

## Another Brand New Year in Which to Start Over

By Betsy Bearden

Somebody stick me with a fork, because I am *done!* Ugggh. Do you remember those egg-shaped chairs that hung from the ceiling back in the '60s and early '70s? How about the ones that sat atop a steel pedestal? I am thinking my body shape could meld into one of those right about now, but I am literally afraid for the ceiling, as it may crash in around me, or either the chair would tip over if I lean too far to the right for the potato chips and TV remote. Okay, it's seriously not that bad, but that is exactly the way I feel after the holiday eating binge I have been on since Halloween! *It all started with the chocolate!*

Someone tell me, how does one gain 15 pounds from October to January? Maybe it's all water weight? Ha. I doubt it. Why isn't it that easy to *lose* 15 pounds from January to March? I know what to do: eat less; exercise more. Now, that's a novel idea, isn't it? No pun intended, but I do think I will write a book about it. Oh wait—that's been done. I think I will write a book on the importance of exercise and proper nutrition. Oh wait—that's been done; how about counting calories: done; how about...done! Well, now what?

If it were as easy as picking up an exercise book and following it to the letter, there would be no overweight or unhealthy people in the world. There are far more overweight and unhealthy people now, than ever before. The statistics are staggering when you stop to think of the unusual rise in diabetes among young adults, heart disease in women, autoimmunity\* (covers over 80 different illnesses), high cholesterol, even thyroid disease which pretty much knocks out your metabolism, especially if you have hypothyroidism, such as I do. Why are so many so unhealthy?

Is it just me, or am I the only one asking why we have never heard of many of the illnesses and diseases we hear about today? I have been around for a long time, and so has my mother (who will be 88 this June) and we have this discussion on a regular basis. Mama is convinced that it simply comes down to the kind of food products being manufactured today, and that we have gotten away from eating healthy, fresh fruits and vegetables like her mother fed her, and she fed me, until the fast food chains started popping up on every street corner, beginning with my generation. But it does go beyond that with the hormones and antibiotics we find in non-organic dairy products and other foods, but that can be something to discuss at a later date.

Anyway, I have to agree. I am convinced that it's from eating too much prepackaged food products with all sorts of unhealthy additives such as high fructose corn syrup, sodium, genetically altered fruits and vegetables, and fast food. These things have escalated since I was a teenager to the point that many people eat three square meals a day at fast food restaurants, or, for convenience sake, stock up on prefab frozen dinners and eat them on a regular basis. Just to be fair, it is possible to eat out, buy frozen dinners, and prepackaged foods as long as we make healthy choices in doing so. Again, if it were really that easy, we would all be doing it, right?

It's not just bad food choices. Of course, we have to also remember to put that TV remote down, put those potato chips away, and to get our bodies moving with the best-suited exercise for us as individuals. For me, I like to walk and I love to dance. Dancing is a great way to work your body, and to lift your mood, as well. Steven and I like to walk and while we walk, we listen to music. I have my favorites programmed in, and being a child of the '70s, I love anything with ripping guitars and long drum solos. A lot of great musicians have provided us incredible music throughout the years, and I will warn you now: if you are walking next to me when I hear "Play That Funky Music," "Jingo," "Oye Como Va," or "Love Shack," I will break out and dance right along side you on the track! But I digress—losing weight can get easier once you get your mind set on becoming healthier by making wiser food choices, and taking the extra time to get that body moving in an effort to make it stronger and healthier. This is especially crucial as we age because it increases our coordination, mental status, and bone density.

Speaking of dancing: you may have noticed I have danced all around what the title of this article insinuates: New Year's Resolutions. I will try (and I know dear Yoda from "Star Wars" said, "There is no try!") and simply do better. The first step is buying organic and local (Life Grocery carries local whenever possible). Life Grocery also sells packaged and frozen foods, that are actually healthier than those in the regular grocery section. Life Grocery has an organic fruit and produce section and plenty of organic dairy products. Some of the dairy is even vegan (contains no animal products whatsoever)!

All sorts of yummy, delicious, nutritious, organic, and vegan items are freshly prepared daily at Café Life inside Life Grocery. You may order from the menu or chose from the organic raw food/

salad bar or grab and go coolers in the store. Fresh organic juices and smoothies are prepared to order in the Café; fresh organic pastries and breads are baked from scratch, as well. Café offerings are sure to fill you up without filling you out.

All in all, we have to do what works best for us, and we need to find something we can stick with for the long haul. Doing nothing is just not an option. Now, I will get started on what works best for me right away, but only after I can find a crowbar to pry myself out of this egg-shaped chair....

