock alfalfa. I don't know if they even know about GMO alfalfa (or any of the GMO produce). I don't know if they have been sold on the idea that GMO products are the wave of the future . . . I hope they have not!

However, even if they hold out, even if they resist, even if they are completely against the concept, what can they do when the farm next to them plants GMO? Although Monsanto says cross-pollination is unlikely, it seems that their patented gene has not been behaving well when out on its own. It is like they have opened Pandora's Box and it could have a major impact on the integrity of organic foods.

Please contact your representatives *often* about stopping GMO and protecting organic foods. We need to stop losing ground to GMO.

Linda Townsend is a freelance writer of health-related issues and can be contacted at ceisa@bellsouth.net.

Detect Breast Disease at its Earliest Stages . . .

Life Grocery is pleased to announce the introduction of Mobile Thermographic Imaging [MTI] to the store's location. MTI will be offering free educational lectures on breast health, as well as offering breast thermography screenings. Thermography is a non-invasive, painless, compression-free, radiation-free early detection breast screening. Breast thermography's ability to detect a pre-cancerous state of the breast, or signs of cancer at an extremely early stage, lies on its unique capability of monitoring the

temperature variations and blood vessel alterations produced by the earliest changes in tissue physiology (or function).

Some studies have shown a 95% to 97% accuracy rate in the detection of breast disease, minimal false positives and two to five years earlier detection than that of traditional forms of breast testing. Further studies have shown a 61% increased survival rate when thermography is added to a woman's regular breast health checkup. With a combined

experience of ten years, MTI offers locations throughout metro Atlanta, which now includes Life Grocery.

Mobile Thermographic Imaging will be presenting the lecture *Applications of Clinical Thermography* on Saturday, April 16, 2011, at 3:30 p.m. Scanning will be available from 4:15 p.m. to 7:15 p.m. Scanning will also be available on Monday, April 18, 2011, from 4:00 p.m. to 7:30 p.m. For further information or to make an appointment call 678-852-8548 or visit www.atlanta-breast-thermography.com.

Are You Allergic or Oversensitive?

By Don Bennett

It may surprise people to know that what they think of as an allergy is actually an oversensitivity. Now, someone pondering this statement might be tempted to say, "Yeh, so what? It's two ways of saying the same thing isn't it?" Not really. When people think of an "allergy" they see it as an unfortunate thing that they have no control over, other than taking a pharmaceutical remedy for it. But an allergy is the body being oversensitive to something. And an allergic reaction is just like the CHECK ENGINE light on your car's dashboard; it means something's wrong.

So a true "allergy" is when you experience a reaction to something that shouldn't produce that reaction. If you were to eat a food of your bio-physiological adaptation, like a banana, and you had a bad reaction to it, this would indicate that something is wrong physiologically, and not that you aren't designed to eat bananas. Okay, not many people argue with this notion, but they will say that the way to deal with this situation is simply to avoid bananas. But if you think of an allergic reaction to something that you shouldn't react to as a warning light on your body's dashboard, then instead of avoiding the thing that gives you a hard time as the way to deal with it, you might want to ask yourself, "How do I resolve the underlying condition that is causing this hypersensitivity?"

The underlying condition may be causing other conditions besides the noticeable over-reaction. It could also be a contributing factor to something more serious in the future. Consider over-reactions as a warning that should be heeded, just like your car's LOW OIL warning light.

We just looked at what a true allergic reaction is. Now let's explore what most people think of as "allergies," but aren't. If you ate a bar of soap, and had a bad reaction to it (as you hopefully would), your conclusion wouldn't be, "Well, I guess I'm allergic to soap." And that's because you know that soap isn't a natural part of the human diet. So it's safe to say that if you have a bad reaction to something that you're not designed to eat, this reaction is normal and is not an allergy. So what about the people who have a bad reaction to dairy or grain products? Is this an allergy

(oversensitivity), or is this a normal reaction to something they shouldn't be eating?

The medical/pharmaceutical industry sees it as something to treat with over-the-counter remedies, or to simply avoid lactose-containing dairy products and gluten-containing grain products; they see these reactions as an abnormal reaction to a normal food. But if you're truly not designed to consume cow milk products or things made from wheat, then these reactions are a warning indicator lighting up on your dashboard, no different than if you ate soap (although unlike soap, those products are designed to be delicious). And although you are thought of as one of the unlucky ones who reacts this way to dairy or grain products, you are, in reality, lucky that you are sensitive enough to be bothered by something that the human body is not designed to process. After all, you want your car's dashboard warning lights to alert you to impending problems, so you can do something about it, right?

If you didn't know what LOW OIL meant, you might keep driving until your engine died from lack of oil. Fortunately we all know what that LOW OIL light means, but most of us don't know what indigestion is trying to tell us. Instead we assume that we simply need an antacid or products like Lactaid or Beano. But the problem isn't a Beano deficiency, it's an information deficiency; oh there's plenty of information out there, but what we need to have the best odds of never getting a diagnosis of something serious is *truthful* information.

I should also mention, that I have personal experience with many people who, after they make health-enhancing changes to their diet and lifestyle practices, no longer have any allergies (like to cats and pollen). And from my experience as a health creation counselor, the best/healthiest way to eliminate bad reactions to things we're not supposed to eat or drink is to not consume them. Food for thought.

Don Bennett is a Health Creation Educator, lecturer, and author of How to Have the BEST Odds of Avoiding Degenerative Disease which is available at Life Grocery. More empowering and enlightening information can be found at health101.org.

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Computer Ergonomics

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

If you are like most computer users, when you sit down at your keyboard the first thing you do is lean back in your chair, slouch forward, and put your arms at some bizarre angle. And if you are reading this article the odds are you spend a lot of time at your computer in this or some other strange position. You probably don't even think about how anti-productive this is to you. Not only does this impact on you while you are at the computer, but it has far reaching negative effects on every aspect of your life. Let's talk about how the body works and how this repetitive motion is counter-productive to what you are trying to achieve.

Your brain sits up in your head, in most cases, and sends messages down your spine, out of your nerves to every one of the 80 trillion cells in your body. As long as the messages can flow, uninterrupted, from the brain to the body, every cell works at 100% of its capabilities. If there is any interruption of the messages, the body begins to malfunction. It will most likely work, but not at its full capacity. The most common way to interrupt the flow of messages is by some mechanical interference, specifically a bone in the spine moving out of place and pinching a nerve. If a nerve is pinched, the most noticeable condition to occur is pain.

Many computer users, perhaps even you, have neck and back pain. Poor body positioning, which twists the bones out of place and pinches the nerves, most likely causes this. Bones can also be moved out of place by trauma, such as car accidents, sports injuries, or even sleeping wrong. Stress (which none of us ever have) can tense up muscles, which in turn can pull a bone out of place; even the food we eat, such as caffeine, can cause muscles to tighten and pull bones out of place. However, 80% of the nerves in our body do not feel pain, yet, when pinched, they can cause the body to malfunction by cutting off the messages from the brain to the body. You don't feel your heart beat, but it is controlled by nerves. You don't feel your lungs breathing, your intestines digesting food, or your pancreas producing insulin, but they are all controlled by nerves. Many studies have shown that if you pinch a nerve to an organ, that organ will malfunction. This means that how you sit at your computer can misalign your spine and cause far-reaching negative effects on all aspects of your life. Now, let us discuss how to correct the problem and get your nervous system back "on line." (Sorry, I could not resist.)

We will start with the monitor. Your eyes should be level with the top of the screen when you are sitting straight up in your chair. Your head should be over your shoulders. The average human head, which is the size of a bowling ball, weighs about twelve pounds. When it is directly over the shoulders, the neck muscles can easily balance and support it. If it is tilted forward or backward too far, muscles become over stretched and/or contracted, causing pain and pulling bones out of place. Your elbows should be at your side at a 90-110 degree angle and close to your body or resting on your chair arms.

The mouse should be the same height as your keyboard and when moving the mouse your hand, wrist, and arm should be in a straight line. Your wrists should

be on a wrist rest. Avoid any excessive flexing of the wrists and fingers which should extend straight out from the hands. Strike the keys gently to avoid unnecessary stress on the fingers. Improper wrist motions can cause Carpal Tunnel Syndrome, which is pain in the palm side of your wrists. The bones in the wrist can misalign, cause swelling in the wrist, elbow, shoulder, or neck, which can be out of place, and then pinch nerves that go to the wrist. If you have Carpal Tunnel Syndrome, don't automatically assume it is only a wrist condition. Many people take unnecessary drugs and have useless surgeries rather than correct the improper positions and motions that caused the problem to begin with.

The chair you choose is also of vital importance. A good chair will have a low back (lumbar) support so when you sit upright, your low back will fit snug into the support. It should have an adjustable back, arms, and seat to allow for different heights and tilts of different desks. Five legs on the bottom offer more stability than four and your knees should be level with your hips. If your knees are too low, use a footrest to raise your knees. The chair must be directly in front of the monitor to avoid twisting which will strain muscles and ligaments, pull bones out of place, and pinch nerves.

Now we have achieved ideal keyboard state of being. But how many of us are going to do this every time? In a perfect world, we would all have perfect posture, eat a healthy diet, (more on diet in future articles), and have no stress. If you do wander off the straight and narrow, find yourself a good chiropractor; get those misalignments realigned and be more careful in the future. How long your problem has been there and your overall state of health will determine how long it will take to get the problem fixed. Chiropractic works wonders with "computer syndrome." You will be amazed how much more productive you and your co-workers will be when you do things the way they should be done and you take good care of your main frame. (I just had to do it one more time.)

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 a private consultation with the doctor at NO CHARGE!

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Constant Cravings

By Susan Esposito, DC, DACNB, FABES, FACFN

Although it's no secret that sugar should be marginalized, if not completely avoided in a health promoting diet, most people, myself included, find it very difficult to cast this particular ingredient out of our daily consumption. Of course I'm speaking here of the refined tantalizingly sweet white sugar that is so pervasive in the American diet, not the natural sugar that is found in fruit and handled much more efficaciously by the body, due in part, by all the natural fiber that comes along with it.

Why do we find it so arduous a task to vanquish this particular white substance from our snacks and meals? In addition to the obvious fact that it makes so many foods taste great and stimulates the sweet taste receptors that reside on the anterior surface of our tongue, there are neuro-chemical responses in our bodies that keep us ingesting sugar, much to our eventual physiological detriment.

Sugar aids in the manufacture of certain neurotransmitters such as serotonin and beta-endorphin.

Serotonin has many functions in the body which include the regulation of mood, appetite, and sleep. It is best known as the neurotransmitter that makes us feel good. Many antidepressants on the market strive to affect serotonin levels in order to improve patients' moods and lower anxiety levels. Serotonin is made from the essential amino acid tryptophan. Tryptophan needs insulin in the circulation, so that tryptophan can get into the brain and become transformed into serotonin. To get into brain tissue, tryptophan must cross the blood-brain barrier. Unfortunately for tryptophan, there are other larger amino acids that can potentially block tryptophan from going through this barrier. Insulin will combine with some of these larger amino acids and thus effectively get them out of the way, allowing a clearer passage for tryptophan to enter the brain tissue.

Beta-endorphin is an agonist of the opioid receptors and is another neurotransmitter we release when eating sweets or refined carbohydrates like white sugar. This is the neurotransmitter that is commonly associated with the "runner's high." It is used as an analgesic in the body to numb or dull pains. That is the reason why a person starts to feel better immediately after a physical trauma even though the injury is quite evident. The reason the pain dulls is because this peptide binds to and activates

opioid receptors. Beta-endorphin has approximately 80 times the analgesic potency of morphine.

At this point you must be saying to yourself, this seems pretty good. Sugar tastes great and if I eat a lot of sugar, I'll release chemicals in my brain that will be sent throughout my body to elate my mood and make me feel fine and sublime. Unfortunately, just like so many things we encounter, when something seems too good to be true, it usually is. Here's the rub: the momentary boost we experience immediately following the ingestion of our favorite cookies, cakes or the like, is short lived and will create a sequela of cyclic cravings. Some people are termed "sugar sensitive," such that they have lower levels of these neurotransmitters and are very susceptible to sugar cravings. Some individuals feel addicted to sugar in this manner, and increase sugar consumption to experience a sugar "high."

Some people actually exhibit withdrawal symptoms for a period of time when they abstain from eating sugar. Just as withdrawal from other addictive substances, certain people report headaches, shakiness, nausea, fatigue, and even depression.

While everyone is aware of the vast deleterious effects of sugar (decaying teeth, obesity, heart disease, cancer, etc.), it is important to remember that you need certain carbohydrates in your diet. Don't swear off all sugars, just the white refined ones and the high fructose corn syrups.

Complex carbohydrates are essential for our optimum health. They get converted into simple sugars called glucose, which is the main source of nutrition for the cells in our body, especially our brain! Complex carbohydrates are found in foods like whole grains, cereals, fruits and certain vegetables, which provide the necessary sugars for our bodies and the fiber that slows down the absorption time of the sugars from our gut into our blood stream. This is crucial, because slow absorption translates into mild rises and falls of blood sugar levels and subsequently insulin levels. It is the quick rises and falls of sugar and insulin levels, which over time, can lead to insulin resistance and eventually diabetes, as well as other diseases.

Here are some suggestions to beat sugar cravings:

- Eat a diet that is high in vitamin C, B-complex vitamins, and zinc. These three nutrients in

particular are essential for transforming tryptophan into serotonin.

- Supplement your diet with a high-quality multivitamin-mineral complex, plus omega-3's. Omega-3's help in regulating mood and inflammation. Life Grocery has a superb supplement department with knowledgeable, helpful staff that can lead you in the right direction if you require assistance.
- Eat complex carbohydrates, which will provide necessary glucose, but will also provide fiber to let your brain know it is satisfied and full. Refined sugars and flour lack this fiber, so the brain doesn't get the signal to stop eating soon enough, causing a person to overindulge.
- Eat a potato three hours after dinner. This idea comes from Dr. Kathleen DesMaison's book *Potatoes not Prozac*. You can read the book for all the details. According to Marcelle Pick, OB/GYN NP in her article "Do Sugar Cravings Have You by the Neck?" from the *Woman to Woman website* www.womantowoman.com, "the theory is that potatoes not only stimulate the release of insulin needed for tryptophan to cross into the brain, but also contain potassium, a nutrient needed for insulin to do its work. Potatoes, with their fiber and micronutrient content, also offer a more sustained insulin response than most refined carbohydrates. The only stipulations are that you eat the potato as an evening snack, that you do not eat it with any kind of protein (otherwise, you can top it as you wish), and that you include its skin."

Allow your craving for long-term health to supersede those for the temporary rush of junky sweets and overall your life will be sweeter!

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 answered in this newsletter.

Chaos

By Dr. Kim Strickland

My math students used to ask me, "When are we going to use this?" How about chaos theory? Is your life a predetermined event or is it subject to change based upon an initial condition? Could that initial condition be a small change in your thoughts or your habits?

You may be living with chaos. Symptoms include having things that you do not need, use or love cluttering your physical space, such as drawers, closets, pantries, cars, and living areas. Do you often find yourself harried, rushing around, or not being prepared? When it's dinnertime do you know what you're going to cook? Then when you decide what you want, do you realize you don't have everything you need to make it? Perhaps

you rush out the door to work or school without having breakfast.

I believe that physical chaos is a sign of spiritual, inner chaos. The degree to which your life is chaotic on the outside may be leading you to listen to an inner calling. I think New Year's resolutions do not stick because they are about changing the outside rather than making changes within. When the real you on the inside makes small changes that resonate with who you are, it can create long lasting changes on the outside.

Exercising more, eating better and drinking more water all sound nice. Why would you make changes though? In marketing it's called the "Why." Why would

you get up early and make breakfast and take time to sit down and eat it? Why would you make exercising a priority rather than an afterthought? Why would you learn to cook nutritious food and spend more money on organics? This is something that each of us has to discover for ourselves through reflection. My "Why" is that I want to live a long, healthy, active life for myself, my husband and my three amazing boys. I have and will continue to travel the world doing really neat things, like swimming with dolphins, climbing Mt. Kilimanjaro and hiking in a rain forest.

So I encourage you to set aside 5-10 minutes a day for self-reflection. Sit and dream or journal about what

continued on page 7

Blood Quality and Volume: The Key to Feeling Great

By Kal Sellers, MH, LMT

In Oriental medicine, there is a concept of having high quality blood and appropriate volume in the appropriate places. This idea is fundamental. Even so, it has often been lost in the translation. Understanding how to build and sustain high quality blood and get enough of it to the right places will change everything about our health.

When I first heard about the concept of having enough blood around the liver, I had an “awake moment” where I realized that there was something in this for me. I investigated further and found that there is an Oriental notion that the liver must fill up with high quality blood at night in order to keep itself clean, to carry out its functions, and to disseminate the heat that the liver naturally builds to the rest of the body in order to manage all the functions of the body.

Various things contribute to the quality and volume of blood around the liver. Digestive health is a big player, which, like many things in the body, forms a possible vicious circle: the poor operation of the liver makes digestion worse and bad digestion pulls the blood to the gut and decreases the quality of the blood. Rebuilding blood around the liver has to include reduced load on the digestion, as well as herbs that will heal the blood and build its volume around the liver.

Reducing load on the digestion has been the only consistent timeless principle of diet used in natural healing. All other, more specific notions have not lasted. Further, many good ideas about diet have ultimately failed for individuals because the burden on digestion was not sufficiently reduced so that regeneration could occur and the significant resources used by the gut could be redirected for healing elsewhere.

Healing the blood and building it around the liver is best done on an individual basis since various herbs that do this have other actions affecting the vital energy state in the body. This vital action is important to match with the needs of the individual. For example, dong quai, the herb most often used for this purpose, activates energy and moves it. For a person who already is too vitally active (to the point of exhaustion) this herb would be inappropriate. Saw palmetto, which also works for this purpose, may not move energy enough and is not warming to a cold liver. Lycium (aka goji) berries will rebuild blood and build it around the liver, but it tends to drive energy and blood also to the endocrine system and may not be appropriate when the digestion is the

center of the individual’s needs. Nettle leaves build blood around the liver and blood quality, but they are drying to the 3rd degree (out of 4 degrees of strength) and will certainly not be appropriate for every individual.

In my practice, the herbs I recommend most for this purpose are dong quai and ashwaganda, half and half, usually in a syrup, as the dry herbs do not work nearly as well. The ashwaganda does mitigate the heat and dispersing energy of the dong quai, without stopping it. This is what most people need, for when the liver builds with blood, that blood must also move throughout the body to heal it and to discharge the stored wastes in the liver that could never get out because there was not enough blood in it. Ironically, cleansing may lower the blood level in the liver and become both stressful and ineffective because of it. Cleansing alone is not sufficient to detox the liver and without the liver functioning, nothing else really detoxes either.

When liver blood levels are low, the individual will be irritable, neurotic, angry, and have unbalanced or absent sex drive. Hormone problems are a certainty. Healing virtually any chronic condition is impossible in this state.

This is not the only notion that we gain about blood from Oriental medicine. We also realize that the spleen harbors blood like a reservoir to supply it when it is needed by the digestion. The spleen must be both healthy and supplied with blood. Fortunately, most of the herbs we use for building blood around the liver will have at least some benefit in this direction.

Paramount to permanently and successfully healing the condition of blood around the liver is also reducing the load on the digestion and healing preliminary digestion. When poor digestion and subsequent immune reaction take place at the gut, the liver is stressed and depleted of blood. Gradually, the quality of the blood is decreased by the inflammatory activity.

Changing the diet to one that is easier to digest, simpler and of lower volume, and healing the stomach and preliminary digestion are vital. These can be discussed in more detail at another time, but suffice it to say that the focal point of healing the preliminary digestion appears to be the stomach. Parotid glands, small intestine, pancreas, and gall bladder may also be considered important.

Generally, carminative herbs taken 15 minutes prior to a meal and again 45 minutes after a meal will help to

get the stomach and small intestine working again. Sometimes, herbs that regenerate the stomach, such as aloe vera, comfrey, and fennel seed tea, are needed. These are taken on an empty stomach one to two times per day.

Also, the person trying to heal is encouraged to go at least three to four hours between meals without snacking so that complete digestion can take place before more food is introduced into the gut, which will stress a gut that is not fully well.

This process may be best done with guidance, but there is no harm in attempts at healing one’s self as long as the basic concepts are understood. Generally, most people will get nothing but benefit from taking in a couple ounces of concentrated syrup of dong quai and ashwaganda.

To make the syrup, put one teaspoon of the combined herbs in each cup of distilled water. Bring to a full boil, but then immediately reduce the heat so that steam is rising from the top, but no bubbles are forming. Simmer without a cover until reduced in volume by one-third. Strain the resulting syrup. Then add vegetable glycerine equal to one-fourth of the finished volume of the syrup and stir. This will keep in the fridge indefinitely. One to two ounces once or twice per day is the recommended dosage.

Generally, if instructions are followed, it takes three to four months to stabilize blood around the liver and to start building high quality blood. Actually, differences are usually noticed within a couple weeks, but complete healing, depending on continued healthier choices, happens in three to four months.

Concurrently, every effort should be made to eat in peace: To maintain more of parasympathetic state (rest, digest, heal, regenerate, rejuvenate) and less of the sympathetic state (hurry and worry, fight and flight). This will insure the possibility of healing, whereas the opposite will insure no healing.

Kal Sellers, MH, is a full time student at Life University, runs a natural healing and Rolfing practice, teaches natural healing through his website: MadHerbalist.com, and has two weekly radio shows on the Preparedness Radio Network. He can be contacted through his website or at 706-473-4375.

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Put Some Spring into Your Step

Ah, the weather outside is delightful, and if you're like me, this time of year brings spring cleaning fever. Keep in mind, spring is definitely a great time to strip down closets, empty out long forgotten cabinets, and fill up the car up with "one man's junk is another man's treasure" and head to the Goodwill.

Springtime is also a great time to think about "internal cleaning" as well. You know . . . body, mind and spirit stuff.

I look forward to doing some sort of a digestive system cleansing or liver–gallbladder cleanse at least once a year. Springtime just "feels" like the right time, you know what I mean? So I took the proverbial "bull by the horns" and decided to try Garden of Life's **Raw Cleanse**.

Garden of Life's founder and CEO, Jordan Rubin, is one of America's most recognized and respected natural health experts. He is the author of the New York Times best-selling book, *The Maker's Diet*, as well as the author of 19 other health related titles. An international motivational speaker, Jordan hosts the weekly television show *Extraordinary Health* that reaches more than 30 million households worldwide. Garden of Life is one of the leading health and wellness companies committed to empowering extraordinary health with whole food based supplements, functional foods, and educational resources.

Jordan's recovery from a life-threatening illness has resonated with millions around the world and is one of the most dramatic natural healing stories ever told. His health was excellent during his childhood, but when he was 19 years old and attending Florida State University, he experienced nausea, digestive distress, and an alarming weight loss of more than 80 pounds. Eventually, he was diagnosed with Crohn's disease, a chronic digestive illness that affects the immune system. Wheelchair-bound and 104 pounds, one doctor's grim diagnosis was that it was "the worst case of Crohn's" he had ever seen and he did not expect Jordan to live. However, Jordan and his family were determined to find some answers and sought more than 70 alternative nutritional therapies throughout the world after conventional medicine and numerous hospitalizations failed.

He changed his diet to whole foods: raw, organically grown whole grains, fruits, vegetables, fermented dairy, and grass fed beef and poultry. He also added a daily regimen of probiotics, teaming with beneficial bacteria called soil based organisms. After gaining 29 pounds in 40 days, Jordan knew he was finally on the right track. By his 21st birthday he was tipping the scales at more than 180 pounds, free from the devastating digestive problems that had plagued him for two years, and ready to restart his life.

You can find Jordan's Garden of Life products at Life Grocery, which is where I purchased my **Raw Cleanse**. Now, it's time for some spring cleaning!

The **Raw Cleanse** touted as "the ultimate standard in cleansing and detoxification," is a 7-day, fast acting, triple detox formula. Sounded just like what I was looking for: a gentle spring cleaning, not a full blown, 60 day juice fast.

Here's the breakdown on the product, and my experience on the 7-day protocol.

Step 1—Raw Cleanse Toxin Defense—Optimal Oral Health and Immune System Support is the first step in the Raw Cleanse experience, supporting optimal oral health and overall immune system function. Toxin Defense contains a unique combination of oral and intestinal probiotics that work in the mouth to help inhibit

harmful toxins from traveling further in the body. This "point-of-entry" defense contributes to overall immune function and promotes microbial balance in the gastrointestinal tract for proper digestion and elimination.[†] The clinically studied intestinal probiotic contained in Toxin Defense helps to support healthy bowel function, elimination, and a healthy gut-associated immune system.

Step 2—Raw Cleanse Organ Detox—Natural Detoxification of Organs and GI Tract is the second step in the Raw Cleanse experience, supporting normal removal of environmental toxins and pollutants from the body, as well as internally generated waste by-products. Organ Detox is formulated with raw milk thistle, raw food-created glutathione, cysteine, glycine, glutamic acid, melon juice concentrate, a rich source of Superoxide Dismutase (SOD) and catalase, plus vitamin U. This antioxidant, enzyme, and amino acid rich formula supports healthy liver biotransformation and excretion of environmental toxins (and their metabolites) normally introduced into the body in small amounts.

Step 3—Raw Cleanse Digestion and Elimination—Toxin Capture and Removal is the third and final step in the Raw Cleanse experience, that helps to catch and hold undesirable compounds in the digestive tract and facilitate final transport from the body.[†] Digestion and Elimination contains 800 mg of raw food-chelated magnesium to draw water into the colon for effective movement of intestinal bulk.[†] Raw organic flax and chia seeds act as bulking fibers to absorb toxins and pollutants, while raw organic coconut fiber lubricates and facilitates intestinal flow, while creating a positive microbial balance in the body.