\* [http://en.wikipedia.org/wiki/Autoimmune\\_disease](http://en.wikipedia.org/wiki/Autoimmune_disease)

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**Spring Life Fest  
and Member  
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**10% off**  
*all in-stock purchases*  
**9 am-8 pm**

# Jump into a Joyous January

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

January is traditionally regarded as the month of renewal as we once again open the first page of our new calendars heralding the beginning of yet another year. It's often chosen, therefore, as the perfect time for the annual dedication to a culinary or health "do-over," when we once again dedicate ourselves to an austere regimen of exercise and diet in an attempt to recapture the energy or physical prowess of our youth (or capture it for the first time).

While contemplating foods for inclusion for your annual recommitment to health and vitality, I'd like to suggest some options that will not only improve your physical health, but also elevate your happiness quotient.

Rather than experiencing a sense of hope and excitement at the dawning of a new year, some experience a sense of depression. This feeling can be attributed to the fact that we are now mid-winter, with its accompanying shorter days and diminishment of sunshine; with the relative let-down that can be experienced on the heels of a full and exciting holiday season, particularly one that has included feasting and celebrating with its practically obligatory food and beverage choices being less than optimum in respect to health.

Let's start off 2012 in a happy joyous manner! Foods that we consume have a large effect on our mood by affecting the blood chemistry that determines our brain function and sense of well-being. Erroneously, many people attempt to eat their way to euphoric states by eating the "instant joy" foods like ice cream, donuts, cookies, and pie. These sugary treats make us temporarily experience feeling uplifted because it temporarily boosts blood sugar, altering brain chemistry. Unfortunately, like most drugs, after it wears off, the depression is far worse than the brief happiness we may have previously achieved. Oftentimes, we fall victim to a pattern of treating that mental rut with yet another hit of sugar to try to keep the happiness going. This downward cycle of sugar dependence leads us to long-term obesity, diabetes, and depression. The other culprit to avoid is caffeine. This seductive stimulant, as we all know, also has the temporary benefit of making us feel more energetic, but comes at the large price of leaving us feeling more tired and depressed in the long run. Sugar and caffeine can become quite addictive to many people, so we must be vigilant in our resistance.

Fortunately, there are plenty of other foods that promote long-term happiness. Making the choice to consume these foods rather than falling prey to the lure of the aforementioned "treats" will provide protection against the rollercoaster mood rides and help provide you with the ticket for the carousel of contentment and the jumpy house of joy!

Often referred to as "anti-stress vitamins," B vitamins help stabilize your moods and reduce anxiety. When your stress levels go up, it becomes more difficult for your body to keep up with the production of the natural neurotransmitter serotonin, which is instrumental to your sense of joy and happiness. Eating foods rich in B vitamins can help you fight stress and improve your mood. Foods rich in B vitamins include nuts (i.e. almonds, pistachios, macadamia nuts, and walnuts—raw is the best), sunflower seeds (raw is the best), flax seeds, brown rice, dried apricots, asparagus, and beans.

According to cardiac surgeon Dr. Mehmet Oz, omega-3 fatty acids are brain-boosting and effective as

an anti-anger supplement. They also help boost good moods and fight depression. Fatty fish such as salmon are the best sources of omega-3 fatty acids (just make sure that they are wild and not farm-raised for high omega-3 content), but you can also find them in flaxseed, walnuts, and soybean oil. Be aware that some processed foods that are promoted as rich in omega-3's may in fact contain very little, so as always, read the label.

The amino acid tryptophan is well known for helping to stabilize mood and promote healthy, restful sleep. Tryptophan is a precursor to the production of serotonin, which can be derived from the consumption of eggs, nuts, sesame seeds, pumpkin seeds, tofu, and fish.

Vitamin D regulates your body's usage and production of the neurotransmitters serotonin and dopamine. The best way to get your daily dosage of vitamin D is through a combination of food and sun exposure. Dr. Oz recommends looking for vitamin D-fortified mushrooms. Other foods rich in vitamin D include fortified orange juice, fortified milk, sardines, and Swiss cheese.

Green tea seems to provide a subtle mood lift without all the problems of typical stimulants. Just make sure you're getting decaffeinated green tea, and check your source to make sure it doesn't suffer from fluoride contamination (some green tea products grown in certain countries have been known to carry a lot of fluoride).