While you're doing this cleanse, it is highly recommended by the manufacturer that you:

- Drink at least the recommended 64 ounces of filtered water each day.
- Eat fresh fruit, vegetables, particularly crucifers and bitter greens (such as broccoli, cabbage, cauliflower, endive, and radicchio), seeds, nuts and lean protein, organic whenever possible, with wild caught fish.
- Increase your healthy fat intake by adding one teaspoon to one tablespoon each of organic coconut oil, flaxseed oil, cod liver oil, and olive oil per day to your diet.
- Keep high allergen foods, such as dairy and wheat products, to a bare minimum.
- Eliminate caffeine, tea, coffee, and alcoholic beverages.
- Eliminate added sugar, refined flour, processed foods, and fatty food with trans fats.
- Eliminate skin care products with ingredients you can't pronounce.
- Use natural cleaning products.

I had a very positive experience with **Raw Cleanse**. There was something about those probiotics for the mouth that really resonated with me. There have been lots of studies and articles coming out recently about how your health starts in your mouth. A lot of that makes good sense to me. So first thing in the morning, I swished the Toxin Defense (packet #1) around in my mouth for about 45 seconds and then swallowed it. Then, I would put three capsules of the Organ Detox (capsule #2) into my morning green shake. I took three more capsules of Organ Detox (powder #3) with me to work, along with about 12 more ounces of green shake. I ate a healthy lunch and dinner. Then, an hour or two before bedtime,

By Jesse Andersen

I put two scoops of the Digestion and Elimination into a glass of water and chugged it down.

You may be wondering if my elimination was more than usual. The answer is yes. By the third day of the cleanse, I was feeling "cleaner" if you will and by the seventh day, upon completion, I was several pounds lighter, had a little more "spring" in my step, and had that lovely "after the cleanse glow" that makes you feel like you want to make better food and meal choices for the rest of your life.

Of course, the glow fades away, and eventually you eat a meal that you wish you hadn't. But you can be proud and feel assured that you have given your body some much needed rest from all the normal digestive duties. You have assisted your organs by reducing your toxic load, eliminating some junk from your colon, and supporting your immune system. Not bad for a little seven day cleanse.

Haven't done one yet? Talk to your natural health care provider, then talk to the good folks in the Life Grocery supplement department about the many detoxification cleanse options available, including the **Raw Cleanse** by Garden of Life.

Spring brings renewal and rebirth. So, my advice to you: Do some spring cleaning for your health and wellbeing.

Jesse Andersen teaches classes on raw and living foods through her company Raw Food Resource Center. She is also the Director of Operations and Marketing of Real Health Medical, an integrated, holistic medical practice in Roswell, Georgia. For information call her at Raw Food Resource Center, 770-606-0353, email her at RawFoodResourceCenter@gmail.com, or call her at Real Health Medical, 678-990-5401.

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The Meat “Police”

By Betsy Bearden

They seem to be everywhere—the meat police. If you are a vegetarian, then you understand what I mean; for those of you that don’t, I’ll explain.

You’re at a well-known restaurant that’s not exactly a vegetarian or vegan establishment, but they do have veggie options: You know the routine. You are engaged in pleasant conversation with good company, when all of sudden you see a couple of friends entering the restaurant. They saunter over to your table, say “hello” and immediately ask, “Oh, that’s not meat on your plate is it?” The meat police have arrived. They give you that big-belly laugh and you reassure them, “Oh no, it’s just some soy covered in gravy to make it look like meat. Want some?”

Or maybe you’re at an office party that’s catered in barbecue from the famous BBQ Shack down the road that everyone raves about. The announcement that “dinner is being served” is heard throughout the hall, and immediately a co-worker rushes over to the servers, whispers to them, and points at you. Sigh. *This can’t be good!*

Now you are standing in line with the rest of the people and it’s your turn to serve your plate. The server immediately addresses you and begins to point out to you all the things on the table that are “safe” to eat. “Now, we have potato salad, potato chips; packets of mustard, ketchup, and mayonnaise; white bread, cheese slices, pickles; and we have baked beans, but they have meat in them so you can’t eat that. Now, if you don’t eat meat, do you eat pork, because we have some real good spare ribs at the end of the table.” Meat police strike again.

And it never fails that when you are at the grocery store, you’re bound to run into someone you know. *Uh-oh, gotta check your basket to make sure you aren’t sneaking any meat in there.* Ah yes, the old meat police are out there cruising around to keep us vegetarians from breaking the law. Every time we pop something into our mouth, open a wrapper, open a

lunch bag, they’re watching. Who knows, we might get a ticket and be made to attend Grazer’s Anonymous, or if they feel we are really sad, lost, and hopeless, maybe they’ll take us to church where we will be made to do penance with ten carrots and three grapes, five times a day, for two weeks.

I brought up the grocery store reference because this recently happened to me. I have two dogs: a Black Lab and a Lhasa Poo. Ever since the dog food scare from several years ago, I started making their food. About every eight days or so, I purchase ground turkey, peas, and carrots for their weekly supply of food. I was in the store when a friend of mine walked over, started talking to me, and began looking in my basket. She noticed the ground turkey next to the tofu and soy milk, and blurted out, “You eat **turkey**?” Yep, they are everywhere.

I explained to her that I was buying it for my dogs. Her voice became hushed and she quietly asked me if it made me sick to cook the turkey, did it gross me out, or was I tempted to *taste* it? I told her that I wore an oxygen mask each time I made it, so it wasn’t really that bad. When I realized she believed me, I had to quickly tell her that I was only joking. Meat police!

Don’t even mention blended families to me. I am a part of the original blended family concept: the vegetarian living with carnivores. Now we are talking about the Department of Internal Investigations when it comes to meat. A whole new realm! “Yeah, Betsy, we heard someone from the outside said you might be on the take. They saw you in the grocery store with the turkey in your basket. You gonna come clean, or what?”

Such is life. Speaking of Life... Thank you Life Grocery for providing us a wonderful Café Life where the food is wholesome, nutritious, and “safe” to eat. Thank you for providing us a demilitarized zone in which to eat and shop. Thank you for the line of organic and all-natural pet foods and treats you carry for our fluffy and beloved family members.

Yogi and Rocky’s Yummy Turkey Dinner

3 lbs ground turkey
1 c uncooked white rice
1 package of frozen green peas
1 package of frozen chopped carrots

- Place turkey into a Dutch oven or large stockpot. Use a potato masher to break it up evenly as it cooks. (I usually add 2 tablespoons canola oil to this for added fat content.)
- Place white rice into 2 cups boiling water. Once it begins to boil, cover and simmer for 15 minutes. Remove from heat and let sit covered for 5 minutes.
- Once turkey has cooked, add peas, carrots, 3 cups water, and rice; bring to boil.
- Cover and simmer 10 minutes longer.

Serve according to what your individual pet’s needs are. I serve my 20-pound Lhasa one cup in the evening and the Black Lab one cup mixed with a cup of dry dog food. Of course, they get good wholesome treats throughout the day!

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.

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Chaos

continued from page 4

you love to do. Why aren’t you doing it? What story are you telling yourself that has limited you thus far? Change the story. Rewrite your life story. It isn’t over yet. I think if you get honest with yourself you will find a big dream. That dream will require lots of energy, enthusiasm, and attention. You will need all of your strength.

My part in this has been to realize that I have allowed a computer to steal much more of my time than I desire. A technique that I am using to help me become aware of how I am using time is to set a timer. When I sit down at the computer I now set the timer for 15 minutes. When it goes off I have to get up to either reset the timer or get off the computer. Part of my routine includes creating a menu for the week. This helps me

with grocery shopping and saves me time during the week. I can easily prepare some things on a light day for a busy day. My family is enjoying a much wider variety of food. One day a week I set aside 30 minutes to plan our menu. Going to Life Grocery now takes a shorter amount of time because I have a list and my boys can help me with the list.

Here’s my breakfast menu for the week. Monday: Oatmeal with raisins, walnuts and apples. Tuesday: Millet and oat waffles with blueberry maple syrup. Wednesday: English muffins, scrambled eggs and sautéed spinach. Thursday: Millet rice cereal with bananas, dried cranberries, and ground pumpkin and flaxseeds. Friday: Muffin popovers with butter and strawberry jelly. Saturday: Turkey bacon with blueberry

pancakes. Sunday: Seasonal fruit topped with yogurt and granola. Drinks may include grapefruit juice, pineapple juice, and chocolate soy milk. Once this is done I can use this menu over and over. I can also create a grocery list for this week’s menu and keep it in my day planner. Instead of having to recreate a list, I can use the same one, thus saving time and allowing me to enjoy my family in peace.

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, a math tutor and a community volunteer.

Tired of the Pity Party?

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

I recently had an experience with a support group for one of the varied illnesses that I had been diagnosed with, before embarking on my new gluten free life. These people were certainly deserving of a support network and they were looking for information to help them. However, they didn't seem to be willing to hear anything that could possibly help them as long as it meant actually changing their lifestyle and their love affair with food. They were simply unwilling to change the very things that could be contributing to their "dis-ease" in the first place. They were very comfortable in their little pity party. I tried to share with them that I had once been in their shoes. I had once held fast to my prescriptions and my unwillingness to consider that what I was eating could possibly be contributing to the pain, fatigue, depression, and on and on. I left there feeling like they never heard me. It's ok. I realize now that you can only help those who are ready to be helped.

Here is what I know for sure: what you eat absolutely affects your health, either positively or negatively, depending on what you put in it. I did not come to this knowledge on my own. Through the guidance and support of my mentor, Dr. Joe Esposito, I learned the things that I needed to do to get myself well naturally. In the process I embarked on my mission to get this message out to as many people as possible.

What blows me away is the sad statistic, that as a society we are much more likely to resort to drugs and surgery as a first option for most health conditions. I don't understand why we aren't taught how to prevent disease and how to treat it naturally as the accepted standard. Instead we are taught to run to the medical doctor for the slightest discomfort. I believe there is a time and a place for medicine. It is absolutely necessary

in some cases. But in so many cases, most things can be successfully treated using natural, time tested methods.

The other thing I know for sure is that most people really shouldn't be consuming wheat/gluten. It's just so difficult to digest and even if you don't have celiac disease or known gluten intolerance, wheat/gluten is an inflammatory food. Unfortunately, it's in almost everything that is pre-packaged, processed, and readily available everywhere. In fact, it is such a prevalent part of our culture, that when you do go gluten free for health reasons, it is initially very challenging to figure out how to navigate through the aisles of gluten filled products to find safe things to eat. [Life Grocery not only has an abundance of gluten free products, Café Life also has a wide variety of freshly prepared gluten free selections.]

I'm here to tell you though that there is hope. Through what I have learned from Dr. Joe, you can get your life back on track, but you have to be the one willing to do the work and make the changes. If you aren't ready, then keep doing what you are doing. But if you are ready to take charge of your health, I strongly encourage you to check out Dr. Joe's website at DrJoeEsposito.com; spend some time there and decide for yourselves.

At some point, I got tired of the pity party. I decided that I wanted to live my life instead of struggling to just get through each day. My hope is that others who are in that place that I once was, will wake up and realize that they don't have to live their lives in pain and misery. They won't have to go to support groups; instead they will be out there supporting others who need help.

Lately I have been on a Middle Eastern kick. I hope you enjoy these gluten free recipes:

Easy Hummus

1 can garbanzo beans (chick peas), drained and rinsed
1 t garlic, minced
¼ t lemon juice
1 T plain yogurt (optional)
1 T tahini [tah-HEE-nee] (used in Middle Eastern cooking, tahini is a thick paste made of ground sesame seed)
½ c extra virgin olive oil (add more if mixture is not creamy enough)

- Combine all ingredients in food processor; blend until smooth and creamy.
- Serve with gluten free corn or rice chips for a delicious gluten free snack.
- Can also be served with fresh raw vegetables for dipping.
- Garnish with paprika, if desired.

Falafel

1¾ c dried chickpeas
2 cloves garlic, lightly crushed
1 small onion, quartered
1 t ground coriander
1 T ground cumin
scant t cayenne, or to taste
1 c chopped parsley or cilantro leaves
1 t salt
½ t black pepper
½ t baking soda
1 T lemon juice
neutral oil, like grape seed or corn, for frying

- Put beans in a large bowl and cover with water by 3 or 4 inches; they will triple in volume. Soak for 24 hours, adding water if needed to keep beans submerged.
- Rinse and drain beans well and transfer to a food processor. Add remaining ingredients except oil; pulse until minced but not puréed, scraping sides of bowl down.
- Add water if necessary to allow machine to do its work, but no more than 1 or 2 tablespoons.
- Keep pulsing until mixture comes together. Taste, adding salt, pepper, cayenne, or lemon juice to taste.
- Put oil in a large, deep saucepan to a depth of at least 2 inches; more is better. The narrower the saucepan the less oil you need, but the more oil you use the more patties you can cook at a time.
- Turn heat to medium-high and heat oil to about 350 degrees (a pinch of batter will sizzle immediately).
- Scoop heaping tablespoons of batter and shape into balls or small patties.
- Fry in batches, without crowding, until nicely browned, turning as necessary; total cooking time will be less than 5 minutes. Serve hot or at room temperature.



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at least 30 minutes prior to café closing or choose from the
large selection of Café Life's Grab & Go items

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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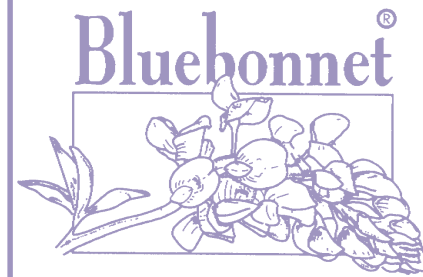
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Look Into My Eyes

As the well-known saying goes, the eyes are the window to the soul; however they can also be used as an informative portal into our current state of health. Let's explore some of the findings that can appear upon examining the eyes and the area surrounding the eyes, and consider the myriad of health conditions to which these signs may point.

- Where'd my eyebrows go?** While some people seem to have thinning of their hair, including that of the eyebrows, as a natural part of aging, loss of the outermost third of both eyebrows is typically associated with diseases of the thyroid gland. The thyroid is an endocrine gland that's located in the anterior (front) part of your neck. This gland is primarily responsible for regulating the overall metabolism of the body. It secretes hormones that perform many functions in the body, including those that contribute to proper hair production. When the thyroid is over-active, as in hyperthyroidism, or underactive, as in hypothyroidism, normal hormone production and regulation is disturbed and thinning of hair can be experienced all over the body, but tends to be the most noticeable at the outer third of the eyebrows. Thyroid problems can also be associated with graying of the hair and changes in the following: weight, energy levels, bowel or menstrual regularity, mood, or skin (excessive dryness or oiliness).
- This sty is cramping my style!** If you notice a small, usually reddish bump on either the inner or outer part of the eyelid margin, it is most likely a hordeolum, better known as a sty. These bumps are caused by the infection and clogging of a duct from a sebaceous gland (which produces oil) or an apocrine gland (that produces sweat) in the eyelid margin area and will typically go away by itself within a week to a month. Initially, this process can be assisted and expedited by holding a cold compress over the sty for 15 minutes, periodically throughout the day. After three days, hold a warm compress over the sty in the same manner. The warm compress will help with the drainage and healing process. The reason that you wait a couple of days to put a warm compress on the eye is due to the fact that the warmth could actually increase the initial swelling of a sty and, therefore, should be applied a little later. You can also gently massage the lid area to help express

By Susan Esposito, B.S., D.C., DACNB, FACFN, FABES

blockages out of the duct. There are effective herbal and homeopathic remedies available in the supplement department at Life Grocery that will assist in the healing process as well. Sometimes antibiotics are prescribed to battle the infection.

- A sty that persists, despite the application of compresses, herbal remedies, or prescription medications, may need to be lanced or surgically removed. However, if the apparent sty persists for over three months or goes away but keeps reappearing in the same spot, potentially, it may not be an innocuous sty, but a rare cancerous cyst called sebaceous gland carcinoma. This form of cancer is also associated with loss of the eyelashes proximal to the cyst. To verify a cancerous cyst, an ophthalmologist would perform a biopsy.
- A chalazion is sometimes confused as a sty. The chalazion is an infection of the meibomian gland (a type of sebaceous gland) of the eyelid, but is not tender and is painless and is usually larger in size. It primarily is found growing inside the lid rather than on the lid margin. They are not cancerous and typically resolve without treatment within two years. With treatment of antibiotics or corticosteroids, they can resolve within months. Holistic remedies, such as herbals

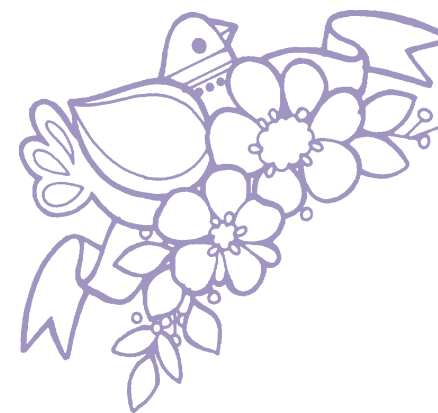
or homeopathics can be helpful as well. Here are some home remedies that you can try: (1) Boil a handful of acacia leaves in two cups of water for 8-10 minutes, making a decoction. Strain out the leaves and make a compress from the remaining fluid for the eyelid. (2) Use a poultice of grated potato to reduce swelling in inflamed eyes.

So far we have only covered a couple of the many eye conditions that I had intended to cover, so I will pick up with more reasons to look into someone's eyes in the next issue. If you discover any of the symptoms I have described above, please check with your medical doctor and describe your findings to him or her. Remember to fuel your body with healthy organic food, such as those available at Life Grocery, to help stave off eye, as well as any other problems that could hinder the ultimate expression of our health!

References:

<http://www.webmd.com/eye-health/tc/styes-and-chalazia-topic-overview>
<http://www.health-disease.org/eye-diseases/eye-stye.htm>
<http://www.caring.com/articles/eye-health-and-general-health#ixzz1ISPZD1Be>

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, you may e-mail her at susan.esposito@gmail.com.



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Helpful Information or Confusing Opinions?

By Don Bennett, DAS

If you haven't noticed, there is a wealth of information out there regarding diet and lifestyle practices, and much of it is contradictory. Health educators fall into two basic categories: those who want to uncover the truth (though the heavens may fall) and want to share that empowering knowledge with as many people as they can, and those who want to gather up all the viewpoints, opinions, and philosophies and present them to as many people as they can, saying, "The bottom line is that you've got to decide for yourself."

But when you think about it, the first category—health knowledge seekers turned health knowledge educators—are not implying that you must follow their teachings (well, at least not the sincere ones anyway); they feel the same way as those in the second category, that the final decision is *your* decision, and nobody can or should make it for you. The difference between those two categories of educators is: one is honestly interested in getting to the truth of the matter, and the other one may not. One cares more about helping to lessen the plague of degenerative disease that has been thrust upon many of us, and the other cares more about amassing a huge email list.

This may sound like a harsh criticism, and there may be those who simply want to report the opinions of people in the health-creation community, just as an objective, dispassionate, unbiased news reporter would. But if doing so leaves you thinking, "*I am so darned confused now; one minute I think vegan is best, but then it looks like I should start eating organic animal products, and I'm not sure if they should be raw or cooked, or if high-fat and low-carbs is best or if low-fat and high-carbs is best . . . What do I do?*" is the "reporter" in this case doing you a disservice by presenting you with information that is so conflicting, and therefore confusing, that it is impossible to make sense of it from the information given? Maybe a "reporter of news" is not what you want; maybe the findings of an investigative journalist are what would serve you best.

Yes, there are a lot of people who would love to listen to tons of debates and conflicting info so they can weed through it all—as a good researcher would—so they can come to an educated decision on how best to live their life (this was me 30 years ago). But what about those people who don't have the wherewithal to do this; the folks who need to hear the opinions of sincere, well-educated health advocates whose mission is to unearth the realities of health, and to present them in a clear, down-to-earth, and fathomable fashion. Aren't those people often confused into indecision by all the contradictory information? And considering that a confused mind usually maintains the status quo, and that the status quo usually leads to a diagnosis of a serious disease down the road, I think we need more sincere investigative journalists in the health creation arena, and less entrepreneurial marketing-oriented folks.

Truly objective investigative reporters try to ferret out the truth. So you would think that those health educators who bring you contrasting viewpoints will wrap up their reporting by saying one of two things: (1) "*The reason there are so many differing views on diet is because there is no one diet for everyone; everyone has different dietary requirements.*" (2) "*The reason that there are so many different dietary*

recommendations is because of human nature's tendency towards personal preferences, biases, hidden agendas, believing what we'd rather believe, believing what sounds good to us, accepting misinformation as the Gospel truth, erroneous conclusions due to misinterpreted results, and believing what we've learned from others who we like and admire . . . none of which necessarily gets you to the truth, which is that all human beings are designed for the same diet, according to our common bio-physiological constitution, but that we may simply need to transition to that diet as individuals." But this means that, at the very least, the investigative journalist would need to have an opinion as to whether or not there is one correct diet for all humans, or that we all need different diets based on our genetics, blood type, hair color, or metabolism. And to say to their viewing public, "You decide" does a disservice to all those who are looking for answers, as demonstrated by all the "*I'm more confused than ever*" comments, like the ones mentioned earlier.

For more information about dealing with conflicting information and controversies, treat yourself to the article at http://health101.org/art_conflicting.

In your quest for knowledge, it is good to look to many sources of information. But to avoid confusion, these sources should resonate with a singular philosophy that supports your health creation goals. The approach I use, called *Natural Hygiene* (the study of the science of health), is the closest thing I've found, not just to true and correct information, but to a way of looking at life from a perspective that allows maximal creation of health, optimal healing, and above all, fosters an intellectual atmosphere that allows you to distinguish the info that makes sense from the non-sense.

And in your quest for knowledge, it may help you to know how best to parse all the information that you will run into. I'd recommend that you take in the info as a *researcher* and not as a *student*. Researchers don't merely accept what is said as the Gospel truth; researchers seek to verify what they hear, and they ask questions. Students ask questions too, but they are usually questions of clarification; students do not usually question basic premises or question their instructor, in general they accept what they are taught. This is fine if 100% of what is being taught is accurate, but what if only 90% is accurate? A researcher can separate the true from the untrue. But if being a student is the best you can do right now, at least be a researcher when it comes to finding a teacher.

So if you experience confusion, take that as a sign that you are standing at the gateway of freedom, and that the clarity you seek is now within your grasp. Talk over your confusion with others who are on the same path as you, keep researching, and eventually a logical light that makes perfect sense will appear out of the disordered darkness. Keep perseverance close at hand, and keep moving forward with your quest for the truth.

Don Bennett is a Health Creation Educator, lecturer, and author; his book, How to Have the BEST Odds of Avoiding Degenerative Disease can be found in our book department, and more empowering and enlightening information can be found at health101.org.

The Life Line
is a bi-monthly
publication of



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

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Can What You Eat Determine How Much Pain You Feel?

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

It is well documented that what you eat can determine how healthy or unhealthy you are. However, can what you eat determine how much pain you feel when your body is injured? Certain foods will facilitate the healing process and other foods can actually exacerbate a painful condition. These foods, when taken in large doses, eventually will break down into a component known as prostaglandin E2 is omega-6 fatty acids.

Omega-6 fatty acids are one of the essential fatty acids. They are necessary for normal hormone production and proper cellular function. Another essential fatty acid is omega-3. The ratio of omega-6 to omega-3 fatty acids should be 1:1. Even if your consumption of omega-6 to omega-3 fatty acids goes as high as 4:1, it can still be considered a safe range. However, the average American has as high as a 40:1 ratio. When the body has an excess amount of omega-6 fatty acids it will convert those excess acids into prostaglandin E2. Prostaglandin E2 causes inflammation, which will irritate nerves and increase pain. Prostaglandin E2 is the biological equivalent of putting gas on fire. The sources of omega-6 fatty acids may be surprising. Corn oil, sunflower oil, safflower oil, cotton seed oil, and even soybean oil, have a very high omega-6 fatty acid content relative to their omega-3 fatty acid levels. Other sources of omega-6 fatty acids are meat and dairy products. As you increase your intake of omega-3 fatty

acids they will block the chain of events which cause inflammation and thus cause an increase in pain. There are enzymes in the body called COX enzymes. These enzymes facilitate inflammation. Omega-3 fatty acids block the COX enzymes very much like many pain killing medications. Once the COX enzymes are blocked, inflammation is greatly limited and thus the pain is greatly reduced or eliminated. Good sources of omega-3 fatty acids are flaxseed oil, walnut oil, and evening primrose oil.

Another very good source of omega-3 fatty acids is fish oil. However, there is a major downside of using fish oil. Most fish oils contain mercury. Mercury waste byproducts produced by man are often dumped into the waters near the shore. Small fish will ingest this mercury. The smaller fish will in turn be eaten by larger fish and these fish by still larger fish. When the oil is extracted from large fish this oftentimes will contain mercury. Mercury is a highly toxic metal. So by eating fish oil you run the risk of ingesting mercury.

Another possible downside of using fish oil is that it does not contain high levels of omega-3 fatty acids if it is farm raised. The reason is that the omega-3 fatty acids come from plankton. The small fish eat the plankton, which contains the omega-3 fatty acids, the bigger fish eat them, and still bigger fish eat them. This is how fish oils get their high content of Omega 3 fatty acids. Farm raised fish do not eat plankton or smaller

plankton eating fish, so they do not contain significant levels of omega-3 fatty acids.

Omega-3 fatty acids also help to build healthy cells in the body, especially brain cells. The problem in the standard American diet is that we eat way too much of the bad fats and not nearly enough of the good fats. By avoiding foods that are high in omega-6 fatty acids (this group also includes all hydrogenated oils), and by increasing our intake of omega-3 fatty acids, we will not only be healthier, we may also be able to help reduce or eliminate much of our pain.

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 at www.DrJoeEsposito.com. Mention Life Grocery when you call and get a private consultation with the doctor at NO CHARGE!



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Comprehensive Nutritional Support for Healthy Joints

By Michael T. Murray, N.D.

Joint cartilage is a unique portion of human anatomy. Designed to last a lifetime, it serves a vital role as a shock-absorbing cushion that withstands tremendous pressure and the consequences of bone rubbing on bone. Unfortunately, degeneration of the cartilage is an extremely common occurrence during the aging process leading to pain, inflammation, deformity, and limitation of motion in the joint. Fortunately, there are natural compounds that have been shown to promote joint health and block the degeneration of cartilage and actually help give the body the tools that it needs to soothe and repair damaged joints. Based on clinical research, Natural Factors offers OsteoMove™, a superior formula that includes key nutritional compounds to support the repair and recovery of joints and connective tissue.

OsteoMove incorporates the key joint-building nutrients glucosamine sulfate, chondroitin sulfate, type II collagen, and MSM at full recommended dosage levels along with extracts of boswellia and turmeric as well as Ultra Fruit Polyphenol Complex™, a proprietary fruit blend of seven fruit extracts concentrated for a total polyphenol content of 76%. It is the polyphenol components, such as flavonoids, in these extracts that work synergistically to provide antioxidant effects and profound nutritional support for connective tissues, tendons, ligaments, and cartilage. Supportive compounds like hyaluronic acid, boron, and manganese are also included in the formula for additional nutritional support.

The Importance of Glycosaminoglycans & Sulfur

Healthy cartilage requires the structural support offered by molecules known as glycosaminoglycans (GAGs). These molecules give cartilage its shock-absorbing qualities and are critical to the health of the joints for many reasons including their ability to maintain proper water content within cartilage. Normal cartilage contains 65-80% water, which cushions the joint and helps in the distribution of nutrients. Since cartilage does not have a direct blood supply, it depends on water-borne nutrients that are transferred from the synovial membrane. If the cartilage becomes dehydrated, fewer nutrients can reach the cartilage cells, resulting in a compromised ability to rebuild cartilage broken down under normal wear and tear.

There are many nutrients required for the manufacture of GAGs, chief among them is sulfur. Without sufficient levels of dietary sulfur, it is difficult to maintain a healthy level of GAGs or water in the joints. Sulfur is required for the reinforcing of the matrix of cross linkages of GAGs and for the strength and integrity of the entire cartilage matrix.

In addition to the sulfur provided by glucosamine and chondroitin sulfate, OsteoMove provides physiological sulfur in the form of MSM (methylsulfonylmethane), a naturally-occurring organic source of sulfur that is found in the human body and in a number of foods. As a supplement, MSM is a powerful agent to boost the sulfur content of cartilage and connective tissue leading to significant improvement in joint function, greater mobility, and ease of movement.

Glucosamine Sulfate

Glucosamine is a simple molecule that can be manufactured in the body. The main function of glucosamine on joints is to stimulate the manufacture of GAGs. It appears that as some people age, they lose the ability to manufacture sufficient levels of glucosamine.

The result is that cartilage loses its ability to produce sufficient levels of GAGs thereby losing its ability to act as a shock-absorber. The inability to manufacture glucosamine has been suggested to be the major factor leading to the breakdown of cartilage as people age.

Glucosamine sulfate has been the subject of over 300 scientific investigations and over 20 double-blind studies. The benefits of glucosamine sulfate in restoring joint health are impressive. Most people will experience significant improvement within four weeks. However, the longer it is used the more obvious the results.

Chondroitin Sulfate, Hyaluronic Acid, and Type II Collagen

Chondroitin sulfate and hyaluronic acid are natural GAGs found in cartilage that perform several important functions to keep cartilage healthy. Low levels of these compounds in cartilage can cause dryness, pain, and loss of nutrients in the joints. Like glucosamine sulfate, there is some evidence that supplementing the diet with either chondroitin sulfate or hyaluronic acid stimulates the manufacture of cartilage components and leads to better joint hydration.

A critical molecule for the health of connective tissue is the primary protein of these structures—collagen. Studies have shown that taking a low dose of undenatured type II collagen (10 mg per day) derived from chicken sternums produces significant improvement in the health and function of joints. The type II collagen interacts with the immune system to deactivate white blood cells that secrete enzymes that can break down cartilage. Because this mechanism of action is much different than other nutritional compounds for joint health, type II collagen is an excellent addition

when a very broad and comprehensive approach is required.

Ultra Fruit Polyphenol Complex

Various components from Ultra Fruit Polyphenol Complex have shown incredible effects in stabilizing and restoring joint structures. For example, the grape seed, raspberry, and blueberry extracts provide proanthocyanidins, a class of polyphenols, that can bond directly with collagen improving its elasticity and flexibility. In addition, these molecules have 20-50 times more antioxidant power than vitamin E or vitamin C and they also can block enzymes that break down cartilage. The same is true for curcumin (the active component of turmeric extract) and the boswellic acids from the resin of the frankincense tree of India, Boswellia serrata; two valuable herbal approaches to restoring joint health.

Suggested Usage

The suggested usage for OsteoMove is two caplets daily, preferably with meals. No significant side effects are known. There are also no known drug interactions. As a general precaution, OsteoMove is not recommended for women who are pregnant or breastfeeding.

Michael T. Murray, N.D. is widely regarded as one of the world's leading authorities on natural medicine. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington. He is co-author of the best-selling Encyclopedia of Natural Medicine. Dr. Murray is Director of Product Development and Education for Natural Factors.

Want healthy joints and bones?



OsteoMove™ Promotes Joint Comfort and Mobility

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Three Herbs You Didn't Know Grew in Your Yard and Why You Should Know Them

By Kal Sellers, MH, LMT

There are many herbs that grow in virtually every part of the globe. These herbs are already adapting to the unique conditions of each area. While some herbs can pick up toxins from the ground and air, and all herbs can, of course, be sprayed by pesticides and other chemicals, the prior is the exception and the latter just requires some wisdom to avoid such areas. Local herbs tend to heal the vital state of local people and help them prepare for what is coming in the next year. Further, this way you get full medicinal effect, which really begins when you harvest them and continues through the process of gathering high quality herbs, preparing and using them.

If you are looking for the next amazing superfood that will change life on earth, just walk 50 yards anywhere around the globe. They are EVERYWHERE! Three herbs that grow freely here in the Atlanta, GA area are very potent medicines to be known for prevention, healing, and emergencies. These are: plantain (plantago species, not to be confused with plantain bananas), chickweed, and tulip tree.

The first, plantain, is used widely by every herbalist I know. This herb is interesting because it has properties when fresh that are not present when dried. This is not exactly rare, but it is far from common. Fresh plantain leaf (and this can be any of the plantago species) when mashed, crushed, or chewed, has been placed on the skin over any sort of poison or infection that comes from a puncture wound or bite. The old way of thinking is that this draws out the poison. Some have suggested that instead it actually changes the vital state of the body. In either case, numerous case histories have been recorded where lives have been saved by using plantain after anything from allergic reactions to insects, to blood poisoning, to tetanus.

Once dried, plantain continues to be an interesting medicine. It is a vital stimulant, meaning it increases

vital activity of cells. This alone often brings healing to weak or poorly functioning tissue. It also has allantoin in it, which is a chemical that stimulates cellular repair and regeneration, as well as duplication to repair the whole tissue. Since plantain has been noted to have an affinity for kidney function and lymphatic vessels, it is often used in formulations for this purpose. Alone it is a potent and profound kidney medicine which improves and restores function while also eliciting repair. It is mildly drying, which is very useful if you live in a very moist climate, which we do. Finally, plantain is also highly nourishing. One herbalist mentor of mine suggested that in a pinch, it could be used in place of wheatgrass, as it was so dense in nutrients and so proliferative to the blood.

Chickweed is a garden weed that could as easily be a table vegetable. It is easily identified in almost every garden in the state. It is delicate and juicy and tastes very pleasant. It also soothes the gut when it is overstimulated and cools and moistens it where needed. Internally and topically it is a wonderful aid for any kind of skin condition (eczema, psoriasis, dermatitis, or any dermatosis). It can be put into salves for any skin soothing and healing need.

It is also nutrient dense and loaded with minerals and polysaccharides that will facilitate immune surveillance. Many herbs that contain polysaccharides, as chickweed does, also balance immune response and make themselves useful for either hypo or hyper active immune systems. The soothing character of chickweed makes it perfect for this.

Obesity formulas of the past have included chickweed in them and were taken with chickweed tea. While modern pseudo intellectualization on the fragmented body known to modern Western drug medicine has blemished the fact entirely, most obesity cases are from inflammation, not from slow or poorly

set metabolic rates. Chickweed becomes a powerful ally in dealing with this kind of problem.

Tulip trees are lovely trees growing everywhere around us. The leaves have long been used as vital stimulants. While it is more popular to use the sprig/leaf stalk of oak trees for this purpose, tulip tree leaf stalks actually work better as natural tooth brushes. This medicated tooth brush can be chewed slightly to make a small brush and then run over the teeth and between them. The stimulant effect is healing to both gums and teeth and the plant has ample medicine to also clean off the teeth and remove debris, bacteria, and their pasty byproducts. Tulip tree leaves can be made into tea or simply chewed and the juice swallowed (my favorite) to work as a systemic vital stimulant, to improve blood circulation and nervous activity, and to lower blood pressure. Unlike drug stimulants, vital stimulants work on cellular activity, instead of overstimulation. The vital stimulation of tulip trees would be good to enjoy every day to maintain long term health in an unhealthy world. They promote brain health and circulation and may help, therefore, with some types of headaches and aches anywhere in the spine.

Of these three, plantain is the most nourishing, chickweed is the best for adapting to the environment we live in, and tulip trees are the best for longevity, vitality, and mental acuity into old age. The three herbs can be put together into a formula and drunk as tea or dried and put in capsules as a daily routine.

Kal Sellers MH, LMT is a full time chiropractic student and runs a private practice for natural healing and herbology. He teaches herbology around the world and has two weekly radio shows. You can access more of his information and his radio shows at madherbalist.com and you can call him to schedule an appointment at 706-473-4375.

Keeping Calm

By Linda Townsend

Right now there is so much unrest going on in the world, even in our own country, that I scarcely can listen to any news without feelings of anxiety. I have always been a "what if" kind of person, but some of the things that have happened recently go beyond the typical "possible disasters" list that floats around in the shadows of my mind. I was thinking, as I sat down to write this article, that I just could not focus on a particular subject. Then it came to me that there must be others who feel as I do, who from time to time struggle with feelings of anxiety and with whom I could share one of my secrets.

There are so many calming herbs, homeopathic remedies, and aromatherapy products from which to choose. I have tried many, but I have a particular appreciation for the herb valerian that makes it my favorite. Valerian is a mystery, a special recipe in nature's kitchen, which makes the unknown wonder of its workings even more intriguing. I find it disappointing that valerian has not been studied much. Even in the research done (with rather low doses), it is not known why or how it works . . . or even if it does; at the most, two studies reported subjects fell asleep faster but that was all. With today's technology and knowledge, valerian's chemistry lacks the most expected elements for its claimed effects in centuries of use!

Still, I am completely convinced that it has unique beneficial properties. I cannot promise what valerian will do for you, but I can tell you what it has done for me over the twenty years I have used it. It has helped to relax me so that I can sleep easily, brought up my moods when depressed, lessened stage fright, taken the edge off of anger, evened out moodiness onto a higher emotional plane, and helped me to think clearly when having anxiety.

I also learned that if I take larger amounts of valerian before a stage performance or any situation particularly stressful to the point that I would be shaky, that it could completely counter the nervousness and tension and I could be as relaxed as if I were just sitting in my living room chatting with a friend. *Have you ever been able to do that during a tax audit?* I often call it "nature's nerve tonic," because to me it is more than just a calming herb—it is more like a nervous system balancer for nearly any time my nerves are out of balance.

I suppose it could be said all of that is a placebo effect—maybe this also—but I am convinced that valerian lessens the severity and shortens the length of time when I have a flare up with my back also. I used to have moderate to severe back problems. However over time I began to recognize that many of my flare-ups with back pain were not from physical excursion but emotional

stress, even when I did not think something was bothering me that much. I used arnica cream to relax the muscle spasms, but it did not work well with spasms that are nerve-related, so now I also take valerian throughout the day for easing nerve-related pain and usually begin getting relief before my back has a chance to worsen, as it normally would do.

What I like the most about valerian is that on the rare occasions when I have taken double the recommended dosage knowing I was going into a rather stressful situation and needed a clear mind, I had exactly that. Valerian has never made me feel drugged or inhibited my clarity of thought. Actually, it has done the opposite in encouraging me to think more clearly by lifting the cloudiness of negativity and fear.

Valerian is not something I take every day, but I would not like to have a day without it handy. It brings my nervous system into a healthy balance and keeps me calm even when things seem to be crumbling all around me (or it's just me falling apart for no reason). Maybe valerian would do some of the same things for you during these stressful times.

Linda Townsend is a freelance writer of health-related issues and can be contacted at ceisa@bellsouth.net.

Is Sugar Healthy or Not?

By Brenda Cobb

Many people think that eating sugar in moderation is fine and use the claim that your body turns all food to glucose regardless of the kind of food eaten, so whether you eat sugar, vegetables, or fruits it is irrelevant. It is true that your body converts all foods to glucose. However, there is an important difference between sugar and those other foods. Fruits and vegetables all have vitamins, minerals, enzymes, and amino acids. Sugar has none of those things to assist in its digestion and absorption. As a result, metabolizing refined sugar puts the body at a severe nutritional disadvantage.

Ingesting 100 grams of simple sugar lowers white blood cell activity for up to five hours. This translates into a 50% reduction in the ability of white blood cells to engulf bacteria. The immune suppressing effect begins within ten minutes of ingesting the sugar. Lowered white blood cell activity means your immune system and its ability to fight infection is impaired.

The general public believes that the orange juice they buy at the store is healthy. However, once the fresh squeezed juice has been pasteurized, it no longer has any live enzymes, and the vitamin and mineral content has been greatly reduced. In essence, the processing of the juice renders it the same as refined white sugar, because it does not contain the life giving substances which help the natural sugar to be metabolized.

Sugar increases adrenalin, a stimulating hormone secreted by the adrenal glands which might account for why children often have hyperactivity problems when their diet contains refined sugars. When sugar is constantly in the diet, the pancreas must constantly produce insulin. When sugar is continually overused, the pancreas eventually wears out and is no longer able to clear sugar from the blood; diabetes is often the result. This tendency toward diabetes rises severely after menopause. Also, for some people, they have enough insulin, but the cells have become insulin-resistant, so they do not absorb the insulin to facilitate absorption of glucose.

Sugar also increases the urinary output of essential vitamins and minerals. Calcium loss through the urine doubles when a soft drink containing sugar is consumed. Cola drinks containing both caffeine and sugar cause the greatest

calcium and bone loss. Also, white refined sugar is bleached with chlorine bleach, a substance of which many people are sensitive. Chlorine, when combined with organic compounds, converts to dioxin, a lethal chemical.

High fructose corn syrup is a liver toxin. It is metabolized in the body the same way alcohol is metabolized. Alcohol is metabolized by the brain, and so you get effects that you can recognize; we call it intoxication. This creates impaired judgment, slowed response time, and impaired motor function. Fructose is not metabolized by the brain, so you don't notice it is affecting your body the same way alcohol does. Drinking a can of soda does the same thing to your liver that drinking a can of beer does.

When the fructose breaks down in your body, it causes fatty liver disease which raises cholesterol, and deactivates a substance in your body that prevents high blood pressure, so you may develop hypertension, become insulin resistant, and develop diabetes.

Some of the other effects of sugar on the body are:

- *Increases overgrowth of candida yeast organism*
- *Increases chronic fatigue*
- *Increases PMS symptoms*
- *Increases hyperactivity in about 50% of children*
- *Increases tooth decay*
- *Increases anxiety and irritability*
- *Can trigger binge eating in those with bulimia*
- *Can increase or intensify symptoms of anxiety and panic*
- *Can make it difficult to lose weight because of constantly high insulin levels, which causes the body to store excess carbs as fat.*

Eating whole fruits and vegetables does not cause the same problem as high fructose corn syrup and table sugar, because the fruits and vegetables contain vitamins, minerals, and antioxidants which help metabolize the fructose. You don't have to give up sweet treats. Just enjoy those made with real fruits and vegetables, but be careful. There are several diseases, such as cancer, which are fed by

sugar so in this case, fruit should be avoided until the body is completely healthy.

Banana Ice Cream with Strawberry Cream

Ice Cream

6 very ripe bananas
1 T fresh lemon juice
1 t vanilla extract or fresh vanilla bean
strawberry cream (recipe follows)

- Put the bananas, lemon juice, and vanilla in the Vita-Mix and blend.
- Pour the creamy mixture in a large freezer proof bowl or in individual serving cups.
- Top with the strawberry cream and sprinkle with coconut.
- Top off with fresh strawberry slices.
- Put in the freezer until firm.

Strawberry Cream

7 Medjool dates
1 pint fresh strawberries

- Save a few strawberries to slice and put on top of the ice cream.
- Pit the dates and combine with the strawberries in the Vita-Mix.
- Blend till creamy.

Green Mango Pudding

4 ripe mangos
½ t fresh lemon juice
dash nutmeg
1 bunch green chard

- Put all ingredients in the Vita-Mix and enjoy! How easy is this?

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Hands-On Healthy Lifestyle Courses in Nutrition, Cleansing, Healing, Anti-Aging, and Detoxification. For more info, call 404-524-4488 or visit www.livingfoodsinstitute.com. The public is invited to a Grand Opening Party at the new facility, 1700 Commerce Dr., Atlanta, Ga. 30318, Friday, June 3, from 7-10 pm. RSVP is appreciated.

Childhood Healings

By Dr. Kim Strickland, ND

The last six weeks has been a once in a lifetime for me, I hope. In February my husband and I took our sons on their first skiing trip. On the third day of skiing, my 5 year old son, Rory, fell down and broke his left tibia. At the time we didn't know this. The ski patrol told us it was probably a soft tissue injury because otherwise he'd be screaming in pain. We went back to our cabin and ate dinner. Rory didn't want to eat and I noticed he had a fever. He quickly fell asleep. In the morning he was crying in bed saying he couldn't get up and not to jiggle him. We then packed up and rode home. I made phone calls on the way home and got an appointment at an orthopedist that day. They took us in immediately and x-rayed his leg. He was asked what color cast he wanted, before I had time to think what any of this meant. Rory's left leg was in a full cast at a

ninety degree angle for a month. He had a wheelchair to get around the house.

During the first week I gave him Floradix Calcium Magnesium, Vitamin D3, colloidal minerals, and Symphytum, a homeopathic whose common name is Knit Bone. At Rory's one week visit, the doctor said he was in the top 99% of his patients so whatever I was doing to keep doing it. I mentioned at that time what I was doing. At the end of the month we went back to get recast in a short cast. Was I ever surprised when the doctor told me that so much healing had occurred that no cast was necessary. I told the doctor that I didn't know that was an option. He said that it normally isn't an option. Rory was fitted for a boot to wear during the day. The boots that they had were either too big or too small so as it turned out he was put in a small

cast. This week he will go back for his final visit. I am amazed at two things—the rate of healing within my son and that the doctor didn't ask what I was doing again so he could tell his other patients.

On our second visit to the orthopedic doctor he suggested I take Rory for a diagnosis of a rash he had developed. I went to my pediatrician for the first time in five years for an illness. All of Rory's other visits were for well-baby checkups. The doctor we were assigned wasn't sure what it was as she'd never seen the chicken pox, which was my hunch. Another doctor came in for about 20 seconds and said, "No that's not chicken pox." I was told that lots of other viruses can cause rashes and come back if he had a fever. I said, "He has one now since it's 99.5." They didn't consider that a fever I was told. Well two weeks later my seven year old son,

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When Life Hands You Lemons...

By Betsy Bearden

What a beautiful and diverse fruit this yellow orb of citrusy-sour goodness is. Each time I slice into a fresh lemon, I am always reminded of summer, freshness, and sunshine. So why is it that lemons seem to get such a bad rap? When you purchase an automobile or a new appliance that doesn't work properly, then you deem them a lemon. Or maybe even a person of interest you dated turned out to be a lemon. I'm just saying that I've seen it happen. But I digress....

Lemons are indeed high on pucker-power due to their citric acid content, but adding a little sea salt or honey totally transforms the flavor into a healthy, delectable treat. We often use them to flavor teas, cakes, breads, and different foods, but until recently, I had never really given a second thought as to the health benefits of lemon. Most of us already know that lemons (as with most citrus fruit) are loaded with vitamin C. But did you know that just one lemon has 53 mg. of vitamin C. The RDA for vitamin C is 60 mg. Impressive!

For Cleaning: Lemon juice has antiseptic and antibacterial properties and can be used to clean countertops, sinks, plastic wear, and even help to disinfect and remove unsightly stains from plastic wear or countertops while making your kitchen smell fresh and clean. I sometimes use a teaspoon of lemon juice in my dishwasher to ensure that greasy film will be dissolved from plastic wear. It can be used as a gentle, natural "bleaching" agent. If you have a stubborn stain on your countertop or floor, rub a bit of lemon juice and baking soda onto the surface, let it sit for about 15 to 30 minutes, rinse, and the stain should be gone.

For Health: A mixture of lemon and honey can be used to soothe sore throats and to quiet a nagging cough. Even better—if you can buy locally grown honey, this will help those with allergies, as well. When you eat locally grown honey, you are exposed

to certain pollens within your area. By eating the local honey, your body starts to build up immunity to certain pollens that cause your allergies; this tends to work much in the way that vaccines work. Honey and lemons are both antiseptic and antibacterial and when combined they are truly a super-food.

In Cooking: Lemon juice can be used as a short-term preservative to keep certain fruits from turning brown from oxidation. Once you cut into a banana, avocado, or an apple, the oxidation process begins, and this just won't look too appetizing to you or to your dinner guests. Who wants to serve a fresh, crisp salad with brown avocado or brown apple slices on it? Healthy lemon vinaigrette dressing is so quick and easy to make and will serve two purposes: to make your salad taste great, and to preserve the fruit content within the salad. Yes, I am so thankful to the power of the mighty lemon. The flavor can also brighten any dish. Try squeezing a bit of lemon into lentil soup, and then top it off with Asiago cheese. This takes the ordinary to extraordinary. Top pasta with a mixture of your favorite sautéed vegetables, drizzle on some extra virgin olive oil, add a squeeze of lemon, and shave some Parmesan cheese on top. Dinner! The possibilities are endless!

And finally, another great use for lemons that's close to my heart is that you can use the juice to naturally brighten and lighten your hair. I am a little guilty (ok...a lot guilty) of changing my hair color—often. Sometimes the color on the front of the hair color box just outright lies. My poor husband never knows what to expect to find when he comes home from work. If the color turned out well, all is okay. But when it doesn't, I cut out the picture of the girl on front of the hair color box, tape it to the front door, and underneath I write, "the box lied!" I can't tell you how many times I have resorted to the combination of lemon juice, water, and sunshine just to get back to a fairly normal hair color. One

time my hair color was so bad, Steven said it looked like cheap pine paneling. I had to squeeze a lot of lemons that time. Sigh.

Let's give lemons the respect they deserve! If something doesn't work out, just call it a "dud" or something to that effect. Are you ready for some lemons? Want to know where to go for the best, juiciest, organic lemons around? They can be found at our own Life Grocery in Marietta. So whenever life hands you lemons—cook, clean, eat, color. Embrace the possibilities while the world awaits your palate's palette!

Easy Lemon Vinaigrette

¼ c fresh lemon juice

¼ c honey

1 t Bragg's Apple Cider Vinegar

½ c Bragg's Extra Virgin Olive Oil

- In a blender: Place lemon juice, honey, and apple cider vinegar into a blender and blend. Slowly add the olive oil until it becomes slightly thickened (about one minute). Serve over prepared salad.
- In a mixing bowl: Place lemon juice, honey, and apple cider vinegar into a small bowl. Whisk ingredients together. While whisking, slowly drizzle in the olive oil until it becomes slightly thickened (about one minute). Serve over prepared salad.

Bon Appetite, Y'all!

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.

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Childhood Healings

Challaghan, developed a fever and the same red bumps all over and his were very itchy. Some friends looked at pictures I sent them and said he definitely had the chicken pox. Two weeks later, my 13 month old son, Skyler, had scabbed over from them as well.

During this time I had several people come over with their kids to try and catch the chicken pox. We shared lollipops and t-shirts. I'm waiting to hear if anyone caught them. Now my children will have natural immunity for life. Other than a few days of itching and a few restless nights it was quite easy. I used raw oats in a tied tube sock in a bath to soothe their itchy skin. Echinacea tincture and extra Vitamin C boosted their immune systems. To calm them at bedtime I used skullcap tincture. Our bodies are amazing with innate capabilities to heal if given time and support. The items mentioned in this article such as Floradix, Echinacea, and skullcap are available at Life Grocery.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is a stay-at-home mother to three boys, a math tutor, and a community volunteer.

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Happy Fats or Cranky Fats, What Is In Your Dinner?

By Traci Sellers

Does diet affect mood? Can making a different choice in what fats or oils are used to prepare dinner tonight determine how one feels tomorrow? And how can this be like a supermarket checkout? Understanding the nature of fats and oils can shed some light on this. After all, who wants to be perpetually cranky? (Or perpetually happy?)

Naturally occurring plant fats are relatively straight chains of chemical bonds, and the angles of the chemical bonds are reliably consistent so that the chain is long and straight.

The human body uses these straight chains effectively because they have ample sites for enzymes to attach and separate them easily into chains of fatty acids. These are the perfect composition for being absorbed by cell walls. These straight chains also lie close together, forming an even barrier to toxins and a necessary component of a healthy cell's ability to regulate nutrient and waste exchange, among other things.

When a fat is exposed to high heat for an extended period, the chain may change chemically and definitely changes in three-dimensional dynamic (i.e., it gets bent/twisted). This damaged condition is the wrong shape for proper adherence to cell walls, and will impair nutrients from getting in and wastes from getting out. It also leaves holes in the barrier (because bent/twisted chains don't lie flat together), weakening the cells' ability to resist toxins. *Heat damaged fats make weak, low quality cells that absorb toxins and have trouble eliminating and taking in nourishment.*

When exposed to high heat or allowed to go rancid or isolated unnaturally, fats become *oxidized*, which can be very hazardous to health. "Oxidized" means that free radical molecules attach themselves to the sites that enzymes would attach to, so the fats can't be broken down for use. Free radicals are rogue molecules that can affect DNA replication, causing the body to produce malfunctioning cells that age prematurely. Oxidization also changes the fat so that it scavenges antioxidants from the body. Antioxidants are molecules that bond with free radicals to render them inert so they may be eliminated. *Oxidized fats are hard to eliminate and contribute to the production of malfunctioning cells and premature aging.*

Damaged and oxidized fats are hard to break down because their enzyme sites are less available, making them difficult to break into usable chains. When they are filtered out of the blood by the liver, these hard-to-break-down fats tend to be stored up in the liver until it has a heavy bile dump.

This can be likened to checking out at the supermarket. Healthy fats are like people with cash in the express lane; they go through quickly and easily, with relatively little wait. Damaged and oxidized fats are like people who need 10 price checks, two items replaced and a manager's key to void the sale they changed their mind about, while they rifle through a huge bag trying to pay for their purchase with pennies. Eating a large quantity of this type of fat is like putting 100 such people in the checkout lane. Eventually everyone will get through, but it's just going to take a lot longer, and people are going to get cranky in the interim. If this is happening in your liver, the chances are good that you will get cranky in the interim, too,

because the liver is responsible for processing out emotional neurotransmitters. If it doesn't get processed out, you get to feel cranky all over again when those neurotransmitters cycle through the system again, waiting for their turn in the checkout lane! Ever felt cranky for no apparent reason, or unable to "let go" of something? It could be cycling around because of a congested liver.

Quick and Easy Fajita Tacos

Reprinted with permission from *Traci's Transformational Kitchen.com*

We all have busy weekdays when we need something fast to prepare for suppers. We have been having rushed evenings as my daughter Mary rehearses many weeknights for the cultural celebration for the dedication of the Atlanta, Georgia temple. (She is dancing as a "Southern Belle" complete with ringlets and satin hoop skirt!) I have done these more than once during the last few weeks!

12 corn tortillas
2 T olive oil
1 large yellow onion
2 summer squash
1 bell pepper
3 Roma tomatoes,
diced or 1 can fire roasted tomatoes
1 can diced green chiles
¼ t sea salt
1 t red wine vinegar
1 t onion powder
½ t agave or honey
avocado, sliced

- Slice the onions, squash, and peppers into ¼-inch strips (one week, my basket had green peppers in and we added those to the skillet, yum!) Heat the oil to medium high heat while slicing and add all at once to hot skillet.
- While onions and veggies are browning, dice tomatoes and mix together in a bowl with chiles, sea salt, vinegar, onion powder, and agave or honey. This makes a fresh and tasty salsa, or if you keep salsa in your storage, you can sub that or add fresh tomatoes to it.
- Turn veggies in skillet occasionally until browned and tender. Season lightly to taste with sea salt. Place tortillas in layers over skillet and cover tightly to steam and soften for 2-3 minutes.
- When soft, remove tortillas to a covered dish to keep warm and serve with a scoop of filling, salsa and avocado in each one!

Traci Sellers became interested in healthful food preparation in 1997 when her first pregnancy nearly took her life, and a healthful plant based diet saved it. She spent over ten years in the trenches of her kitchen concocting delicious comfort foods with impeccable health standards, and taught them in food preparation and nutrition classes. She maintains www.BestFoodist.com and www.Traci'sTransformationalKitchen.com to help others on their journey to health.

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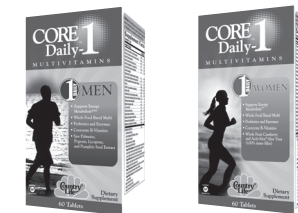
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Please note that Miracle Noodles have a naturally earthy smell, as they are derived from a root (konjac). Just drain the pack and rinse in a strainer or colander for a couple of minutes. May be enjoyed with or without boiling for about one minute and added to dishes to absorb the flavor while retaining its consistency.

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Look Into My Eyes, part 2

By Susan Esposito, B.S., D.C., DACNB, FACFN, FABES

In the previous issue of Lifeline, I discussed some eye conditions that may be key in determining underlying health concerns. For example, thinning eyebrows, particularly the outer third, could belie thyroid conditions. Sties and chalazions were also addressed.

In this issue, I will continue to discuss an additional eye condition for which you'll want to keep an eye out!

The "X" Factor: Xanthelasma

If you see a small, well-defined yellowish bump or collection of bumps on the eyelids or around the eyelid area, it is referred to as *Xanthelasma palpebra*. It's usually a warning that you may have high cholesterol or lipidemia (which means you have an excess of fat or fat like substances in the blood). They're also known as "cholesterol bumps," because they consist primarily of cholesterol. Although these bumps are characteristically not painful, don't affect vision, and, in and of themselves are not harmful, some people feel they are disfiguring and are happy to know that these bumps can be removed. People from Asia and the Mediterranean region have them more commonly.

Xanthelasma palpebra can be differentiated from a sty, because with xanthelasma, there tends to be a collection of bumps rather than just one bump and they're quite small. If a xanthelasma grows to a larger, more tumor-like proportion, it is more commonly referred to as a xanthoma.

There seems to be a hereditary component to some xanthelasma palpebra, which may have no association to a greater risk for high cholesterol or heart disease in some cases. However, Dr. Mette Christoffersen, Copenhagen University Hospital, Denmark, was a lead investigator in a 2010 Danish study, which she presented at the *American Heart Association (AHA) 2010 Scientific Sessions*. According to her, "... an increased risk of MI (myocardial infarct or heart attack) and ischemic heart disease (heart muscle not getting sufficient blood supply) was 51% and 40% higher, respectively, among individuals with identified xanthelasma, when compared with individuals without the disorder. Also, the presence of xanthelasma was associated with a significant 17% greater risk of total mortality when compared with those without xanthelasma." (Explanations in parentheses are mine.) So although 50% of people who have xanthelasma

do not have high cholesterol levels, they may still be predisposed to coronary disease and an untimely death.

If you or a loved one notice bumps like these, please visit your family doctor or a skin or eye specialist. Sometimes these bumps are the first symptom to tell the physician that there is an underlying cholesterol or cardiac issue.

Cosmetically, xanthelasmata (plural of xanthelasma) can be removed with a trichloroacetic acid peel, surgery, lasers, or cryotherapy. Scarring and pigment changes can occur with some of these procedures, but it is unusual after treatment with trichloroacetic acid.

Most importantly, whether or not the blood tests show high cholesterol levels (LDL's), the evidence points to a need to take cardiovascular supportive measures. In previous issues of *The Life Line*, I, along with other authors, have outlined many ways to be more cardiovascularly friendly.

To list just a few:

- Regular exercise: Most experts suggest that you start by walking at a brisk pace, but one at which you could still carry on a conversation without being winded. Walk every day if possible or at least 4 days per week.
- Eat: (You know the drill) Organic vegetables and fruits, wild salmon, cut down on consuming

other meat, but when you do eat it, make sure it's organic or free range. Eliminate white flour and sugar. Dark chocolate is better than milk chocolate. Remember the salad bar at Life is phenomenal!

- Drink: Green smoothies are great! Avoid drinking alcohol; however some studies have shown heart protective results from drinking one glass of red wine per day. Make sure it's organic and free of sulfites. Also make sure you're well hydrated by drinking 6-8 glasses of water per day.
- Have fun, laugh, and do social activities. Yoga and meditation have proven beneficial, as well.

Keep an eye out for your health. Here's looking at you, kid!

References:

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<http://www.caring.com/articles/eye-health-and-general-health#ixzzIISPZD1Be>

<http://www.theheart.org/article/1155509.do>

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, you may e-mail her at susan.esposito@gmail.com.



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What Causes Food Cravings?

By Don Bennett, DAS

Experiencing cravings can make adopting healthy eating habits a challenge. Here are some of the main reasons for food cravings. Understanding them can help in dealing with these strong desires that can often derail your health improvement efforts.

1. “Detox hunger”—This reason for craving certain foods resembles the consumption of cigarettes or heroine, just milder, of course. When you start eating a healthier diet, more nervous system energy (aka “nerve energy”) is freed up for healing, and since there’s usually a bunch of housecleaning and repair to do, when this kicks into high gear, you feel worse. And since no one wants to feel worse, we naturally crave whatever will stop these bad feelings. This is one reason why it’s so hard to quit smoking; you feel terrible when you stop. If we eat hard to digest food (relative to a simple fruit meal), energy demand for digestion goes way up and so energy available for internal detoxification goes way down; the “detox” process takes a break and you feel better. So this “detox hunger” is not real hunger, but a desire to feel better, or more accurately, to not feel worse.

2. Hunger for nutrients—Your body needs food for two reasons: fuel and nutrients. When you’re eating the foods you’re designed to eat that come from nutritious soil, the foods will provide all the nutrients that you need. When they don’t (as they were disconnected from the soil too soon because of the need for early harvesting or because the soil is over-farmed and not fertilized with all the nutrients that we need), since your body still needs them, when it’s not getting them, it will signal you to eat more food in an effort to get them. This is not hunger for fuel (measured in calories) which should be the normal type of hunger we experience, it is a hunger for *nutrition*. When people eat a typical Western diet containing processed foods, those foods are fortified with important nutrients that are lacking in our lives. When we stop eating those foods in favor of a more healthy, natural diet, if those nutrients aren’t in the foods we’re eating, in sufficient quantities for our body’s needs, we can experience a desire for “more food.” (It should be noted that eating a diet that is devoid of a *variety* of fruits and vegetables can also cause this type of hunger.)

This scenario can be helped by eating more nutrient dense food (organically grown food instead of conventionally grown food), and by taking a very high quality, well-formulated nutritional supplement (which is not Theragram, Centrum, or One-A-Day). If trying these things resolves the issue, then it was this type of desire for food that you were experiencing.

And remember that fat, even though we don’t need a lot of it, is a nutrient. If you do a 180 and go from a high-fat diet to a 4% fat diet (no high fat foods at all), this could throw your body off initially because it has come to associate “food” with “high-fat.” So eating some avocado is a good idea. It doesn’t have to be every day, and it doesn’t have to be a whole avocado, but making sure you eat some overt fat may make the transition to a healthier diet less challenging. If you post what you eat to www.fitday.com (a free service), make sure that the fat content of your diet doesn’t go over 10% of total calories (there’s a nifty pie chart that shows you the ratio of carbs-to-fat-to-protein of the foods you’ve entered for the day).

3. True hunger—When you’re not getting enough calories, you should be hungry (unless your body wants you to fast so it can deal with a semi-serious situation to prevent it from becoming a serious situation). A method of determining your caloric need is to multiply your ideal weight (which may not necessarily be the weight you are now) by an “activity factor”: 13-15 for mildly active, 15-18 for active, and above 18 for “athlete activity.” That will give you a ballpark (it’s not an exact science for many

reasons, one of which is digestive efficiency). So if your ideal weight is 150 pounds, and you’re mildly active, you should need about 2,000 to 2,200 calories a day on average (some days can be less and some more).

4. “Emotional eating” to prevent feeling strong emotions—Since digestion and strong emotions both require large amounts of nerve energy, they can’t occur simultaneously—there just wouldn’t be enough energy to fuel both—so one will take precedence over the other. When someone eats a meal, and then gets a phone call about a very tragic situation, or has a very heated argument, this elicits a very strong emotional response that goes on for a while, and digestion will stop during that time (as demonstrated by indigestion). When people lose a loved one, research shows that they fall into one of two distinct categories: they go through a grieving period, and while doing so they have no appetite at all (no one will be able to get them to eat a thing), or their eating increases tremendously in a sub-conscious effort to not feel the strong emotions associated with the grieving process. So a craving for food for emotional reasons is an attempt to not feel some kind of strong emotions that your sub-conscious doesn’t want to deal with. And even though this works, it’s only a temporary solution because it’s in your best interest to deal with those emotions sooner or later, and if emotional eating goes on for an extended period, weight gain is usually the result.

5. Emotional eating to feel happy—Some of us associate certain foods with certain pleasurable experiences and fond memories. If there are things happening in our lives right now that are “bringing us down,” we can naturally desire what we know will bring us up and make us feel happy again. Some people turn to recreational drugs, and others want to eat those things that have psychological connections to “happier times.” When I was a kid, my family didn’t always eat the evening meal together for various reasons, but every now and then we’d all get together and order Chicken Delight (fried chicken delivered to your door). I have fond memories of these family get-togethers, so now-a-days when I smell fried chicken, my mind gets a smile on its face (even though another part of me feels revulsion at the smell).

This brings up the issue of multiple thought processes. You should know that when you are dealing with emotional cravings, it can seem like there’s a battle going on. It’s like there’s one voice coming from your right which says, “You know you don’t want to eat this food, you know how bad it is for you, you’ve decided not to eat it any more” and at the same time from over on the left you hear, “Oh go on, eat it, you know you want to, you know how good it tastes, c’mon, go ahead, you deserve it, you’ve had a hard day.” So how is it that we can experience these conflicting thoughts at the same time? It’s because they come from two different areas of the brain; there’s a rational neural network and an emotional neural network both trying to control your behavior, and unlike Congress or Parliament, there’s no Chairperson or someone with the final say. Who wins depends on who’s stronger at that moment. And there are ways to help the rational side win (the side that will get you best results from a health perspective). If the emotional side wins, the only real winner is the industries who do their best to market to your emotional neural network.

So the next time you feel a craving coming on, sit down with this article and try to figure out which one of the above is the root cause. Doing so will help you stay on track with your health creation goals.

Don Bennett is a Health Creation Educator, lecturer, and author; his book, How to Have the BEST Odds of Avoiding Degenerative Disease can be found in our book department, and more empowering and enlightening information can be found at Health101.org.

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

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

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Autoimmune Disorders in Children On The Rise

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

As most of you are aware, I am not a medical doctor, so the approach I take with patients is holistic. I have seen many patients with autoimmune conditions respond very positively when we get their nervous system functioning better, their digestive system normalized, and get them on proper nutrition.

Unfortunately, I am seeing more and more children with autoimmune conditions coming into my office. This increase can be due to many factors with diet being the most obvious. Another factor could be environmental. For example, what toxins are children being exposed to today that they were not exposed to years ago?

In my opinion, the biggest, most important factor in both adults and children's autoimmune disorders are caused by pinched nerves. This causes the brain to not be able to effectively communicate with the body, therefore, vital organs are not able to function the way they should. Many times by freeing the pinched nerves, especially the nerves controlling the immune organs, the brain can communicate with the organs and allow them to return to a more normal function.

We encourage that the only foods you consume be those that help and do not stress the immune system. We also look at the digestive system to make sure it is up to par. By doing this protocol, many times the body returns to normal.

The next step would then be to look at your child's environment and make the necessary changes to eliminate exposure to potentially toxic and dangerous chemicals. Artificial fragrances, household cleaning chemicals, fabric softeners, and plastics are all examples of potentially dangerous chemicals. These have only recently become a "normal" part of life. I suspect that these relatively new chemicals are at least partly to blame for the increase in autoimmune disorders in both adults and children.

So, what can we do? The good news is that there are safe alternative products that work just as well, in many cases better. Safe products are available at most health food stores or online. Life Grocery carries essential oils which you can use instead of commercial air freshers. In the cleaning supply section at Life Grocery, you will find a variety of nontoxic, fragrance free detergents, and hand soaps. As far as dishwashing soaps and liquids go, if you would not eat the soap you use, why would you wash the dishes you eat off of with it? The nontoxic products may not work as quickly, but they are safer for you and your family and gentler on the environment as well.

If you would like to set up a no charge, private consultation with me, please feel free to contact my office at 770-427-7387. At that time, we will evaluate the function of the nerves that control your organs to

determine if pinched nerves are present. We can do a screening on your digestive system to see if it is functioning properly, and we can discuss diet, as well. If we determine that this is something we can work with, I will let you know; if not, perhaps I can give you some other recommendations. My approach is to get to the cause of health issues and not just treat the symptoms.

I look forward to helping you get well and stay well, naturally.

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 your private consultation with the doctor at NO CHARGE!



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The Other Bad “F” Word: FAT!

By Linda Townsend

Some weeks ago, a man turned down fresh, organic popcorn because it was made with organic coconut oil, which adds an old authentic at-the-movies flavor. He explained he had a heart attack many years ago and ever since has been told by his doctor that he needed to reduce his intake of saturated fats. Smiling with the knowledge I was doing him no real harm, I asked if the small bowl of popcorn I was handing him would really matter that much this one time as I poured melted organic butter on it.

Just this week, I found a long lost friend and during our conversation she told me that she needed to lose some weight and would do so by reducing the amount of fat she eats. She was surprised that I was against that idea—not the losing weight, but lowering the fats in her diet to do so. She was even more surprised that I accredit keeping my weight down because I eat fats; I know from years of experimenting that it makes me crave sweets less and the results are that I maintain a healthy weight more easily.

Maybe I should just keep a few extra copies of this publication of *The Life Line* to hand out when I am faced with the “F” word or send them the link by email (*Did you know that current and back copies of the Lifeline are accessible through lifegrocery.com?*) because most of the time when the fat subject comes up, it is not the right time or place to take the opportunity to educate people about the misconceptions.

This is the story of how the campaign against the saturated fats began. In 1953, a paper by Ancel Keys, Ph.D. titled “Atherosclerosis, a Problem in Newer Public Health” was published noting the decline of the death rate in the United States and the increases of deaths related to heart disease. To explain this phenomenon, Dr. Keys compared the fat intake with heart disease mortality in six countries: the United States, Canada, Australia, England, Italy, and Japan. In relation to heart disease, the countries with the diets highest in fat had higher number of deaths with the U.S. at the top, while the lowest fat intake had the lowest deaths as with Japan.

The statistics of these countries gave the appearance there was a correlation, but there were other countries not in the report, like Finland, Ireland, Switzerland, West Germany, and Holland, where heart disease mortality statistics were flipped with the lowest fat intake having the highest number of coronary-related deaths and the highest fat intake having the lowest deaths. At the time, Dr. Keys could have used all of the twenty-two countries with such statistics available, but then the link between fats and heart disease would have been nonexistent.

Although peers in the scientific community around the world criticized the report for such reasons and others, the American Heart Association began its campaign in promoting a low fat diet. Determined to further substantiate the connection, in 1977, Dr. Keys published a 5-year study of seven countries: the United States, Japan, Italy, Greece, Yugoslavia, Finland, and the Netherlands. This report advanced there was an association with cholesterol and coronary-disease mortality rates.

Keys concluded that saturated fats in animal foods, but not other types of fat, raise cholesterol, which leads to heart disease. Despite the American Medical Association opposition, Congress was convinced enough to officially recommend a low-fat diet in that same year.

After spending billions of tax dollars to prove Dr. Keys’ hypothesis, there has yet to be a credible study producing any conclusive proof of saturated fats causing heart disease. Numerous studies have been poorly controlled resulting in insufficient evidence. One very expensive (\$725 million) diet study of 20,000 people over the average of eight years per case actually determined a diet low in total fat and saturated fat did not reduce heart disease.

In 1980, Dr. Ronald Krauss, professor of nutritional sciences at the University of California at Berkeley, found LDL cholesterol, the bad cholesterol, has different sizes, known as subfractions. Since then research has found the higher amount of small, dense LDL (high risk B phenotype) does increase the risk of clogged arteries, while the large, puffy type (low risk A phenotype) does not.

Testing to find what diet is best for lowering LDL pattern B, Jeff Volek, RD, PhD, at the University of Connecticut, conducted a study on 40 overweight men and women for 12 weeks having one group on a low-carb diet (35 grams of net carbs and 100 grams of fat, including 36 saturated grams) and the other on a low-fat diet (191 grams of net carbs and 24 grams of fat, including 12 saturated grams). Both groups ate about 1500 calories per

day. It was the low-carb group that reduced the smaller LDL pattern B; improved the HDL/LDL ratio; and even lowered triglycerides (up to 51%) significantly more than the low-fat group! It was suggested that the low-fat group did poorly because of a natural process known as carbohydrate-induced lipogenesis, which basically is the body’s carbohydrates response to make more insulin and signal the liver to convert glucose into saturated fat. The converted fat later appears in the blood as triglycerides, which are eventually stored.

There are still good and bad fats, but now we have a clearer picture of which ones really are the bad ones and how to alter our diets by lowering our carbohydrate intake to effectively reduce the bad fat. I suppose that could mean lots of butter on a little popcorn . . . just the way I *really* like it!

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Linda Townsend is a freelance writer of health-related issues and can be contacted at ceisa@bellsouth.net.

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What to Do With the Pattern of Disease in Your Life

By Kal Sellers, MH, LMT

Having long practiced natural healing, I have seen plenty sufficient to show me that disease is not a simple case of cause and effect. When it is, the cure is usually quick and the results miraculous. The result is also permanent. Most people are not sick from one thing, though. Most people are sick because they have a whole life pattern of illness. In this article, we will discuss this problem and possible, practical approaches to it.

No one knows what the real origin of disease is. Indeed, it may not be the same for everyone, though this is also conjecture. Perhaps the difference between illness and wellness is like a switch, which, if it could be thrown, would “switch on” healthy functions. When it flips the other way, like blowing a breaker in your house, it “switches off” healthy functions and you end up with a whole conglomerate of malfunctions, impossible to isolate to a single cause.

The possibility of this phenomenon is not simply a sci-fi theory or the subject of a novel that leaves us intrigued or even excited, but none better. Rather, it is spawned by a testable, practical clinical observation.

The idea of switching out of a state of disease is not at all new. A very old herbal word applies to many herbs and bespeaks this idea. The term is “alterative.” This is an application of an herb that switches a state of disease into a state of health.

Much more modern is the concept of chiropractic, which resulted in the idea that the spine could be adjusted in such a way that would actually correct the diseased state and produce a

health state. Any healing was thought to be possible if this state could be maintained. While most chiropractors are not practicing chiropractic with this intent today, there have been at least tens of thousands of cases of people healed completely from any disease you can think of just from this type of chiropractic care.

About the same time as chiropractic began, a concept that has been preserved in Massage Therapy today is a concept called “Touch for Health.” This was created by an osteopath and utilizes muscle testing that corresponds to acupuncture meridians and points. Light and simple corrections were made and this switched the body into a healing state. This leads, invariably to acupuncture itself, which can have the same intent and is older than anything heretofore mentioned.

It does not end here. Various diets have been instituted to the end of removing certain irritation and inflammation and burden on the body, which would then switch the body into a healing mode.

It has been observed that the body is in a healing mode when parasympathetic nervous system is dominant in a healthy way. Thus, we see that stress, attitude about life, baggage we carry that affects us psychoemotionally, and much more might also be focused on as causes of any of us being switched into a diseased state, which is really having our health state “switched off.”

Today, a new threat appears in the air, maybe in the form of pollution, definitely in the form of constant, artificial electromagnetic bombardment. Normal EM radiation from the earth and the sun

have a healing effect on us, but unnatural frequencies and concentrations are terribly burdensome and stressful. They cause us to “run down.” They result in malfunctions. This burden can “switch off” our state of health and adaptability. Such a threat is well to consider and manage where possible.

If you realize, while reading this, that your state of health has been “switched off” and you are in a maladaptive state instead (one where your body tries to heal, but fails to and may become inflamed often), consider what in your life might be perpetuating your state. What might push you into that state in spite of healthy diet, chiropractic, massage, herbs, or other techniques designed to bring you back to a state of health and adaptability? Perhaps, you do not have matters in your life that are now perpetuating this problem and you just need to make the “switch!” (that was a little punny)?

There are many good approaches; my message today is to choose your approach for wise purposes. Make it your intent to get switched into a state of health effectively and then to stay there and rest and allow healing. Decide not to perpetuate behaviors and patterns that push you back into a state of disease.

Kal Sellers MH, LMT is a full time chiropractic student and runs a private practice for natural healing and herbology. He teaches herbology around the world and has two weekly radio shows. You can access more of his information and his radio shows at madherbalist.com and you can call him to schedule an appointment at 706-473-4375.

Navigating the Gluten Filled Mine Field at Family Gatherings

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

Family gatherings, parties, and celebrations all seem to revolve around food, at least in my family they do. For each occasion there are those favorite foods that always seem so show up at these gatherings. Everyone brings a dish or two, and there is always more to eat than you can ever imagine. But so many of these foods can contain hidden glutes; I swear it's like navigating a mine field trying to figure out what is safe and what isn't. What did Aunt Linda put in her green bean casserole, how did grandpa marinate the meat, or how were the deviled eggs made?

All of this matters when you have celiac disease or are gluten intolerant. Gluten can be hidden in the sauces used, or not so hidden in ingredients like French fried onions or croutons in salads. There is the tray of fresh baked crescent rolls or buttermilk biscuits taunting me, teasing me, tormenting me. And, then there is the platter of fried chicken, the meatballs, and I haven't even gotten started on the dessert table.

Now, I am fortunate that in my family, most of my relatives know just how sick eating gluten will make me, so most of them make a special effort to

prepare their signature dishes in a way that is safe for me and my daughter to eat, but also in a way that the rest of the family will still feel like they are eating their favorite things. All it takes is a little communication and education on your part, and the willingness to accommodate you on their part.

Whatever your family's traditions are in regards to foods, most recipes can easily be converted from gluten filled to gluten free. You just need to find the safe substitutions that will work with your family's recipes. I have found through experimentation that you can duplicate just about anything. When I bring a dish, most are surprised to find out that it's gluten free considering I usually bring the dessert! There are some awesome companies out there that are making mixes that are so delicious, I have had people tell me they taste even better than the gluten versions. By far, my favorite company for gluten free mixes is Pamela's. I always get compliments on the brownies, cakes, cookies, and breads that I make using Pamela's mixes. I like to take the mixes and “spice” them up just a bit using simple tricks like pouring a bag of frozen mixed berries over a tray of Pamela's brownies fresh from the oven. Top that

with Ah'Laska chocolate syrup and I'm in heaven! The vanilla cake mix makes great snickerdoodle cookies, and the bread mix makes awesome bagels and even communion bread! I'll stop now, I'm making myself hungry!

As far as my family's tried and true recipes go, if the recipe uses soy sauce, I use San-J's wheat free tamari; for recipes calling for flour, there are so many gluten free flour mixes out there, you just have to find the ones that you like that work well with your recipes.

My final thought on this is that I always try to take at least one dish that I know I can eat and share, and then focus on spending quality time with my family instead of focusing on the food. Have fun with your family, enjoy yourself and eat well!

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.

Toxic Release Gives New Lease On Life

By Brenda Cobb

Toxic chemicals and pollutants contribute to the manifestation of many diseases and industrial and petrochemical toxins accumulate in the human body faster than they can be naturally eliminated. A lethal mixture of chemicals, pesticides, food additives, heavy metals, anesthetics, and pharmaceutical drugs, as well as legal and illegal drugs, can clog the human body. It is no wonder people are facing more diseases and illnesses than ever before.

The health of Americans has declined to the point that the United States is now one of the sickest nations in the world even though we spend more money on health care than any other nation. We are much more exposed to chemicals; smog is in virtually every city; and most drinking water contains hundreds of different chemicals and excessive levels of lead, mercury, fluoride, and chlorine. Chemicals are added to food; solvents, emulsifiers, and preservatives are used in food processing and storage. These toxins remain in the body for years and can cause serious damage.

Gasoline, paint, household cleansers, cosmetics, pesticides, and dry cleaning fluid pose a serious threat to human health because the body cannot easily break these pollutant toxins. The effects of these toxins are devastating on the kidneys, liver, pancreas, heart, lungs, and thyroid.

Some of the common symptoms of a toxic body are fatigue, confusion, aggression, mental disorders, low energy, headaches, allergy symptoms, joint and back pain, respiratory problems, food allergies, insomnia, mood changes, arthritis, constipation, hemorrhoids, sinus congestion, ulcers, psoriasis, eczema, and acne.

Now, more than ever it is important to regularly detoxify and cleanse toxins and waste products out of the body to restore optimum organ function, vitality, and health. There are many benefits to detoxification including more energy, greater mental clarity, improved eyesight and hearing, reduction of stress on the immune system, reduced blood pressure, cholesterol, and triglycerides, and a sense of well-being.

The right foods can help cleanse the body and detoxification therapies like colonics, reflexology, infrared sauna, footbath detox, Indian head massage, full body massage, and energy treatments can assist in helping move the toxins out.

Eliminate meat, dairy, wheat, sugar, and caffeine while adding organic green juices, raw vegetables, fruits, sprouts, and alkaline water to assist the body in the detoxification process. Some cleansing products like zeolite, cilantro herbal tincture, and chlorella can help pull out heavy metals including mercury and lead.

Detoxification is one of the best ways to cleanse the body of toxins, boost its antioxidant levels and enhance overall performance. By eating certain foods the body can reduce excess hormones, boost the immune system and liver, and cleanse the organs and circulatory system which will promote a better state of mind.

Lemon is renowned for high concentrations of Vitamin C and is very effective in cleansing the

body, specifically detoxifying the liver and colon. Its high Vitamin C count is also responsible for flushing out toxins as they get converted into a water-soluble substance.

Garlic contains numerous beneficial properties that are a great part of any detox plan. Its potent properties can help stimulate enzymes in the liver that are responsible for filtering toxic materials out of the body. Garlic also strengthens the immune system, protects the body from illness, prevents blood clots, and lowers cholesterol.

Fruits are packed with beneficial vitamins, fiber, antioxidants, and fluids, which are beneficial to cleanse organs, enhance overall immune system performance, and protect the body against certain diseases like cancer and heart disease. For maximum detoxification benefits, adults should aim to eat five to six servings of fruits a day such as grapes, melons, apples, pears, papaya, and pineapples.

The high concentration of chlorophyll found in green leafy vegetables helps rid the body of harmful toxins that accumulate in the body such as pesticides, heavy metals, environmental toxins, and the effects of a poor diet. Consuming a diet rich in vegetables, at least nine a day, such as spinach, kale, cabbage, and broccoli can boost the body, enhance enzymes in the body, and protect the liver.

Detoxifying your body and practicing good lifestyle habits will help keep the body free of many toxins and when you do good things for your body you will reap the benefits of good health and increased energy, as well as slowing and reversing the aging process. It is well worth the effort.

Detox Smoothie

- 1 c kale
- 1 c celery
- 1 c cucumber
- 1 c cilantro
- ¼ c lemon juice

- Mix all the ingredients in the Vita-Mix or other high speed blender until smooth.

Detox Juice

- 1 bunch celery
- 4 cucumbers
- 2 c sunflower sprouts
- 1 t ginger

- Juice all ingredients and drink throughout the day.

Detox Salad

- 2 c Romaine lettuce
- ½ c celery
- ½ c cucumber
- ½ c zucchini
- ½ c sunflower sprouts
- ½ c buckwheat sprouts

- Chop the lettuce, celery, cucumber, and zucchini and toss with the detox dressing.

Detox Dressing

- ½ c lemon juice
- pinch cayenne pepper
- ½ t Himalayan salt
- ½ c tomato
- ½ c red pepper

- Mix all the ingredients in the Vita-Mix or other high speed blender until smooth.

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Hands-On Healthy Lifestyle Courses in Nutrition, Cleansing, Healing, Anti-Aging and Detoxification. For more information, call 404-524-4488 and visit the 7000 sq. ft. facility at 1700 Commerce Dr. Atlanta, Ga. 30318. www.livingfoodsinstitute.com.



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11am-3pm

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All About Miso ...

By Betsy Bearden

As most of you know, I have been a vegetarian for more years than not, and tofu has long been the name of my game. Then how is it, you may wonder, that I am just now getting around to discovering miso? Good question. I have heard of it for years, but I never knew what it was or better yet, where it comes from. It's always been a mystery to me like, let's say, those Vienna sausages: you know they exist, but you never had any interest in eating them or finding out exactly *what* they were.

Several years ago while on a job interview, the owner and I somehow drifted off to the subject of food. Maybe it was lunchtime; I really don't remember. I *divulged* to him that I was a vegetarian and had written a very basic tofu cookbook. He found that interesting and told me that he and his wife had just had miso soup for dinner the prior evening. I replied, "Oh, that's nice. By the way, what is miso soup? I have always heard of it, but I don't have a clue what it is." In case you are wondering, I did not get the job. Duh!

Anyway, while running errands one day, my husband and I happened across a talk radio show about cooking. The guest host on the show was taking about miso. Steven remarked to me how much he liked miso soup. It astounds me that we have been together for 32 years and I still learn something new about him all the time! Well, the idea sounded good to me, so there was no question or hesitation as to where we could find miso: Life Grocery, in Marietta, of course!

Well let me tell you something about miso. There are more varieties of miso out there than you can shake a stick at! Choosing miso is a bit like choosing tea, coffee, wine, herbs, or cheese. The complexity (or should I say uber-complexity) of the different varieties, colors, and regions of origination is mindboggling! To begin with, there is red miso, white miso, yellow miso, brown miso, black miso. Oh, it gets better from here: it can be made from soybeans, barley, rice, brown rice, or any bean, but most notably the chickpea (garbanzo) bean for those who can't tolerate soy products. Then you progress to the vast array of color hues. How about your light yellow to tan miso, or your red to light brown miso, or pumpkin-colored to caramel-colored miso.

We decided to start with a white miso. From my research, miso is made from rice, soybeans, salt, and a fungus called koji (*aspergillus oryzae*) to be exact. Koji is used to ferment steamed rice for Saki and miso. First, you cook the soybeans, mash them, add in the koji, and then the seed miso (miso that is already fermented to make the new fermentation process faster). Then you place all this in a salted container, mash it down, add another layer of salt to the top of this, and seal it for anywhere from six months to three years, depending on the type, color, and flavor you are shooting for.

I have listed the following for your information:

- **White Miso:** This is produced by using more rice than soybeans. It is highest in carbohydrates, hence sweeter than all. White miso has a very smooth texture, shortest fermentation time (several weeks to six months) and is used for lighter, mild-tasting foods, marinades, and salad dressings.
- **Yellow Miso:** Typically made with soybeans and barley with a smaller percentage of rice. Yellow to light brown in color with a mild, earthy flavor that's good for slightly heavier foods, as well as marinades and dressings.
- **Red Miso:** Generally made with more soybeans than barley, less rice, and is fermented up to three years. It also has higher salt content. The color ranges from deep red to caramel or brown and has a very strong flavor. It's used in heartier foods such as stews, (miso) soups, and glazes.

In general, lighter miso consists of more rice, light soybeans, less salt, and are fermented for shorter periods. Conversely, darker miso is made with darker soybeans and barley, and fermented over a period of one to three years. They are more salty, complex, and used for heavier, heartier foods.

It is important to remember that miso is a living food. Never allow miso to come to a boil, as it will destroy the microorganisms and enzymes. To add miso to your stew, broth, or soup, remove enough hot liquid and add the amount of miso you are using to the liquid

and mix it until blended. Stir back in to your soup or stew at the last minute and serve.

Here is wonderful marinade I concocted for tofu, but it can be used for vegetables, white fish, chicken, or turkey.

White Miso Marinade

- ¾ c prepared white miso
- ¼ c Braggs Amino Acid
- 1 T paprika
- 1 t dried lemon thyme
- ¼ c rice wine vinegar
- ½ c Braggs Extra Virgin Olive Oil
- 1t sea salt
- 1 t red pepper flakes (optional—may substitute black pepper)
- 1 t black pepper (if not using the red pepper flakes)

This marinade can even be used as a delicious salad dressing in a salad of Romaine lettuce, cucumbers, yellow bell peppers, chopped walnuts, cherry flavored Craisins, chickpeas, and goat cheese.

Miso is high in protein and low in calories. It is nutrient-rich and an excellent way to flavor foods, sauces, gravies, marinades, and salad dressings. Because of its salt content, it's a wonderful way to use as an ordinary salt replacement or even as a soy sauce replacement. Experiment and have fun, as it will only do your body good. Perhaps it might be fun to try and make miso at home, but why subject yourself when Life Grocery can supply you with anything your heart desires.

References:

The Book of Miso by William Shurtleff and Akiko Aoyagi

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

Childhood Healings

By Dr. Kim Strickland, ND

For about ten years I ate a vegan, whole foods diet consisting of lots of fruits, vegetables, nuts, grains, and soy products. During this time I had my first child and raised him as a vegan for four years. I then gave birth to my second son and started on the same path. He started eating at six months and wanted to eat everything in sight. My eldest son handed him things while I wasn't looking and I didn't worry about it too much. However at his six month checkup he was in the 20% for weight on breast milk alone. At his one year checkup, after eating lots of food each day and still breast feeding on demand, his weight was in the 0.1%. He also couldn't hear out of his left ear at that visit. I didn't think much of this as he was wiggling and I am so small for my size.

At his fifteen month checkup I was told he couldn't hear out of either ear. His weight percentile was about the same. Now I paid attention. I spent the next six months researching and everything I read led me back to the health of my child's gut. His food was not being digested, as was noticeable in his diapers which were filled with pieces of whole food. I thought that he wasn't chewing well, but then realized his digestive enzymes and healthy gut flora should be breaking down the food.

After much reading and careful thought and consideration for the health of my child, I decided to

follow a radically different plan for his benefit. Dr. Natasha Campbell-McBride has a book entitled *Gut and Psychology Syndrome* which I special ordered from amazon.uk.com four years ago. In it, she makes the connection between the health of the gut and many common illnesses. The diet she recommends is named GAPS. This book, along with information from Elaine Gottschall on the website <http://www.breakingtheviciouscycle.info/>, guided me. From this website it says, "*The Specific Carbohydrate Diet™ has proven to be highly successful for many who suffer from various bowel disorders, as well as the many related problems which actually stem from imbalances in the intestinal tract.*"

What this diet change involved for me was eliminating ALL grains, adding in broths made from animal bones and adding in meats. All sugars except honey were eliminated, as well. Basically, my son and I, as I was still nursing him, ate fruits, non-starchy vegetables, eggs, broths, and meats along with fish. Initially, I had such a difficult time with this mentally, as I hadn't had eggs or meat in over ten years. It was more important for me to return my son to health than it was to stick with some doctrine or keep myself in a box. I couldn't understand how eating meat could help him to heal, although I had read much information about it. I am

a math/science oriented person so results speak for themselves. After four months of following this program, I began to see fully digested bowel movements. I also noticed that the chest congestion that had plagued my son since he was three months old went away.

After six months, I introduced some alternative grains, like quinoa and millet, along with some flour made from these grains. Soon afterwards, I noticed my son had a stuffy nose that wouldn't go away. Back I went to the strict GAP diet and soon saw improvement. The added benefit of this is that I had some nagging issues that have cleared up since I have changed my diet. I now have a third child, who has been raised, thus far, at the age of 15 months, on fruits, non-starchy vegetables, ghee, olive oil, meat broths, turkey, chicken, and fish. He is so healthy and strong with fully digested bowel movements and no telltale signs of allergies like puffy eyes, congestion, or low weight. As they say, the proof is in the pudding (or not).

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is a stay-at-home mother to three boys, a math tutor, and a community volunteer.

Happy Fats or Cranky Fats, What Is In Your Dinner? part 2

By Traci Sellers

In the previous article, our liver was compared to a check-out lane at the grocery store. Healthy fats are like people with cash in the express lane; they go through quickly and easily. Damaged and oxidized fats are like people who need ten price checks, two items replaced, and a manager's key to void the sale they changed their mind about, while they rifle through a huge bag trying to pay for their purchase with pennies. Eating a large quantity of this type of fat is like putting 100 such people in the checkout lane. Eventually everyone will get through, but it's just going to take a lot longer, and people are going to get cranky in the interim. If this is happening in your liver, the chances are good that you will get cranky in the interim, too, because the liver is responsible for processing out emotional neurotransmitters. If it doesn't get processed out, you get to feel cranky all over again when those neurotransmitters cycle through the system again, waiting for their turn in the checkout lane! Ever felt cranky for no apparent reason, or unable to "let go" of something? It could be cycling around because of a congested liver.

There is one type of fat that is responsible for congesting livers (and arteries and other important spaces in the body) more than any other fat. This type of fat that can be likened to an insane customer who goes to the checkout with items that are not for sale and handcuffs himself to the register saying, "I won't leave until I can buy the shopping cart." This customer cannot be helped and is stuck until professionals arrive. This type of fat is a hydrogenated fat and is the *most detrimental* of all fats.

Hydrogenation is a very unnatural process in which already damaged oils are placed in a vacuum chamber, bombarded with hydrogen atoms and mixed with a catalyst such as nickel to facilitate the bonding of the hydrogen to the free sites on the fat molecules. Now, if all the free sites (where enzymes attach to break them down) on your fat molecule are taken up with hydrogen, what do you suppose happens when the body tries to break it down? If you guessed it can't be broken down at all, you guessed right. In fact, hydrogenated (or partially hydrogenated) oils are so impermeable that they act as a very effective preservative because *nothing* in nature can break them down! Their preservative qualities are indiscriminating, and will work to preserve your organs. When consumed, they eventually make their way to the liver where they lodge, preserving it and preventing it from performing its function. (Remember the insane customer handcuffed to the register . . .) *Damaged and oxidized fats slow the liver down; hydrogenated fats stop that part of the liver from functioning completely!*

Every time we experience an emotion, be it happiness, anger, sadness, or whatever, the brain creates coordinating chemicals called neuropeptides or neurotransmitters. These chemicals create a physical response to the emotion in the brain and

throughout the body as they cycle through. Happy chemicals give us increased vigor and enthusiasm, both mentally and chemically, in our physical body. Likewise, sadness and anger elicit a suppressive cellular response in the body. These chemicals, once they have cycled throughout the system, are filtered out of the blood by the liver to be broken down and dumped with bile into the colon for elimination. If the liver is congested (with damaged or oxidized fats) or has large sections preserved and not functioning due to hydrogenated oil build-up, these emotion chemicals will just have to get in line and wait their turn to go through the checkout.

Which types of fat are in your dinner? Did you know that most commercially prepared fries are preserved with hydrogenated oil before they ever hit the fryer? Did you know it is the second ingredient in peanut butter? Did you know it is the main ingredient in margarine? Read your labels and do your research to avoid these deadly dinner additions.

It is my pleasure to introduce the wonder of a miracle food. It is miraculous in the respect that not only is it a very tasty, completely raw mayonnaise substitute that uses no eggs; it also doubles as a marvelous dairy replacement. Learning how to make it is well worth the effort. Homemade mayonnaise is a temperamental thing, and every so often, a batch will fail to thicken to the desired consistency. In the five years that I have been making it, I've had about 8-10 batches fail. However, it is such a wonderful versatile food the small risk is well worth it.

Almondaise

½ c sprouted raw whole almonds, (measure after sprouting) (see page 68 in *Traci's Transformational Kitchen Recipe Collection, Sample Edition Making Truly Healthful Food Taste Delicious*)

½ c water

1-1¼ c light or extra virgin olive oil*

3 T fresh squeezed lemon juice

- Have all ingredients handy.
- Place almonds** in blender with ½ c water and grind to a smooth paste. If necessary, add just enough additional water to keep mixture moving.
- With blender still running, remove insert in the top of the blender and drizzle in the oil in a thin stream until the mixture is thick. A bead of oil should rest on top of the churning mixture.
- Add lemon juice. Blend for one full minute longer, stopping blender to stir down sides, and re-blending to thicken entire mixture.
- The mixture is so thick it comes out in one piece. Yum!
- Store refrigerated in a tightly sealed container 5-7 days. Water tends to separate out of the mixture occasionally, simply stir before using.

**Substituting extra virgin olive oil for the light is a matter of taste. If you love extra virgin, go for it. If you don't absolutely love extra virgin, use the light. Many students have reported that they had to throw out an entire batch/or dish made with the extra virgin because the flavor was so strong that they couldn't eat it. Other students report that they never use anything but the extra virgin and love it. I am very particular and love both, in their context. I wrote the recipes as I prefer them and use light where it is called for and extra virgin where it is called for.*

*** Peeling the almonds is something I have done in the past. It is recommended only for the very finicky or skeptical. It improves the texture of the basic product and I do peel the almonds when first introducing someone to Almondaise, such as in my cooking classes. For my own personal use and in my bakery, however, we never bother with peeling the almonds. By the time you season it up for whatever dish you're making, the tiny brown flecks of peel disappear in the mixture, and it saves a considerable amount of time and effort.*

Raw Creamy Chive Dip

1½ c Almondaise

¼ c fresh snipped chives (3 T dried)

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 became interested in healthful food preparation in 1997, when her first pregnancy nearly took her life, and a healthful plant based diet saved it. She spent over ten years in the trenches of her kitchen concocting delicious comfort foods with impeccable health standards, and taught them in food preparation and nutrition classes. She maintains www.BestFoodist.com and www.TracisTransformationalKitchen.com to help others on their journey to health.

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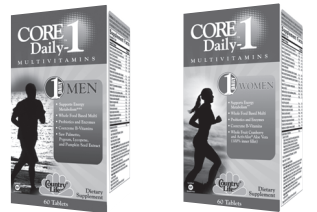
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As Seen on Dr. Oz and Rachel Ray: Please note that Miracle Noodles have a naturally earthy smell, as they are derived from a root (konjac), which has shown beneficial effects backed by medical studies for Type II Diabetes, constipation, obesity, and cholesterol. Just drain the pack and rinse in a strainer or colander for a couple of minutes.

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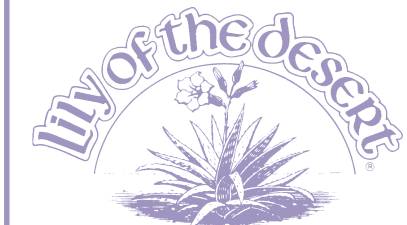
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Omega 3s and Fish Oil

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

“What should I look for when choosing a fish oil supplement?” — Linda S.

The body requires omega 3 essential fatty acids for a number of functions including, but certainly not limited to, normal brain function, normal cell function, and controlling inflammation. Studies have shown that quality omega 3 essential fatty acids are as good, and in some cases better, at controlling pain due to inflammation, and with no negative side effects that are often seen with prescription and over the counter medications. Every one can benefit from omega 3s from birth to grave.

Most people seek to get omega 3s from eating fish. A concern I have with getting omega 3s from fish is that our oceans are so polluted that there is a risk that the oils can be contaminated with mercury and other heavy metals. If you are going to take fish oil, I strongly advise that you make sure the supplement is **certified mercury free**. You can call the company if you are not sure, but if the company cannot give you the words, “certified mercury free,” I would consider not taking it.

Most good companies will use a cold distillation process to take the mercury out of the fish oil. Mercury is toxic to everyone, but it’s especially bad for pregnant women and children. Mercury is cumulative, which means it can build up in your body for many years and can lead to damage to the

brain and nervous system. Now, that leads to the question, “Why should I take a supplement that once had mercury in it to begin with?” Let me answer that question in a round about way. First, fish do not produce omega 3 fatty acids; they get them from eating smaller fish, which get them from eating smaller fish, which get them from eating algae. So, my view is to just cut out the “middle fish” and go directly to the source, which is the algae, especially chlorella and spirulina. This is, by far, the best and safest source of omega 3 fatty acids.

Organic eggs can also be a good source of omega 3 essential fatty acids, but be careful if the egg is not organic and just says “high in omega 3s.” Often times, the chickens are fed rancid omega 3s, so the rancid, toxic omega 3s end up in the egg.

There are a few different forms of omega 3 fatty acids. The ALA form can be found in plants such as dark greens, flax seeds, chia seeds, walnuts, and macadamia nuts. This form needs to be converted into the forms DHA and EPA, which are the forms that the human body requires. Your body can convert about 14% of the ALA into DHA and EPA, so if you eat a very good diet with lots of plant based ALA, you should be fine. However, almost nobody eats the ideal diet, so it is good to supplement with an omega 3.

I personally like to supplement my diet with an algae based supplement every day. I use “Dr Joe’s

Super Greens,” which is available in Life Grocery’s supplements section. It contains algae, as well as several other nutrients. Udo’s oils, the ones that contain DHA and EPA, are also good sources. Krill oil is another good source of omega 3s, and is less likely to be contaminated than fish oil. Again, if you are going to take fish oil, or krill oil, be sure it is certified mercury free. [Life Grocery has a good selection of safe omega 3 supplements.] You can expect to pay about \$1 or less a day for a good quality omega 3 supplement. The cheap ones will cost you a lot more in the long run, including the risk of mercury toxicity and rancid oil consumption, which can make you sick. My grandfather taught me a long time ago, “Always buy the best, it is always cheaper!”

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 your private consultation with the doctor at NO CHARGE!



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Your Questions Answered

By Don Bennett, DAS

This will be the tenth year that my articles have appeared in this publication, and over these past ten years I've been asked many questions. I thought I'd share a few of them with you, along with my answers.

Q: Will there ever be agreement regarding which diet is the best diet for humans?

A: In a word, no. There is so much vested interest in this type of diet or that type of diet, and there is the "profits before people" philosophy that causes certain people (and I use the term loosely) and certain industries to tout the cooked meat, grain, and dairy products causing massive confusion among those shown a vegan or raw food diet. Even among raw food advocates, some say, without a doubt, that raw chocolate must be a part of the diet if you want optimal health. Even though all animals on this planet have a species specific diet—including humans—for reasons of human nature, the optimal diet for humans will never be a well-settled issue. The people who fare the best when considering which diet to eat are those independent thinking individuals who can dispassionately consider all the aspects, and use logic and common sense to make sense of it all, and who have the ability to treat any of their biases, personal preferences, and preconceived notions as what they really are: cultural/sociological programming that can only interfere with them discovering the truth of the matter.

Q: Animal foods can't be the cause of all the diseases that affect our society. Eskimos don't have fruits, have very few vegetables, almost no grains, and eat lots of reindeer meat and fish. Even though they don't get older than around 50 to 60 years, they don't know of heart diseases, bad teeth, hair loss, diabetes, allergies and all our modern problems. How can that be?"

A: If this doesn't sound plausible, it's because it isn't. These cultures do indeed experience heart disease and other serious health issues, and their quality of life isn't that great. And since we're biologically programmed to be able to live to about 124, I'd say that those who live to 60 are doing something wrong.

I won't even hazard a guess as to how a myth like this gets started, but I can easily see how it could be seized upon by those wanting to believe that we need or can be okay with animal in the diet. But if someone is using this as part of their decision-making, they should try to disprove this with as equal a vigor as when they embraced it... assuming they want to get at the truth.

I'd be remiss if I didn't mention that diet isn't everything; it is only one link in the "chain of health"... if it's the weakest link, then of course it should be attended to. But when it becomes the strongest link, take a look at the rest of the chain... are there any other weak links? Keep in mind, a chain is only as strong as its weakest link.

Q: We don't know how things we do now will affect us a decade from now. Really, there's no way of knowing how something new will affect us. There are hundreds of examples of disastrous

results—one I can think of off the top of my head is that medicine (some strange name which I can't remember) was being given to pregnant women to fight morning sickness and it caused deformities in children! So when you sound so sure that the approaches to health that you recommend will result in improved health, don't you sound the same as those TV commercials for pharmaceuticals?

A: I do! The difference is this: What is at the heart of my motivation for saying what I am saying is very different from what is at the heart of the pharmaceutical industry's motivation for saying what they are saying. Specifically, they are trying to sell something to you, while I am trying to sell you on an idea; the idea that robust health is a possibility, and if you're doing what needs to be done to achieve it, a probability. And more specially, they are trying to convince you to manage ill-health with their products, and I am trying to convince you that you can replace ill-health with robust health with knowledge. (And yes, I have products too, but they support health caring, not ill-health management.)

To your point about pharmaceuticals: The disastrous effects from drugs are often not realized until millions of people have been negatively affected by them. But pharmaceuticals are not natural to the human body; they are at the opposite end of the "health-care" spectrum. And accordingly, the long term effects of those things that we can do to positively affect our health—that are in line with Nature—are far more knowable than those things that are unnatural, like a new drug or chemical food additive. My point is that it is known what affect natural practices have on the human body, it is just not common knowledge. And that's why, with so many choices (most bad, a few good), it is crucial to be educated on health creation and disease avoidance issues. This realization is what initially put me on the path to finding out about all this. Now, thirty years later, I have discovered a lot about health, and about how human nature can be subverted to the point where we're not in touch with our natural instinctive desire to be healthy, because our culture has no model of what robust health is anymore.

Well, those were just a few of the 200 questions that I've compiled into a book. Should you accept my answers as the Gospel truth? Maybe this motto of mine that I've used in my over 30 years of research will provide some guidance: "It's not enough to get answers to your questions, you've got to question those answers." Food for thought!

Don Bennett is a Health Creation Educator, lecturer, and author; his new book, from which these questions were excerpted, The Raw Food Diet and Other Healthy Habits: Your Questions Answered 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:

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Food the Simple Way

By Brenda Cobb

Eating raw and living foods is simple because food preparation takes so little time, and with very little effort, you have a delicious, satisfying, nutritious meal. The simplest way of all to eat is to grab an apple, celery stick, or carrot and munch away. Raw food is easy to carry with you and when you travel you can almost always find plenty of fresh raw foods in local grocery stores. Raw and living foods are light and breezy and they offer optimum nutrition.

When it's hot you can stay cool with cooling food. Heavy, cooked foods not only make the body run hot, they take longer to digest, can slow you down, and sap your energy. Fresh raw fruits and vegetables help you feel lighter and more energetic.

Keep it simple when combining foods, eat fruits individually and don't mix them with other foods unless you are mixing fruit with greens and then it is okay. To make it even simpler and easier on your digestion, try a mono diet of eating only one food at a time. If you want a lot of different fruits, eat only one type at a time, then give yourself at least 30 minutes to digest before you eat a different fruit.

Raw vegetables and non-sweet fruits like cucumbers, celery, tomatoes, squash, and dark leafy greens, combined with a freshly made raw salad dressing is tasty, delicious, nutritious, and light.

Raw foods and living foods are completely different. Raw fruits and vegetables are those picked right off the tree, vine, or bush. Avocados, bananas, celery, zucchini, and oranges are just a few examples of raw foods. Living foods are those which are sprouted and actually growing, like sunflower sprouts, clover sprouts, broccoli sprouts, mung bean sprouts, and lentil sprouts. Raw fruits and vegetables are very nutritious. Living, sprouted foods are even more nutritious and packed full of protein, vitamins, minerals, and enzymes. Living foods can have from 100 to 1000 times more nutritional value than raw foods!

By not heating your food over 105 degrees, you'll be eating the freshest, most nutritious foods you possibly can. When you cook your food you kill it. The more raw and living you eat, the more life and health you bring to your body.

Another way to help yourself is to detoxify your body several times a year and a wonderful way to this is with colonics, reflexology, and footbath detox treatments. It's great to eat nutritious foods, but it's just as important to get out all the old impacted waste that has built up over the years. Bach Flower and Energy Clearing treatments will help you get rid of excess emotional baggage that could be holding you back and making you sick.

Once you have flushed out the toxins and built up the enzymes, vitamins, and minerals with nutritious raw and living foods you will feel like a new person, energized, full of life, and very cool!

Start today, right where you are. Every little bit of refreshing raw and living foods you put in your body will help you feel better. When you go out to eat you can find fresh fruit and fresh salads on most any menu. If you don't see exactly what you're looking for, just ask your server if the chef can create a special salad of the freshest vegetables just for you. Most every restaurant is very willing to accommodate their customers.

When you're preparing your meals at home, you can get very creative with lots of different types of salads. Some can be made with vegetables and others with fruits. Always eat the fruits first and wait for at least 30 minutes before eating other food. Give the fruit time to digest and move out of the stomach. This will help prevent gas, bloating, indigestion, and heart burn. It doesn't take a lot of time to pull together a few vegetables and fruits. You can create a feast really fast!

This delicious all green salad is easy to prepare and full of protein, vitamins, and minerals. The dressing is light and delicious too. Of course you always want to select organic produce for the highest quality food without chemicals and pesticides. Organic is well worth the investment in your health!

The All Green Mineral Rich Cool Salad

4 c spinach chopped
1 c chopped zucchini
1 c sunflower sprouts
1 c buckwheat sprouts
1 c mung bean sprouts
1 avocado peeled and sliced
1 cucumber peeled and sliced
2 stalks celery chopped

Green Garlic Dressing

½ c fresh squeezed lime juice
½ c extra-virgin olive oil
½ c chopped fresh parsley
½ c chopped fresh dill
2 T chopped fresh garlic
dash of Himalayan salt

Combine all the dressing ingredients in a glass jar with a top. Shake well and pour over the salad greens and toss until all the vegetables are well-coated. Don't eat too fast. Take your time and chew really well. Taste each and every one of the fresh, cool flavors. Savor every bite and think of just how well you are eating and taking such good care of your health.

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Hands-On Healthy Lifestyle Courses in Nutrition, Cleansing, Healing, Anti-Aging and Detoxification. For more information, call 404-524-4488 and visit the 7000 sq. ft. facility at 1700 Commerce Dr. NW Atlanta, Ga. 30318. www.livingfoodsinstitute.com.



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A Secret About Muscle Testing

By Linda Townsend

When it comes to the subject of muscle testing, most enthusiasts believe it is infallible. You or your pet may have been muscle tested by someone or have even used it yourself. The test results are rather convincing: one thing makes the reactive muscle obviously weaker or stronger, suggesting the item is bad or good for a person, respectively.

Muscle testing is simple. It is perceptible. It is even self-evident. It sounds like an ideal method to accurately test for the energy compatibility of a homeopathic remedy, essential oil, supplement, food, or even just toothpaste!

I wish this were true. I really do, because it would certainly be wonderful if people could do this ever-available self-test to determine the compatibility of items. However, the secret I wish to share with you is that the result of one simple muscle test is quite unreliable, even when done by experts who have practiced it for years.

The problem is in the assumption that the person's energy system will only test in favor of what it identifies as good for it or what it needs. Essentially, the muscle test is an energy test. It merely shows whether the energy signature of any tested item is compatible with or needed by the energy system of the person. That is where it gets complicated. In reality, there are two energy sources combating each other to gain dominance over the other in specific areas and overall.

The Two Combatant Energies

The good energy, the one predominate in a healthy energy system, I call bioenergy. It is the energy source on which the assumption could be made that muscle testing is accurate with confidence, if it were not for the presence of its adversary.

Anti-bioenergy is the energy source found over every diseased and distressed site in the person's energy system. It can be "fed" by other anti-bioenergy sources and unlike bioenergy, anti-bioenergy has no discernable saturation point. Therefore, if an item has a similar anti-bioenergy signature as the core anti-bioenergy source, the muscle test will result favorably for the item because the testing itself "feeds" the anti-bioenergy source and will cause it to be the stronger force responding to the test. In short, the test results can be in favor of the very thing that will strengthen the anti-bioenergy problem.

Most people have some anti-bioenergy at any given time. Besides a distressed or disease site, anti-bioenergy sources could be just from eating a food that is energetically incompatible or electromagnetic fields or an old injury or a headache or just being sad.

When anti-bioenergy is stronger than bioenergy overall, then muscle testing becomes far more undependable. Some practitioners misunderstood this condition calling it "reverse-polarity," but in reality that description is inaccurate. Bioenergy has polarity properties but anti-bioenergy does not. Anti-bioenergy has the ability to create deception and chaos in the person's energy system, but it can never qualify as a legitimate polarity reversal.

Several variables could also influence the test within the environment. For instance, a child with ADD most often tests differently under sunlight compared to fluorescent lights, because the fluorescent light energy strengthens the anti-bioenergy source in the child, so he will test in need of things that do not correct the anti-bioenergy source, *but* some may seem to control his symptoms. I call this an anti-bioenergy addiction because anti-bioenergy signatures that key into the anti-bioenergy

source will cause one to *feel better*, but not effect a correction of the core source.

How Anti-Bioenergy Influences the Results

One simple muscle self-test is to press one finger to the thumb in each hand forming linked rings. You can place the item in your lap, or simply think of the item and try to pull the hands apart while continuing to press together the thumb and finger on each hand. If one side, the most reactive side, becomes weaker and breaks the link, then the item is usually thought to be incompatible. Again, that would be true if the person's energy system was not being influenced by anti-bioenergy. (I have seen the muscle test show rejection of what a person really does need to combat the anti-bioenergy source using another method of energy testing that is more accurate in identifying whether the bioenergy or anti-bioenergy source is being enhanced.)

One way to test for anti-bioenergy is to do a muscle test while thinking of the color black. If the test results are in favor of black as in the reactive side stays strong, you have a strong anti-bioenergy source that definitely will skew the results when testing for other items. If the results show black as incompatible by muscle weakness, you may still have a concise area of anti-bioenergy that can skew the results if an item being tested has a specific signature that keys into the anti-bioenergy source.

Now, here is where the confusion sets in. Regardless of how much anti-bioenergy a person has, he will test in favor of the anti-bioenergy source to some degree depending on its strength. He will also test in favor of some items that are actually compatible with the bioenergy system. This means the tests can result in good and bad things as being good.

Even worse, unless the anti-bioenergy source is rather weak, it will always cause the test results to show rejection of anything that would specifically address the core anti-bioenergy source. A person may test in favor of things that will address symptoms or secondary energy weaknesses, but the nature of the core anti-bioenergy source is to always attempt to protect itself

energetically, even through a muscle test. So, the very thing a person needs to correct the anti-bioenergy core source will result as being bad.

A Better Way to Muscle Test

Can muscle testing be reliable at all? Perhaps, but it can be complicated as it requires testing and retesting sometimes in differing environments or even away from other people or pets. It helps to get better accuracy in sunlight or outside and thinking of pure white light as an item is tested. When the results are favorable with the white test, try testing again thinking of black. If the black test results then show the same item as incompatible, you probably have found an energy signature that will address the core anti-bioenergy issue. If the black test still shows the item also as compatible, then it will most likely address other weaknesses in the energy system, but not the core issue.

The bottom line for getting better accuracy with muscle testing is . . .

- Incompatible with both the white and black tests, although rare, avoid.
- Compatible with the black test, but incompatible with white, avoid.
- Compatible with both the white and black tests, *may be* acceptable, but it may also feed the anti-bioenergy source somewhat.
- Compatible with the white test but incompatible with the black test, this would be most likely to correct the anti-bioenergy core.

The goal in supporting the healthiest energy system is to eliminate anti-bioenergy at its core and enhance bioenergy, so one must be acquainted with the nature of anti-bioenergy to get accurate energy test results.

Linda Townsend is a freelance writer of health-related issues and can be contacted at ceisa@bellsouth.net.

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Three Models of Health Restoration

By Kal Sellers, MH, LMT

By no means is this article intended to cover every model of healing, although, it is possible that all these models are part of the same thing. Perhaps, if we can catch that bigger vision, we can unlock healing at its roots and sidestep errors inherent in simply following a system of healing, course of supplements, special diet, or any other bandwagon approach. In the following paragraphs we will discuss three models of healing in an effort to unveil the bigger picture of the natural healing model.

Model I: Parasympathetic Restoration

This model isolates the cause of disease as too much sympathetic dominance. To understand this, we have to understand sympathetic and parasympathetic. These are descriptions of operations going on every moment of every day within the central nervous system to manage all the stimuli coming in. However, a person can become overly dominant in either direction. Typically, in today's overstimulated, stressed out world, we see sympathetic dominance. Sympathetic is characterized formerly as "fight or flight," but it might be more appropriate today to call it "hurry and worry." Parasympathetic, on the other hand, is the opposite. It is rest and digest, rejuvenate and regenerate, nourish and heal.

When the parasympathetic side is not accessed enough, real healing does not take place. Instead we get something of a patch-up job to carry on life necessities, but we do not see regeneration. This may explain why some people have used natural healing methods to totally regenerate systems thought to be forever lost by modern medical thinking, while others have tried this and failed to get the response desired.

When a person is sympathetic dominant, there is a cascade of events that follow. The first step following sympathetic dominance is elevated cortisol and lowered pH. The next step is depletion of minerals and amino acids, as well as stress on blood sugar regulation and inflammation control. When inflammation starts to show up systemically, the person has been sympathetic dominant for quite a while and, regardless of diet, is starting down a serious path to disease.

Model II: Cleanse and Nourish

This model is based on the idea that blockage and malnutrition are responsible for all disease. Blockage is extended not just to colonic constipation, but to all failure to communicate within the body. This may be the cells not releasing toxins or wastes into the blood, blockage of energy through an area, actual clogging of arteries, cluttered, toxic liver, or whatever. This approach has on its side the fact that herbs work amazingly well to discharge blockage. This approach overlaps the last in that cleansing is a sympathetic response, and is very stimulating, while nourishment is a very parasympathetic response.

Herbs are used to cleanse and move energy to and through the system needing healing. Many

times miraculous healing takes place. Then very nourishing foods like wheatgrass or fresh juices or deeply nourishing herbs are used to rebuild the body afterwards. Many supplements have a long tradition of being used here, such as blackstrap molasses, potassium broth, slippery elm gruel, comfrey leaf, wheat germ oil, kelp, and others.

This model has the balance of history behind it. The challenge we face today is that because more people are radically sympathetic dominant, we have to be careful not to damage, stimulate, and deplete them with too much cleansing, a thing that was not really a concern even a few decades ago. Even something as simple as a juice fast, if done in a cleansing, stimulating sort of way (instead of a relaxing, nourishing way) can become depleting. This would not normally be expected, since juicing can be a great way to rapidly replenish the body. However, because it is sometimes taken in a nervous hurry, the person may not savor the juice in their mouth and relax and stay in a state of gratitude, which is a sure way to slip into a more parasympathetic mode, then the juice can become a stimulating cleanse that actually flushes, but also depletes the body.

When performed correctly, this method certainly stands the test of time as healing miraculously many cases of simple and incurable diseases alike.

Model III: Simplify and Reduce Load

This model is based on the notion that the gut and its operations require about 80% of the body's resources for normal operation. Redirecting these resources can make healing and correction possible where adaptations to many stressors in life have taken all the body's energy and resources for so long that they are now insufficient to adapt further. Systemic failure begins to occur. So by decreasing the load on the gut, resources begin to be redirected and corrections previously not possible begin to occur.

Further, this method has other benefits in its corner. For example, the gut also houses two-thirds of the immune system. Immune training, to some extent, occurs there such that any immune failure in any direction can be corrected through careful feeding of the gut and management of type and amount of stimulation. Much of this can be accomplished through food and the rest through thinking (which takes us back to the sympathetic and parasympathetic model).

In the gut we find more than half of the neural synapses (how many by comparison is still debated and estimated with enormous variation, but one source claims the stomach organ alone has more than the brain). We also find a large portion of the blood at any time. Complete evacuation of the gut has long been known to cause rapid drainage of the lymphatic system, resulting in life saving effect on people who were otherwise terminally ill with acute infection.

By managing the stimulation to the gut through eating behaviors, dietary choices, and supplements

amazing healing has taken place and rapid regression of so-called "incurable" diseases has occurred. This is a mainstay in the author's practice as well, as it also shifts metabolism totally, which is one primary hidden connection behind all modern alternative medical approaches to healing cancer that are appearing in Mexico and Germany at present.

In this model, light, simple meals are chosen, or perhaps a carefully selected clear liquid diet is used for a time to shift the metabolic pattern of the whole body. Chewing food well and relaxing with meals is encouraged and lots of organic potassium is sought to change the cellular behavior of the gut. This latter usually is gotten through potassium broth and black strap molasses, the latter being one of the most effective tools in the author's program.

In these three models, we see different aspects of healing and different approaches. These are not mutually exclusive methods and can easily be overlapped with some judgment and skill. They do illustrate the operations that might be at the core of every healing process anyone has witnessed. Various diets and programs probably lend themselves to these concepts in one way or another. Understanding them can help insure success otherwise found to be evasive on even very good programs of diet or supplementing. Further, one can see how even a very good program that ought to produce lifelong health might fail to maintain that health after all.

Perhaps the most fundamental observation that can be made from the above is that unnatural living and unnatural stress that our bodies do not understand is, as has always been expected, probably at the root of all our imbalances. Short of returning there to some extent, we will find ourselves unable to ever quite maintain health as it should be.

Kal Sellers, MH, LMT is in the final year of his Chiropractic education and currently maintains a natural healing practice in Marietta and Powder Springs. He also does Rolfing and various bodywork modalities and energy balancing work. He runs a natural healing school online at www.MadHerbalist.com. He can be reached at 706-473-4375.

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Tasty Toxins

By Dr. Susan Esposito

If you've hung around the health foodies for even a short while, you're probably aware that msg (monosodium glutamate) and aspartame are important food additives to avoid. I have heard this advice for many years and have been told in a nutshell that they "fry out your nerves." This, as it turns out, is a pretty good simple description of the neuronal destruction that actually occurs. For those of you that would like a more in depth explanation of the neuronal death that occurs as a result of ingesting these toxins, I will go into the full story of how this process manifests at the neuronal level in an upcoming issue of *The Life Line*.

Monosodium glutamate, is a sodium salt of glutamic acid, a naturally occurring non-essential amino acid. It is used as a food additive and is commonly marketed as a flavor enhancer, but has also been speculated to be added to food because it has addictive qualities, causing the consumer to want to eat more. Those who believe this speculation also suggest that it may be one of the prime reasons that America is racing towards obesity. MSG used to be made predominantly from wheat gluten, but is now made mostly from bacterial fermentation.

The epidemiological studies done in the United States in the 1970's suggest that 25% to 30% of the population was intolerant of monosodium glutamate at levels then found in food. Considering the expanded use of monosodium glutamate and other msg-containing food additives since that time, it is conservatively estimated that approximately 40% of the U.S. population presently react adversely to msg.

The "MSG Symptom Complex" was originally termed as the "Chinese Restaurant Syndrome." Based on *Excitotoxins: The Taste that Kills* by Neurosurgeon, Dr. Russell Blaylock, and *In Bad Taste: The MSG Symptom Complex*, by Toxicologist, Dr. George Schwartz, these reactions include:

- **Headache, migraine, mental dullness, depression**
- **Flushing, dizziness, light headedness**
- **Sweating, flu-like symptoms**
- **Facial pressure or tightness, slurred speech**
- **Numbness, tingling or burning in face, neck and other areas**
- **Rapid, fluttering heartbeats (heart palpitations)**
- **Chest pain, asthma type symptoms**
- **Nausea, weakness, numbness or paralysis, balance problems**
- **Swelling of hands, feet, face, skin rashes, itching, rosacea-like reaction**
- **Mouth lesions, sores, extreme thirst**
- **Diarrhea, lethargy**
- **Arrhythmias or paroxysmal atrial fibrillation (which can lead to stroke)**
- **Vomiting, irritable bowel, colitis, and/or constipation**

- **Rise or drop in blood pressure (a fluctuation)**
- **Tendinitis and joint pain, tmj**
- **Arthritic-like pain muscle aches—legs, back, shoulders, neck**
- **Attention deficit disorder (a.d.d.), hyperactivity, especially in children (a.d.h.d.)**
- **Seizures, tremors, difficulty focusing, loss of memory**
- **Sleeping disorders—insomnia or drowsiness (chronic fatigue)**
- **Ear problems—tinnitus or meniere's disease**
- **Gout-like condition (usually knees)**
- **Neurological diseases: ALS, Parkinson's, MS**

Food Additives that ALWAYS contain MSG *
Monosodium glutamate, hydrolyzed vegetable protein, hydrolyzed protein, hydrolyzed plant protein, plant protein extract, sodium caseinate, calcium caseinate, yeast extract, textured protein (including tvp), autolyzed yeast, hydrolyzed oat flour, corn oil

Food Additives That FREQUENTLY Contain MSG *

Malt extract, malt flavoring, bouillon, broth, stock, flavoring, natural flavors/flavoring, natural beef or chicken flavoring, seasoning, spices

Food Additives That MAY Contain MSG Or Excitotoxins *

Carrageenan, enzymes, soy protein concentrate, soy protein isolate, whey protein concentrate

Aspartame is an artificial sweetener made from three chemicals: aspartic acid, phenylalanine, and methanol. It is commonly marketed under the product names Nutra-Sweet and Equal. It can also be found in many no-calorie and low-calorie processed foods. Dr. Joseph Mercola, on his website www.mercola.com, says the following about aspartame, "Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death. Some of the 90 documented symptoms of aspartame usage include:

- **Headaches/migraines**
- **Dizziness, seizures, nausea**
- **Numbness, muscle spasms**
- **Weight gain**
- **Rashes**
- **Depression, fatigue, irritability**

- **Tachycardia**
- **Insomnia**
- **Vision problems, hearing loss**
- **Heart palpitations, breathing difficulties, anxiety attacks**
- **Slurred speech**
- **Loss of taste**
- **Tinnitus**
- **Vertigo**
- **Memory loss**
- **Joint pain**

According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting aspartame: *Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.*"

Both msg and aspartame are classified as "excitotoxins." Their effect on the nervous system is to stimulate nerve firing. The problem occurs when the nerves are over stimulated to fire and then can't produce enough energy to accommodate the increased demands. This disruption of normal cellular metabolism can eventually lead to neuronal cell death. As I mentioned at the beginning of the article, I will go into all the details of how this happens in your nervous system in a future issue.

For now, my best advice that I tell everyone is this: *For better brain health and nervous system function, do not put any food containing msg or aspartame into your mouth!*

References:

www.mercola.com

www.truthinlabeling.org

Evidence Of MSG-Induced Brain Damage and Endocrine Disorders: The Animal Studies (Compiled by Adrienne Samuels, Ph.D., May, 2009)

Evidence Of MSG-Induced Human Adverse Reactions: The Human Studies (Compiled by Adrienne Samuels, Ph.D., July, 2010)

Rense.com MSG - Slowly Poisoning America

Dr. Russell Blaylock, *Excitotoxins:*

The Taste that Kills

Dr. George Schwartz, *In Bad Taste:*

The MSG Symptom Complex

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

Don't Get Sick...

By Betsy Bearden

Good health is everything. How many times have you heard someone say, "I can't afford to get sick"? Today, that statement could not be truer. Higher health care costs and declining coverage, higher co-pays and out of pocket expenses are enough to make anyone want to stay well. But, the fact is, trying to stay well, and actually doing it are two very different things, especially as we age.

New technology, research in pharmaceuticals, and rising hospital costs, can practically scare anyone back into a false sense of wellness. More and more people forego tests to determine what causes their aches and pains, and, in many cases, tests that could find and prevent serious illness or disease. Routine screening for preventive care that once was covered at 100% is slowly disappearing. I don't know the answer to our health care situation, and I don't have time for someone to "pass a bill to see what's in it" as far as my health care is concerned, do you?

Normally, I am a healthy person, but for some reason, this has just been a bad year. We all have them. I had an ultrasound in May for something strange going on in my throat. I waited a week to get the results back from that. Then I was told I needed a CT scan. Two weeks later, I had the CT scan. *Three* weeks after having the CT scan, I was told I had a sinus infection and was put on antibiotics. Although the CT scan confirmed I did not have a cancerous mass in my throat, I still have something strange going on in my throat! Meanwhile the CT scan revealed another issue non-related to the original problem. I was referred to a vascular surgeon. Tell me, does any of this stuff sound vaguely familiar to any of *you*? I'm betting that it does.

I had actually seen this vascular surgeon about six years ago when I was experiencing an episode of something that felt like someone was snapping a rubber band on top of my right foot. Yes, it was painful. He never did figure out what was causing the snappy thing on top of my foot. I reminded him of that when I saw him again the other day. He asked me whatever became of the snappy thing on top of my foot. I told him I went to a chiropractor, and they fixed it. Silence....

He proceeded to check the pulse in my neck and then he moved to my legs. He looked up at me and said,

"*Blue* toe nails?" I told him I had gone to a pool party and I wanted my toenails to match the pretty blue pool water. He laughed and said, "What did you go as? A mermaid?" To which I dragged out a dryly responded, "Nnooooo."

But I digress. He apologized for the long wait, and said he was going to schedule an ultrasound. As he was leaving, he turned and said, "A chiropractor fixed it." Then he mumbled, shrugged his shoulders, and left.

The ultrasound was performed in his office. His technician informed me that the doctor gave all his technicians permission to tell patients what they saw during an ultrasound. She stated that in her professional opinion, it looked to be a moderate blockage in my neck, and will most likely need to be checked every six months. The blockage cannot be reversed, but diet and exercise (those two words again!) will certainly help to slow the advancement. I was also told to take a low-dose aspirin every day. She added that I probably wouldn't need immediate surgery because it was a moderate blockage, and besides that, I was too young! Well, that's what I've been trying to tell everyone all along!

Do you know why I think this is happening to me? I'll tell you: it is from lack of exercise and poor food choices. There is a balance—you exercise, you lose weight, get in shape, and you make healthier food choices to maintain that balance. Conversely, no exercise=weight gain=poor food choices=poor overall health and well-being.

My husband and I used to set goals to participate in local charitable 5k's. Steven ran *The Peachtree* for 15 consecutive years, and I walked it for three. It's been three years since our last "Peachtree" or local 5K. Speaking strictly for myself, too much work, lack of commitment to exercise, and a sedentary lifestyle will sneak up and bite you on the rear end before you know it. Okay, we do kayak, so at least that's something!

Going to doctors is not something I want to become a routine part of my life. Wellness checkups are enough! The day is coming when we will be able to monitor our health through home testing. The technology is already available for several at home tests that screen for certain illnesses. I wouldn't be at all surprised if someday, upon birth, we will be given bar codes or have ports installed on our bodies. Then we could just plug in or scan

ourselves to check our vitals and the information would be transmitted via cyberspace to our doctor's offices.

Cryogenics may someday be an answer to our continued good health and longevity. What if we could freeze our umbilical cord content at birth and have access to our own stem cells in the event of serious illness, or for organ replacements? The stem cells in our own cord blood might be able to save our lives. Future generations may be able to realize an indeterminable life span. Science fiction? Guess again. This is all happening, *right now*, as scientific research and technology continue to evolve.*

Genetic testing already exists that allows us to "look" into the future, and see what conditions we may be predisposed to such as certain cancers, heart disease, Alzheimer's, Parkinson's disease, and more. Furthermore, scientists have discovered that we ourselves may be able to alter our own genetic makeup somewhat through our environment, eating habits, and exercise. Pretty amazing stuff! So, if we have *some* control over our genetic makeup that helps us get healthier, then it is it truly possible to cause the reverse. Welcome to future.**

I consider myself very lucky to have a store such as Life Grocery right around the corner where fresh, organic fruits and vegetables and healthy staples abound. Not to mention herbal and vitamin supplements to ensure we can get healthy and stay healthy! Thank you Life Grocery! Now, for some much needed exercise....

Resources:

* <http://drhaiden.com/a-new-vision-2/its-in-the-genes/>

** <http://www.drweil.com/drw/u/id/QAA326607>

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.

Real Food

By Dr. Kimberly Strickland, ND

In the last issue of *The Life Line*, I wrote about my sudden change in diet about four years ago to help my second son heal. The longer I travel down my own path of health, I think that the more we eat foods close to their original source or state the better for us. Raw foodists would definitely agree with this.

What about the rest of us who perhaps do not want to eat raw foods completely? Is it possible to be full of energy and vitality without eating just raw foods? What kinds of foods would you eat? At our house in the summer we start our day with a smoothie. I have three children aged 8, 5 and 1½ years old who love smoothies. I use frozen bananas as the base and add other fruits such a mango, blueberry, strawberry, cherries, pears, and grapes along with spinach, kale, baby carrots and/or squash. Basically I make sure there is a lot more fruit than vegetables so it will taste sweet. I buy several big boxes of organic spinach at a time and put them directly in the freezer to use for smoothies.

Eggs are a great source of protein and can be cooked in so many ways. My kids prefer scrambled although on the road they'll eat hard boiled. This summer we traveled quite a bit and still ate healthfully. My toddler loves sautéed onions and mushrooms for breakfast with his eggs. While staying at a friend's house this summer they commented about my children eating vegetables for breakfast. The older kids had chosen Ezekiel toast, scrambled eggs, turkey bacon, and peas. Fruits and vegetables should make up the majority of our diets whether raw or cooked. Put a plate of fresh fruit out in a room of small children and watch it disappear quickly!

If you eat meat try eating it without a grain. How about a bowl of fresh fruit as an appetizer? Then grilled salmon with pesto, marinated and grilled squash, onions and peppers along with a salad with olives and cucumbers, topped with sliced almonds. On the side I might serve steamed broccoli with some black beans. Eating meals like this actually can be time saving as it often takes less time to prepare foods this way.

How many gluten free, vegetarian, or vegan people do you know that rely on prepackaged breads, cereals, cookies, bars, cakes, pretzels, corn chips, and frozen meals for the bulk of their diet? It is certainly convenient to have these foods available for traveling or special celebrations, but a healthy diet should be based on real food such as fruits, vegetables, eggs, meats, fish, nuts, seeds, fresh dairy products like cheese, milk and plain yogurt, and healthy oils like ghee, butter, olive oil and flax oil. Look in your pantry and refrigerator and see what you have more of . . . processed or fresh foods. Come into Life Grocery for a wide variety of fresh fruits, vegetables, nuts, seeds, eggs, cheese, milk, yogurt, fish and meat.

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.

Black Beans: Good Food for a Good Mood

By Traci Sellers

Black beans are wonderful in many ways, as a good source of dietary fiber, folate, protein, and antioxidants, along with numerous other vitamins and minerals. One of the best qualities of black beans is their ability to regulate female hormones. Black beans are rich in phytoestrogens, which can be used in the body like estrogen. (But don't worry, these are so mild, your body throws off any you do not need, unlike the estrogenic compounds in plastics) These super mild plant estrogens tend to even out hormonal function, making hormone swings and mood swings a thing of the past. Kal Sellers, MH, recommends ¼ cup per day for glacial moods.

Black Bean and Corn Salad (or Salsa)

I picked this recipe up at a 4th of July celebration put on by our good friends Howard and Stevia. Stevia shared the recipe for this fantastic salad, (which also can be dipped up with corn chips like salsa.)

- 1/3 cup olive oil
- 1 T red wine vinegar
- 1 t apple cider vinegar
- 1 garlic clove, minced
- 1/2 t ground cumin
- 1/2 t dried oregano
- 1/2 t sea salt
- 1/4 t honey
- 1/8 t cayenne
- 3 c sprouted and low heated* black beans (or two 15 oz cans, rinsed and drained)
- 1 1/2 c thawed frozen sweet corn kernels (or one 15 oz can, drained)
- 3/4 c chopped red onion
- 1/2 c each: chopped red, green and orange peppers

- Whisk together first 9 ingredients and then add remaining.

- Mix well and chill 8 hours or overnight or if you're like me and cannot wait, serve with chips immediately, although truthfully, the flavor was way better the second day!

*For free instructions on sprouting and low-heating grains and beans, go to www.BestFoodist.com and download the free book on the homepage!

Traci Sellers became interested in healthful food preparation in 1997, when her first pregnancy nearly took her life, and a healthful plant based diet saved it. She spent over ten years in the trenches of her kitchen concocting delicious comfort foods with impeccable health standards, and taught them in food preparation and nutrition classes. She maintains www.BestFoodist.com and www.TracisTransformationalKitchen.com to help others on their journey to health.

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The Power of Giving

By Pamela Meyers, Ph.D.

This article was originally printed in November 2001.

The holiday season approaches, the busiest shopping time of the year, and our thoughts, monies, and efforts commonly turn to gift buying. But there is an innate power to gift giving that often is not fully acknowledged.

The power of gift giving stretches out from the heart of one to ignite the heart of another. It knows neither boundaries nor seasons. True gift giving takes careful thought and consideration; it may require very little time or serious commitment, but it always provides a sense of fulfillment and a warmth that envelops the whole being.

Gift giving doesn't always involve money. The gift can last for more than the moment or day or week. It has the power to last a lifetime. The gift may be tangible or intangible, given by a friend, a coworker, a loved one, or a stranger. It can be very simple or assembled from 1,001 parts.

The recipient may not realize immediately the power of the gift. In fact, the true power of the gift may never be realized. There are times when givers remain anonymous, in the shadows, observing the joy brought to the lives of others, never demanding a spotlight showing them as a wonderful benefactor. There are also instances where even the giver is not fully aware of the power of the gift.

After having experienced the death of my parents and living through a house fire with my husband, I have found that those things of most value to me are love, time, and memories. I'll never forget the gift of time the East Cobb Rotary Club (to which my husband belongs) bestowed upon us within an hour or two of the house fire. When the walls came tumbling down, they were there helping us to recover whatever we could from the rubble, opening up their homes to us should we need them. Nor will I forget the gift of hugs and the attentive ears of my friends following the death of my father; the plant left on my doorstep; and, the dear friends who have cared for our "fur children" the times we've needed to be out of town.

The greatest gifts from my parents were the love they gave me and the lessons they helped me to learn. One of my favorite gifts from my father was all the time he took to read stories to me when I was a child. Both my parents helped me to love reading, a passion I carry to this day.

My husband's greatest gifts to me have not been ones of jewelry—although, like any red-blooded American I enjoy these, too—but ones of adventure. He has taken me to exotic places worldwide; yet, my favorites are our trips where we just get in the car

and drive. We've also hopped aboard trolley tours, walked many zoo paths, ate hotdogs at the ballpark, held hands during sunsets, and caught the new releases at the movies on our Friday night dates. Many times he has brought home hot and sour soup and frozen yogurt when he knew I really needed it, or cooked breakfast on Sunday mornings. I've kept, and I treasure, every greeting card he has given me, including the ones from the puppies, since 1981.

As the holidays approach, reflect on the gifts that have meant the most to you and why. Carefully observe those around you. Do they need the latest gadget on the market or would they benefit more from something else? Consider these gift suggestions:

- *a good book to an avid reader*
- *an evening of baby-sitting for a couple with young children so they can be alone and have time to reconnect with each other*
- *a basket of aromatic bath salts and oils to melt away tension and renew energy*
- *herbal teas to tantalize the tea drinker's taste buds*
- *registration for a "how to" class for the perpetual learner*

- *washing a load of clothes for your Mom*
- *walking the neighbor's dog*
- *mowing the lawn of an elderly couple*
- *buying groceries for someone in need*

Many of these gifts may be difficult to wrap, yet they present a beautiful package. These types of gifts are timeless.

And, my idea of the ultimate gift:

**Become an organ donor
and give the gift of life!**

As you give and receive gifts this holiday season, contemplate the love and consideration given to each one.

I wish everyone Happy Holidays and hope that the gifts you both give and receive truly fulfill your heart.

Dr. Meyers has a PhD in Clinical Nutrition and provides private consultations in office, online, and via phone. You may contact her at askdrpam@hotmail.com.

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Your Questions Answered

By Don Bennett, DAS

This will be the tenth year that my articles have appeared in this publication, and over these past ten years I've been asked many questions. I thought I'd share a few of them with you, along with my answers.

Q: "Why are some people not successful with a raw food diet?"

A: What I've seen in the many years I've counseled people is that there are bad, fair, good, better, and best ways to do the various aspects of a healthy dietary plan. But even when they attempted to follow the best plan, some people say "such-and-such didn't work for me" but in reality, this happened because they were operating on some faulty information. They misunderstood some piece of information or what their body was saying, they weren't following it 100%, or they didn't give it enough time. There are other secondary reasons, but these are the primary ones. This is why acting on correct information *that squares with human physiology* is essential if you want to regain and maintain lost health and vitality. Plus, you need to follow the plan and not cherry pick what you're willing and not willing to do.

Q: "What do I do with someone who can't transition to a healthy diet as quickly as many people can? He wants to improve his health, but he needs to take baby steps, and he'll be eating cooked food for a while longer. Any suggestions?"

A: Taking a product like Digest Gold (digestive enzymes available at Life Grocery) prior to a cooked meal is certainly a prudent thing to do. Let me be clear, this doesn't make it "okay" to eat cooked food, it just makes it slightly less burdensome on the

body. And if he could gravitate to a restaurant meal that begins with a big salad (sans dressing) so that he gets lots of greens in first, and then from a baked potato with butter to a baked potato with avocado for butter and/or marinara sauce on the potato, these would be steps in a health-enhancing direction, albeit baby steps.

And anyone eating a less-than-healthy diet should certainly take a multivitamin; many mainstream health organizations even recommend this (although they don't distinguish between the multi's made to a food grade standard and those made to a pharmaceutical grade standard, which is a shame). And some people would say that until he stops cooking those foods which would otherwise supply him with usable Omega Fatty Acids, it might be prudent to consume a supplement that specifically supplies these, but as this would be an oil, and probably a fish oil, I'd rather see someone eat some uncooked avocado and eat small portions of nuts on occasion.

And as you know, diet should be just one of the focuses; so regular rebounding would be a great improvement too.

Also continued research would help him to better understand the "whys" of the benefits, which can help incentivize him to put the "hows" into practice.

Don Bennett is a Health Creation Educator, lecturer, and author; his new book, from which these questions were excerpted, The Raw Food Diet and Other Healthy Habits: Your Questions Answered can be found at Health101.org.

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Healthful Food Tips

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

If you're a coffee, tea, cola or any other "bad drink" drinker (sorry, just speaking the truth), and you try to give it up all at once—dream on, right?—you may get a headache or general upset feeling. Caffeine withdrawal is not a pleasant experience—for you or those around you. In addition to caffeine having a serious negative impact on your nervous system, caffeine will block some of the absorption of calcium in your digestive system. Caffeine is often hidden in many foods. Did you know that two aspirin could have as much caffeine as a cup of tea or a glass of cola?

If you do want to give it up, put a glass of your favorite caffeinated drink in the refrigerator and every hour that you do not feel good and are just craving some, take one tablespoon of the drink. That should make you feel better. If you feel bad the next hour, repeat the process. If you feel okay the next hour, skip the "fix." Most people report that in two to four days they can kick the habit. Think of all the money you'll save that you can now spend on organic produce!

Enjoy a wide variety of foods in your diet, but avoid mixing too many different foods in one meal or you will end up having a hard time properly digesting it all.

More and more experts are singing the praises of raw food for one main reason: enzymes. Our bodies desperately need enzymes to process our food efficiently, and raw foods are our only source of this crucial dietary element. So, try to eat at least one raw food at each meal. Once any food is heated to 120° F [some suggest lower temperatures than 120° F] or higher, many of the nutrients and enzymes begin to break down. The more we cook our food the less healthy it becomes. A vegetarian/vegan diet without raw foods is still a long way from healthy. A good variety of raw fruits and veggies spread throughout your day ought to do the trick.

Eat as much as you need to keep and maintain a healthy weight and lifestyle, but do not overeat. Too much food dulls and depresses the mind and can cause fatigue, a weakened immune system, and other bad things. Are you reading this after a big meal? Having trouble keeping your eyes open, aren't you?

Do not eat meals too close together. Wait until one meal is digested and out of your stomach before piling on another. If the first meal is only partially digested and you dump another pile of food on top of it, the first batch ends up sitting in the stomach too long waiting for the

second round to digest so that they both can pass out of the small intestine. In addition, food that sits too long in the stomach gets "over digested" and will not be absorbed very well. Here are a few good rules of thumb.

Before eating again, wait at least:

- one hour after eating a fruit-only meal;
- three hours after eating a starch meal, such as grains or starchy vegetables;
- four hours after eating a protein meal such as beans, nuts, or legumes.

This information is an excerpt from Dr. Joe's award winning book, Eating Right. . . For The Health of It! available in the Life Grocery book section.

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.

Tasty Toxins-The Details

By Dr. Susan Esposito, B.S., D.C., DACNB, FACFN, FABES

In the last issue of The Life Line, I wrote about two of the major excitotoxins found in our food supply today, MSG and aspartame. I also provided you with the exhaustive list of the reported side effects that occur in many people who ingest them. These symptoms range from headaches to nausea to pain to attention deficit disorder to those of full blown neurological diseases like Parkinson's or multiple sclerosis. I also provided you with a list of some of the alternate names under which these potentially neurotoxic additives are listed on food labels. For example, hydrolyzed vegetable protein, sodium caseinate, yeast extract, nutra-sweet and equal.

As I promised in my previous article, I will now describe the cellular mechanism by which these nasty little buggers can wreak havoc with our normally functioning nervous system.

Here's the understanding of how it happens:

The problem occurs when there is too much glutamate and aspartate in our system causing neuronal receptors to be continually activated. This process is termed "excitotoxicity."

Excitotoxicity is a pathological process by which neurons and nerve cells are damaged or killed by the constant, excessive stimulation of such neurotransmitters as glutamate and aspartate (found in MSG and aspartame). This occurs predominately with specific receptors that are located on the membrane of the nerve cell, such as NMDA (N-methyl D-aspartate) receptors and AMPA (α-amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid) receptors that allow for the attachment of glutamate. When glutamate attaches to the NMDA receptor, it functions as a key in a lock that opens the receptor channel by removing the magnesium block that kept it closed. When the channel is open, calcium flows from the outside of the nerve cell into the nerve cell.

Calcium is necessary for many reactions to take place in the cell for the creation of energy and for sustaining the health. When neurotransmitter levels are normal, this process occurs at the appropriate level. The pathology occurs when we have too much neurotransmitter substance in our system, which creates overstimulation of these cellular receptors and a consequence of elevated calcium ions inside the nerve cell.

When too much calcium is present inside neuronal cells, an overabundance of certain enzymes are activated such as phospholipases, endonucleases, and proteases such as calpain. These enzymes are agents of catabolism (break down) of cellular structures like the cytoskeleton (this is the framework of the cell that is made up of proteins), the membrane (the outer coating or wall of the cell that enables a specific selection of certain substances to cross into and out of the cell), and DNA (Deoxyribonucleic acid) which is essential for the coding and proper replication of our cells.

More specifically, the influx of too much calcium causes the endoplasmic reticulum (an intracellular organelle responsible for creating necessary proteins and metabolic regulation of several cellular components such as lipids, carbohydrates and calcium) to release even more calcium into the cell. Intracellular calcium will attach to an intracellular attachment site on the AMPA receptor, helping to open up the receptor and allowing even more calcium into the cell. This elevation of calcium also adversely affects the function of the mitochondria (another intracellular organelle, which is responsible for producing the energy needed for the performance of all cellular functions). Now the cell cannot create enough energy to work as it should. Without sufficient energy, the cell can no longer fuel the pumps that are responsible for pumping excess sodium out of the cell. With a buildup of intracellular sodium, the cell draws in more fluid. Eventually the cell can no longer contain all the excess fluid and will burst. An overabundance of calcium in the nerve cell will also create free radicals such as ROS (reactive oxygen species) which oxidizes and damages many components of the cell.

All of these processes, as well as some others that occur in excitotoxicity, can lead to apoptosis, which is the term used to describe this kind of cell death.

Sounds pretty scary, but here's an easy fix: Don't eat or drink any excitotoxins!

Sounds simple, but it's really more difficult than it appears, due to their ubiquitous inclusion in processed foods and their disguises in the form of many manufacturer's usage of alternate creative naming on ingredient labels.

Some other tips for increased cellular health are to include neuroprotective foods and supplements in your

diet. For example, keep your cell membranes healthy by making sure you have plenty of essential fatty acids, especially the omega-3's. Antioxidants are key to protect against destruction caused by free radicals. Magnesium is important in the regulation of calcium channels, such as NMDA receptors. Anti-inflammatory agents such as vinpocetine (a supplement) and the bioflavonoid apigenin (which can be taken as a supplement or found in herbs such as parsley, thyme, peppermint and chamomile), may be used to protect against the damaging effects of cellular inflammation. Apigenin is also found in red wine and tomato sauce.

Exercise and reducing stress are huge components in the healthy maintenance of the nervous system, so I feel obliged to add them in here as well.

So the take away is to order take out without MSG! Happy eating to all and to all a goodnight!

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

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Have a Merry ... Flu Season?

By Linda Townsend

You might find vaccines a strange subject during the holiday season when all is supposed to be cheery, but this is also the flu season. All those fun get-togethers mean that you will probably be exposed to a number of influenza strains from many sources.

Flu Statistics are Not Necessarily Facts

What is "flu season" exactly? According to the Centers for Disease Control and Prevention (CDC), flu outbreaks can happen as early as October, most of the time flu activity peaks in January or later. Compiling "the highest percentage of respiratory specimens testing positive for influenza virus infection" during a 35-year period, "flu activity most often peaked in February (sixteen seasons, or 46% of the time), followed by January (seven seasons or 20% of the time), and March and December (which each peaked during four seasons, or 11% of the time)."

These statistics are based on three things: a doctor must be seen, the patient must be tested, and the test results must be submitted. The lower statistics from October to January might be due to such factors as the illness began mild, people are just too busy to make an appointment with their doctors, and limited availability of doctors due to holiday vacations. It may be more likely that flu season revs up as school starts and peaks during the height of the holiday season when people are doing their holiday shopping and attending parties.

Flu Shots in Question

It is human nature to have fears about illnesses, to want to be insured against them, and to trust the advice of medical experts when they seem to provide a simple solution. People want to be assured with words like protective, safe, and effective. Most people are satisfied with believing flu shots are helpful. They would be uneasy with words like inconclusive, questionable, and even risky.

Many parents are convinced a yearly flu vaccination for their children is the responsible thing to do, yet are usually not told about research that might invoke questioning. For instance, a Mayo Clinic study, conducted between 1996 to 2006 with 263 children from six months to eighteen years of age, showed children with the flu vaccines had three times the risk of influenza-related hospitalization compared to those who were not vaccinated. (May 19, 2009, presentation, American Thoracic Society 105th International Conference, San Diego). It is inconclusive as to why the study produced these results, but it suggests the necessity for more studies in regards to flu shots.

Even if flu shots were proven not harmful, there would still be the question of their effectiveness. In the 2004-05 season, flu vaccinations dropped 40% due to a shortage in supply. In the 1997-98 season, the flu vaccine offered no immunity to the prevailing seasonal strain because the experts guessed wrong (the vaccine covers only three strains). However, both times there were no spikes in flu related deaths, although that can be excused by a deficiency in reports. The CDC estimates influenza-related deaths

from a low of about 3,300 to a high of 49,000 per year in the United States...but "states are not required to report individual seasonal flu cases or deaths of people older than 18 years of age to CDC." This means the statistics on flu-related deaths including adults are guesses.

What exactly is in this mystery vial of clear liquid that will be delivered by a needle poked through the skin? What are its guarded, secret, "safe" ingredients? Those would also be controversial: egg proteins, gelatin, Polysorbate 80, formaldehyde, Triton X100 (detergent), sucrose, resin, gentamycin (antibiotic), and thimerosal (mercury). Thimerosal is still found in multidose flu shots, although there are some without mercury available in limited quantities now.

Another disturbing fact, is that for the flu shot to work the body must be able to create antibodies, so the people most vulnerable to influenza infections are the ones on whom the flu shot would be the least effective. Likewise, the people who are most likely to benefit are the ones with healthier immune systems, therefore have less need of the vaccine.

Natural Alternative

The best flu virus fighter is a healthy immune system. Flu shots are meant to stimulate the immune system so it will respond quickly to the flu infection, but there are other natural ways to assist the immune system without the shot. Vitamin D, for instance, seems quite promising.

Described in the March 2010 issue of the *American Journal of Clinical Nutrition* [Am J Clin Nutr (March 10, 2010). doi:10.3945/ajcn.2009.29094] was a four month double-blind and placebo-controlled clinical trial involving 334 (six- to fifteen-year-old) children with half receiving 1200 IU of vitamin D. In the placebo group 31 of 167 contracted the flu while only 18 of 168 Vitamin D group did.

Another study was led by James R. Sabetta, MD, in the Department of Medicine at Yale University School of Medicine and the Section of Infectious Diseases at Greenwich Hospital in Greenwich, Connecticut. Looking for a link between lowered blood levels of vitamin D, due to less sun exposure as common in winter, and the rise in colds and flus, 195 healthy adults had monthly blood tests for 25-hydroxyvitamin D levels beginning the third week of September and continuing for the following four to five months. Nearly half of the people (45%) with blood levels lower than 38 ng/ml (nanograms per milliliter) contracted upper respiratory tract infections. Eighteen subjects (17%) maintained above 38 ng/ml, resulting in a significantly lower number of colds and flus, fifteen having none at all; with the three that did succumb, the percentage of days ill with acute respiratory tract infections was 4.9 times lower than in the below-38 group.

There is some disagreement about how much Vitamin D a healthy person should take to maintain a minimal level of 38 ng/ml and there can be risks for persons with certain health conditions or pregnancy, so consulting a health professional is highly advised before taking high doses of Vitamin D. However, James Cannell, MD, president of the Vitamin D Council and co-author of the paper "Epidemic Influenza and Vitamin D," published in the *Journal of Epidemiology and Health*, recommends 5,000 IU a day of Vitamin D3 and has stated "There is not a single case in the medical literature of vitamin D toxicity while taking regular doses of 25,000 IU or less."

Linda Townsend is a freelance writer of health-related issues and can be contacted at ceisa@bellsouth.net.

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The Center of Your Health

By Kal Sellers, MH, LMT

The idea of a focal point for our health is certainly desirable. This is something we can put our efforts on when things are not right. We maintain this item no matter what else we are working on, doing or trying. In the past the bowel has been seen as that focal point, but in a world where hypersensitivity is far more common than it once was, simply cleansing the bowel is not always a wise thought process early on. Instead, the true center of our health, the liver, is considered in order to both cleanse the bowel by bile flow and calm it by its healing and regulatory processes. When the liver functions well, the skin is clear and healthy, the stomach works (which means teeth stay healthy), lymph gets circulated because it can be filtered and healing takes place instead of patch-up work. In this article, we will explore the liver, several of its roles and how to heal it and keep it healthy.

Normally, when any substance enters the body and is not proven to be a genuine invader, the liver neutralizes it or is involved with neutralizing it, excreting it or changing it for excretion. A large amount of toxicity, waste and irritating particles, including foods and supplements we took in but could not use, are excreted directly through the liver and out of the body in the form of bile. As long as the liver is keeping up, this process goes off without a hitch of any kind. We never know it or feel it.

When the liver begins to build up a backlog, however, problems begin. Toxins from food and environment and also our own toxic thoughts, fears, and worries come to the liver for removal. Neuropeptides (the chemical form of every thought and feeling) and hormones are broken down here. Foods and digested potential nutrients often must be changed in the liver for optimal use or storage. Wastes and unused substances in our bodies that are not necessarily "toxic" are also processed or at least managed by our livers. Debris from infections and toxins they may produce are also filtered/neutralized at the liver.

If the things to be processed by the liver exceed its capacity, some of these will enter the bloodstream and build there. Initially, our body responds with buffering mechanisms like mucus, storage in fat, and buffering compounds for pH. Later, though, the immune system actually begins to attack. This is not usually a full-blown allergy. Rather it is a smaller reaction. While this reaction does produce symptoms, the symptoms are easily ignored thanks to the body releasing endorphins simultaneously with this type of reaction. Indeed, very commonly, individuals feel that a proper meal has not been enjoyed until such a reaction takes place, which produces a fat (due to inflammation) and happy (due to endorphins) sensation.

This process (the inflammation) is probably THE mechanism of aging today. This is not the only mechanism of aging to be sure, but it is the one that is most influential for everyone today. We never even get to try out other aging operations because this one is such a dominant primary mechanism. The inflammation that becomes systemic irritates the nerves, stimulates the thyroid and adrenals to

exhaustion, changes pH adversely, and leads to chemical changes in the blood that inhibit all health and create all disease. All degenerative conditions owe their very existence to this process. Inflammatory conditions simply occur when there is an excess of inflammatory particles (called antigen-antibody complexes) that accumulate in tissue because it is weak. Not uncommonly, irritants to which the body has become sensitized are also found in those weaker tissues. The end result is inflammatory damage to weaker or previously damaged tissues and almost always to the kidneys.

The liver may be partially at the center of the reason for cleansing the bowel. As the bowel moves, many things happen, including reflexology that is believed to exist within the colon, just as it does in the hands or feet. The liver is also cleansed and affected and fewer toxins reach the liver. The portal vein samples what is in the large colon. When the colon is toxic, we may get toxins, rather than just samples to the liver.

In the modern toxic, stressed out world enjoying the benefits of the third or fourth generation of eating unnaturally, the importance of a liver emphasis is hard to overstate. Like everything else, it is not an isolated island. The liver is very much involved with every process in the body. Nothing happens without some influence from the liver, one way or another. It has been estimated that the liver does thousands of different operations trillions of times per day. We are in no danger of explaining all of these operations and all we have is an estimate, but everyone agrees that the liver is very significant to our health far beyond the basic pathological failure that is the exceedingly late finding that the medical profession may discover in a blood test.

When we think of healing the liver, there are certain considerations that should be present:

First, if we want to heal any body part, the place to start is in load reduction. We consume less food, less toxic food, less environmental toxins, impure water, chemicals on our skin and in our laundry, less toxic television and news media, etc. We reduce the load with our thinking by working on our attitude. We shall not discuss this much here, but it is a vital point since we now feel that we know that all body cells are listening to our thoughts and, indeed, thinking and responding together.

Second, the liver has to be strong enough to handle all its jobs. There are common herbs that are expected to strengthen the liver and many supplements that may help. Common herbs (the expertise of the author) that strengthen the liver in some way are: milk thistle, wheatgrass, goji berries, dong quai, turmeric, stone root (collinsonia), dandelion root, comfrey, and blessed thistle.

Third, the liver has to be good and consistent at eliminating and moving bile through. The liver and gall bladder function together, in concert, for this part. Increasing the flow of bile will generally improve digestion, colon elimination, and whole body detoxification. It will cool and disinfect the liver and bile ducts. Herbs that improve bile flow are: barberry root, Oregon grape root, goldenseal

root (all in the same family), dandelion root, turmeric, wild yam, cascara sagrada (and relatives), senna, Turkish rhubarb, and many very bitter herbs. Generally, herbs that increase bile flow (called cholegogues) are used with other herbs that help them work more smoothly. These are usually relaxing, carminative herbs like peppermint, fennel, catnip, ginger, cardamom, orange peel, cinnamon, etc. It is not uncommon to also use herbs that inhibit spasm in the bile ducts and colon, such as wild yam and cramp bark.

Fourth, the liver has to have healthy innervations. This might be a good discussion to have with your chiropractor. Regular chiropractic care can help neurological function everywhere and may help with the liver. We sometimes use herbs that have nerve-related actions, called nervines, which help heal and improve function of the nervous system. Two good liver nervines are Jamaican dogwood and lobelia inflata.

Fifth, the liver has to be unrestricted in its normal flow and tone. Here may be a good place to insert the services of an acupuncturist. This is certainly a good place to learn a little massage for the liver. Commonly, castor oil massage, sometimes with a healthy deep heating ointment, is used. This is massaged into the liver area and deeply into the area just right of midline where the stomach ends and the bile ducts dump into the duodenum. Full body massage can be very helpful for breaking up what massage therapists sometimes call "holding patterns."

In actual practice, many natural healers feel that the number one problem with healing the liver is not doing enough. It is a toxic, crazy world. We should respond like we mean to get the healing job done. Many resources exist. If affordable to the individual, additional helpful technology exists to speed and stimulate natural healing of all areas needing care, including the liver. The list above is a basic overview, not a comprehensive one.

In conclusion, we have discussed the liver as the center of health, the symptoms it might produce if it is unhealthy and a few considerations for healing it. We have mentioned herbs and what they do. There is a lot to consider in healing the liver and individual care may be indicated. Mostly, this article should help to inspire consideration of what to do and how seriously the reader may want to take this issue.

Kal Sellers, MH, LMT is a natural healing professional who works in West Cobb County. He does the Rolf Method of Structural Integration and clinical herbal and natural nutritional medicine. 706 473 4375.

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The Amazing Apple

By Brenda Cobb

Apples are a very versatile fruit. They can be used in everything from salads to smoothies, main courses and desserts. The especially popular apple pie is loved by many, but usually requires cooking the apples. When you cook the apple it becomes acidic and the enzymes, vitamins, and minerals are compromised so you do not get the full nutritious benefit that you do when the apple is raw. The good news is there are wonderful raw apple recipes that are incredibly delicious and nutritious too.

Apples are highly valued for their disinfectant and therapeutic qualities. They are antitoxic and can even help reactivate the beneficial bacteria in the intestines which contribute to good health. They are a highly digestible alkaline food with a water content of around 85 percent. Eating an apple can help quench both immediate and cellular level thirst. Apples are fibrous, juicy, and non-sticky. When eaten raw they help clean the teeth and exercise the gums

The pectin found in apples is a gel-forming fiber which supplies galacturonic acid to prevent the putrefaction of protein. Pectin acts like a broom and bulking agent to gently cleanse as it moves through the intestines. This is especially helpful if impactions are present. Pectin is also powerful in protecting against the toxic effect of certain chemicals in the diet and it binds with radioactive residues, lead, mercury, and other toxic heavy metals, and removes them from the body. Apples can help reduce skin diseases, arthritis, and lung and asthma problems. Apple leaves contain an antibiotic which, when crushed, can temporarily substitute for a bandage.

The apple has a lot of mystical history in popular tales of many countries. One myth involves Hercules'

obtaining the golden apples from the Gardens of the Hesperides, faithfully guarded by a sleepless dragon. One of the Norse myths tells of the goddess Idun, who supplied magic apples to all the gods so they could stay eternally young. The fairy tales of the Brothers Grimm, which are all taken from old folktales and myths, have several stories involving apples including the famous story of Snow White. Aphrodite bears an apple in her hand, as does Eve. The serpent guards it, and the dragon watches it. It is the healing fruit of the Arabian tribes, and it bestows immortality on the Turks. Greek mythology relates that the origin of the Trojan War was attributed to the Apple of Discord, a golden apple thrown down in front of an assembly of the gods by the goddess of hate, Eris.

The apple was introduced into Massachusetts as early as 1623 by William Blackstone, minister to the settlers at Plymouth. These trees were so important to the early colonist that by 1646 Massachusetts had passed its first law stipulating "proper punishment" for anyone robbing an apple orchard. Almost every farm had an orchard of apples, grown for fermenting into hard cider. Visitors were offered not coffee, tea, or water, but cider. It was the common drink. In medicine the disinfectant and therapeutic qualities of the apple are highly valued.

There are over 7,500 varieties all descended from the very tart and scarcely edible wild crab apple (*Pyrus baccata*) and the ancient apple of the near East (*Pyrus malus*). Whether you choose the juicy Red Delicious or the super hard, delightfully tart Granny Smith you will enjoy the taste and your body will appreciate all the nutrients and health

benefits. Maybe it really is true that "an apple a day keeps the doctor away."

Apple Cinnamon Crunch

3 cups apples
9 medjool dates
1 c raw almonds soaked
1 c raisins
1 t cinnamon

- Soak the raw almonds overnight in 4 cups filtered water and drain. The almonds will plump up to almost twice their size.
- Chop the almonds in the food processor until chunky and set aside.
- Peel and seed the apples. Put half the apples and the cinnamon in the food processor and blend until creamy.
- Chop the other half of the apples into small bite-size pieces.
- Pit and chop the dates into small pieces.
- Combine the apple cream mixture with the chopped apples, dates, raisins and almonds. You can enjoy this just like it is or shape into cookies and dehydrate for 24 hours at 105 degrees for a chewy delicious treat.

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies. For more information, call 404-524-4488 or 800-844-9876 and visit www.livingfoodsinstitute.com.

Restoring Endocrine Function

By Dr. Kimberly Strickland, ND

Dear Dr. Kim,

I have been having episodes of severe nausea, shakiness, confusion, trouble concentrating, and blurry vision. These symptoms were occurring pretty regularly up until about one month ago. Sometimes these symptoms correspond with low blood sugar. Up until recently I have been tandem nursing and have been breastfeeding for almost three years. After several trips to the lab the most recent diagnosis is hypothyroidism. I have elevated thyroid antibodies but "normal" thyroid levels. Any suggestions regarding natural things to rebalance my thyroid or any connection with hypoglycemia would be appreciated.

Signed, Shaky

Dear Shaky,

My first reaction to this is your adrenals, especially after your thyroid test results. When the endocrine system goes down, it starts from the ground up, creating a cascade from adrenals, to thyroid and immunity, then pituitary (depression, anxiety, panic, etc.). If there are symptoms in the thyroid, it means the adrenals are already exhausted. Since you have been pregnant and

breastfeeding for three years, this makes perfect sense. Also if the adrenals are depleted, you will experience greater insulin resistance which will show up as low blood sugar.

First and foremost, adopt a paleo/ primal type diet. This is best for controlling blood sugar fluctuations and rebuilding adrenals and the entire endocrine system including the thyroid. Check out the blog Mark's Daily Apple or just google for some more info. Cut the carbohydrates (grains, starchy veggies like white potatoes, and all sugars except moderate use of honey). Focus on vegetables, whole fruit (no juice) with a focus on berries, sweet potatoes, and winter squash. Focus on getting plenty of protein and good fat including butter, ghee, coconut oil, fish, and animal fats like tallow and lard from pastured animals at every meal. Not only will you feel full longer, but your blood sugar will stabilize and you will slowly begin to feel more vitality. Try to throw in some organ meat here and there to replenish the endocrine system.

Go to bed and be asleep by 10:30 every night, and get up as close to sunrise as you can manage. This is imperative for restoring adrenal function and nourishing the liver which is your real source of

energy. If you wake up fatigued over and over, even after a couple weeks of this schedule, then investigate liver/blood deficiency.

Get some probiotics in on a daily basis. If you are pregnant or nursing, I suggest water kefir or cultured veggies (gingered carrots are awesome!), but not kombucha, as it opens detox pathways in the liver that you do not want while nursing or pregnant. A probiotic supplement is fine in addition, but try to focus on a food form as well.

Herbally, I would recommend a combo of nettle and oatstraw. Nettle deeply nourishes at a cellular level, has an affinity for kidneys/adrenals and provides ample minerals. Oatstraw is also rich in minerals and nourishing to the nervous system, which plays a huge role in blood sugar stabilization and endocrine, specifically adrenal restoration.

Under normal circumstances, this protocol generally brings improvement in a couple of weeks. The dietary portion is the most important.

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.

“... But What’s in It?”

By Betsy Bearden

Deck the halls with boughs of holly! What does that mean, exactly? I haven’t a clue, but it is a very big part of the Holiday Season. Just as shopping, cooking, visiting, decorating, singing, eating, shopping, eating, shopping—and eating. The Holiday Season also signifies a time for looking back on the year that has past and in reminiscing. Since September, my son’s 14-year old cat, Zena, passed away. So did our beloved Lhasa Apso, Yogi. He, too, was 14.

However, for each loss, there is always gain: some big, some small. For us, it was little Birdie. She has returned to the nest. She is back and nesting in the same nail pouch in our garage where she hatched her five eggs over this past spring if you will remember from an earlier story I wrote. I know it’s her, because I recognize her face! Who could ever forget that sweet little face? I watched her for hours as she showed the baby chicks the way out of the garage, and into the big wide world of adventure. When we noticed she stayed close to our house for months after her chicks had hatched, Steven vowed to leave a way back in for her should she ever return home, and she has! I don’t believe she is “on the nest,” but she is roosting there comfortably for now.

It is always a happy time when family comes home, especially during the holidays. What a wonderful, festive, happy, chaotic, surprising, interesting, nerve wracking, and frustrating time we always have. Nerve wracking? The year someone forgot to bring the ham and we had to eat a totally veggie Christmas dinner: what a disaster, right? Chaotic? Forgetting to put sugar in the eight pumpkin pies I made one time, and trying to correct the mistake by poking them with a wooden spoon and drizzling the only sweetener left in the house on Christmas Eve (molasses) all over the top of them. That didn’t exactly work out as I had planned.

Frustrating? Have you ever brought tofu to Thanksgiving or Christmas Dinner? I rest my case. I am forever cursed when it comes to bringing any dish to a holiday gathering. “Oh...that looks delicious—but what’s in it?” I have been practicing for responses for this question with lines like “Oh, just a little eye of newt; toe of frog; high fructose corn syrup; monosodium glutamate; nitrates; hair of the dog that bit me.” You know, things they would probably go for as long as it’s anything other than T-O-F-U!

Now that I think of it, it’s been a while since I have “experimented” with the family during the holidays. I think I am overdue, what do you think? I have recently made another road trip to Life Grocery where I can find anything and everything I want to put in my recipes that are all natural, organic, wholesome, and healthy. But I don’t have to tell the *family* that, do I? Muwahahaha. I am not banned from making macaroni and cheese, as long as it does not contain hidden chunks of tofu, or is made with the little red, green, and yellow Santa Claus-shaped noodles I happened to make it with one year. I was almost banned from the making of Mac and Cheese over that one. The noodles looked so cute in the box, but something happened to them during the cooking process. They sort of “grew” and became, well, big soft globs of red, yellow, and green in a sea of cheddar cheese. It actually looked more like something you would serve at Halloween instead of Christmas. That did not work out as planned, either.

I am leaning toward nutritional yeast flakes in place of cheese for the Mac and Cheese this year. Yep—that may be the ticket. A *healthy* version of my famous Mac and Cheese. I could place it on the table and tell them I have revamped it this year because we

all need to eat a healthier diet. Maybe I could decorate it with a mini wedge of cheddar cheese on a toothpick or something to that effect and explain to them how great it tastes, and that it’s loaded with ALL the essential amino acids and B-vitamins [Veg Support Nutritional Yeast Flakes even include B12], not to mention an excellent source of vegetarian protein! I can hear it now—”But what’s in it?” Nah, I guess I will just stick to the gooey Mac and Cheese I usually make with a whole stick of butter, half gallon of whole milk, five cups of cheddar cheese, one container of sour cream, and white elbow noodles. You know the *real* stuff. But that’s fine with me, because I love to make it, and I love to see the happy face of my nephew Kenny who always asks if I am bringing it. Oh well, the thought of mixing it up a bit was fun anyway.

If you have not tried nutritional yeast flakes, I highly recommend you do. Life Grocery has them in the bulk section next to their organic produce section. Today Steven made us a batch of Golden Gravy* from nutritional yeast flakes and served it on fresh buttermilk biscuits, with veggie sausage patties. This is so warm and filling on a cold morning. To me, the gravy is reminiscent of Sunday dinner gravy, served up in a gravy boat and ladled over fresh roast beef slices like those that Mama served when I was a little girl. The flavor of the Golden Gravy is wonderful, and I have included the recipe below.

So as I began, I will end. It is time to *Deck the Halls, Jingle the Bells, Go Rockin’ around the Christmas Tree*, and to sing *The Chipmunk Song*: OooohhhKAY! It’s also time to remember lost loved ones, and to get ready to greet new loved ones. To visit, reminisce, laugh, cry, eat, eat, eat, and shop. And as with Birdie, the most important thing of all is to just make sure that those coming back home during this joyous time of year will always have a way back in.

I wish you all Peace on Earth, Happy Thanksgiving, a Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and perhaps even a “Happy Festivus for the Rest of Us!”

Golden Gravy

½ c nutritional yeast flakes

¼ c flour

1/3 c vegetable oil

1½ c water

2-3 T Braggs Liquid Aminos or soy sauce

**salt and fresh cracked black pepper to taste.

(I like to use Braggs Liquid Aminos because it is not as salty as soy sauce and it has added nutrients to boot!)

- Over medium heat, toast the yeast and flour in skillet until it becomes aromatic and you can smell it.
- Add the oil and stir. It will become crumb-like at this point. Continue stirring until golden brown (about 2-3 minutes.)
- Add water, and begin whisking until it changes to a gravy consistency.
- Add Braggs Liquid Aminos (or soy sauce) and pepper. Continue to cook over medium heat, stirring frequently, for about 4-5 minutes.
- Taste first for saltiness before adding salt.

*Source: *The Farm Vegetarian Cookbook*

Betsy Bearden is a certified, published writer, author of Normal People Eat Tofu, Too, and president of Creative Writes. 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.

Food Sensitivites and Allergies

By Traci Sellers

It seems that now days, just about everyone is avoiding some food or another because they have developed a sensitivity to it. Just last night when preparing a buffet-style dinner for a natural healing class, the author found in a group of five people, there was a person with a gluten intolerance, another with a dairy allergy, another with a sensitivity to apples, baking soda and chocolate, and the menu needed to be entirely vegan. Working within those limitations was extremely challenging!

How are all these sensitivities developing? What makes people sensitive? Basically there are three ways that a food sensitivity can develop. The first one is over consumption in an unwholesome form, the second is contextual consumption, and the third is systemic toxicity.

When a food is taken out of its wholesome form, processed, manipulated, and refined, elements that allow us to digest (break down) that food are removed or altered. Take white flour for example. The bran and germ are removed, it is often bleached and then petroleum-based minerals and vitamins are added to ‘enrich’ it. Just by merit of its fiber content, the bran allows the body to move the digested flour product out of the body. Other removed components including oils, vitamins, enzymes and micronutrients are also lost in the refining process, all of which play a key role in allowing our body to utilize the grain. What is left is a complex protein (gluten) and starch. Our body has to produce 100% of the enzymes to break it down! When we consume 6-11 servings (as is recommended by the food guide pyramid) of flour *daily* for a *lifetime* you can imagine that this can be taxing to the system. The body becomes weary of all that enzyme production, especially if it is constipated and cannot renew and heal as it is supposed to. Enzyme production can no longer keep up with the consumption rate.

When the protein in the flour is undigested, and enters the bloodstream whole, it is viewed as a foreign protein and attacked by the immune system. Presto, an allergy. What does this immune reaction look like? It is gas, bloating, digestive discomfort, swelling, irritability, headaches...the list goes on. Many people react to corn, wheat, dairy products, soy, and peanuts because they are used *en masse* by the food processing industry. It is a challenge to eat at a fast food restaurant and not get some, if not all of these ingredients in the form of corn syrup, flour, whey or milk powder, ‘vegetable’ (soybean) oil, or peanut oil.

The author personally struggles with a gluten intolerance. After eating gluten-free faithfully for three years, intestinal healing occurred and *sprouted* gluten grains could be tolerated, such as wheat, rye and barley. Why? What made the difference? When a grain starts into the sprouting process, it begins to produce enzymes that break down the gluten in the grain. It was doing the work that the body had been exhausted of. With this ‘pre-digestion’ taking place, no foreign proteins were entering the system, and there was no immune reaction.

Enjoy the following recipe for Sprouted Grain Dutch Apple Pancakes. These are patterned after traditional pancakes served any time of day in Holland. This is definitely a dessert-caliber preparation.

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Bumps in the Road

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

Most of the time I am really okay with my gluten free life, but there are some things that just shake me to the core when it comes to having to eat this way out of necessity. My health is way more important than the momentary satisfaction of a decadent gluten filled goodie, but I can't help feeling a little depressed when my daughter brings home fund raisers from school with all of these outrageously priced, high calorie, yet probably incredibly delicious cakes, cookies, and assorted other baked goods to raise money for school. Why do they do this?

First of all, I think about the epidemic of obesity in this country, and it seems silly to raise money for schools by selling fattening foods. Then I stop to look at the pictures and begin to drool at all of the mouth watering deliciousness that I will never get to have, unless these companies start making gluten free products. It's like Girl Scout cookies. Everyone knows about Girl Scout cookies. They are an institution, literally! I don't get it. Our society is so ingrained with the idea that food is pleasure rather than sustenance, I wonder when this shift happened, really, I mean at what point did we go from eating to survive and nourish our bodies, to thinking of food as a reward or a treat?

Part of me thinks that I should make a fuss, and protest this whole silly endeavor. But really, what would that accomplish? It would only serve to embarrass my daughter, and probably alienate me from the school. So I do what any good parent would do, and I take the fund raiser stuff to my office to try to sell to my co-workers, all of whom are completely surprised that I would even be associated with something having anything to do with gluten! I have to remember that not

everyone around me is on a gluten free diet, and that many of my friends are still willing to do something to help out my daughter and her school.

Now, to pull myself up out of this latest little pity party, I must go make something completely decadent, yet gluten free so that my daughter and I can enjoy it. After all, I still fall for the whole concept that food should taste good and be pleasurable. I haven't completely gotten to the point of just eating for sustenance, nor do I think I ever will!

My Favorite Flourless Chocolate Cake

½ c water
¼ t salt
¾ c organic sugar
18 (1 oz) squares bittersweet chocolate
1 c organic unsalted butter
6 organic eggs
1 bag frozen mixed berries

- Preheat oven to 300° F.
- Grease one 10 inch round cake pan and set aside.
- In a small saucepan over medium heat combine the water, salt, and sugar. Stir until completely dissolved and set aside.
- In the top half of a double boiler, melt the bittersweet chocolate. Pour the chocolate into the bowl of an electric mixer.
- Cut the butter into pieces and beat the butter into the chocolate, one piece at a time.
- Beat in the hot sugar-water.
- Slowly beat in the eggs, one at a time.

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Sprouted Grain Dutch Apple Pancakes

1 c sprouted wheat*
½ c sprouted buckwheat
(see Traci's Transformational Health Principles or Cookbook for sprouting instructions.)

1 c water
2 T olive oil
½ t sea salt
2 t cinnamon
1 t vanilla
1 T baking powder (Rumford, aluminum-free preferred)
1 small tart apple, grated and tossed with 2 t lemon juice

Powdered Topping:
¾ c powdered evaporated cane juice crystals (organic powdered sugar)
1 t cinnamon

Whipped 'Butter' (see below)
4 T Earth Balance Buttery Spread
2 T light olive oil
3 T Powdered Evaporated Cane Juice Crystals (a.k.a. Organic Powdered Sugar)

- Pre heat pancake griddle to medium high.
- Prepare pancake batter. Combine wheat, buckwheat, water, oil, sea salt, cinnamon, and vanilla in the blender.
- Blend until smooth. Blend in baking powder and as soon as batter starts to fluff, stir in grated apple.
- Cook pancakes on griddle, use nonstick olive oil spray to keep from sticking, if necessary.

- In a small bowl, stir together ¾ c powdered cane juice crystals and 1 t cinnamon to make the powdered topping.
- Whip butter—place Earth Balance Buttery Spread, cold from fridge, light olive oil and powdered cane juice crystals in a small mixing bowl and whip with electric mixer until light and fluffy. (if it starts to melt, put it in the fridge or freezer to re-firm)
- Serve each pancake with a dollop of whipped butter, and using a wire mesh strainer, sprinkle each cake generously with powdered topping. Yummy!

**Measurement is taken after sprouting. For sprouting instructions, see my YouTube, How to Sprout Wheat from Traci's Transformational Kitchen. Hint: Some varieties of wheat will make a very gooey pancake that will never quite cook in the middle. If your variety is like this, try either drying the wheat kernels before using, or using dry (either dried sprouted or unsprouted) buckwheat.*

Traci Sellers became interested in healthful food preparation in 1997, when her first pregnancy nearly took her life, and a healthful plant based diet saved it. She spent over ten years in the trenches of her kitchen concocting delicious comfort foods with impeccable health standards, and taught them in food preparation and nutrition classes. She maintains www.BestFoodist.com and www.TracisTransformationalKitchen.com to help others on their journey to health.

- Pour the batter into the prepared pan.
- Have a pan larger than the cake pan ready, put the cake pan in the larger pan and fill the pan with boiling water halfway up the sides of the cake pan.
- Bake cake in the water bath at 300 degrees F for 45 minutes. The center will still look wet.
- Chill cake overnight in the pan. To unmold, dip the bottom of the cake pan in hot water for 10 seconds and invert onto a serving plate.
- Pour the bag of frozen mixed berries all over the cake and the serving plate (allow the berries to thaw first before serving).

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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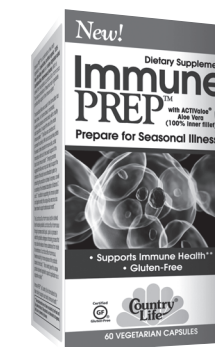
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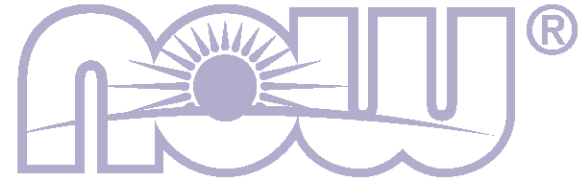
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