Adaptogenic herbs are reported to be good at helping your nervous system handle stress. This can often translate into an easier day and improved moods. Adaptogens include ginseng, ashwagandha, rhodiola, cordyceps mushroom, and many others.

No list of beneficial foods would be complete without including fresh fruits and vegetables. They're loaded with mood-lifting nutrients that can also help prevent cancer, heart disease, and diabetes. Make sure you buy organic produce wherever possible!

If fitting all these foods into your diet is causing you to feel anxiety and is deflating your joy, never fear, just visit the wonderful people in the supplement department at Life Grocery and they can steer you in the direction of appropriate supplementation. Then in a non-stressed happiness-filled manner you can start to include and remove the appropriate foods into your new diet regime as you navigate your way into food and mood nirvana.

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

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

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# Achieving Healthy Digestion

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

One of the most common issues people are facing today is with their digestion. They often ask me what they can take for their digestive problems when the symptoms flair up. Some of the most common symptoms include one or more of the following: gas, bloating, diarrhea, constipation, or acid reflux (GERD).

The older we get the less digestive enzymes we produce, so it is vital to eat more raw fruits and vegetables as we get older to replace the enzymes we need to digest our foods. I would suggest that you eat at least one raw food at every meal. That could be a piece of fruit, a salad, or a raw vegetable.

Water is vital to the digestive system. I suggest at least eight glasses of pure, high quality water a day. The two best, high quality waters are distilled and reverse osmosis. Any good filtered water will be better than tap water.

Many people think that GERD is a result of too much stomach acid, when the fact of the matter is that they have too little stomach acid. When you have normal amounts of stomach acid, the food you eat is broken down relatively quickly then it passes into your small intestine. When you don't produce the proper amounts of stomach acid, the food sits in your colon and is not broken down properly. When this happens, it creates several toxins, including lactic acid. Much of what is "refluxed" is lactic acid. By increasing your production of stomach acid, the food will be broken down and digested properly without the reflux.

The other thing I find with those who suffer from GERD, is that their stomach muscle is in spasm and pushing up against their diaphragm. There is an adjustment that I do to pull the stomach away from the diaphragm and massage it to get it to come out of spasm. I also check the nerve supply

coming from the spine to the stomach to make sure the brain is telling the stomach how to properly do its job.

If you are eating a good diet and are still having digestive problems including improper bowel function, the problem might be with your nervous system. The nerves going from the spine to the digestive system may be pinched. They need to be unpinched so the messages can get from your brain to your digestive system.

Another thing we need to look at is your inability to produce digestive enzymes; we might need to recommend some specific enzymes or other natural remedy to help the digestive process.

Here are a few suggestions for natural digestive relief:

1. Raw-potato juice: Rinse off a potato and toss it, with the peel still on, into a juicer. Drink the juice immediately.
2. Fresh papaya: At the first sign of heartburn, try eating some fresh papaya WITH the seeds. There are enzymes in the tropical fruit that help break down food. You can also keep a bottle of papaya tablets around to accomplish the same thing.
3. Fresh pineapple: Like papaya, pineapple is packed with an enzyme that aids in digestion by helping to break down food.
4. Apple Cider Vinegar: If you know you're going to overindulge or that a particular food is likely to cause heartburn, fix yourself a vinegar tonic by mixing a tablespoon of

raw, organic apple-cider vinegar into a glass of water to sip during your meal.

5. Fennel seed: Grab the fennel seeds off of your spice rack and mix two tablespoons into a cup of boiling water. Let the mixture steep for several minutes to make a tea to sip on.
6. Rhubarb: Slice off a piece of rhubarb stalk and chew on it for a few minutes. It will be sour, but many swear by its ability to sooth the burn.
7. Anise seed: Visit your spice rack again and grab a few anise seeds to chew on.
8. Fresh parsley: Don't toss out that parsley garnish at the end of the meal. Nibble on the fresh sprig to relieve indigestion.
9. Aloe Vera Juice: You can buy aloe vera juice online or at your local natural-food store. You can even grow the aloe vera plant. If you're diabetic, however, be careful with aloe vera juice as it may lower your blood-sugar levels.
10. Peppermint: You can grow your own peppermint or pick it up at the grocery store. Chew on the fresh leaves at the first hint of heartburn. Natural peppermint tea works, too.

*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](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!*



## Spring Life Fest & Member Appreciation Day

Saturday, 3/24/12

12:00-4:00 pm

members receive

**10% off all in-stock purchases**

9 am-8 pm

**"Like" Life Grocery and Café on Facebook for health tips, sales, members only specials, & more!**

# From a Bargain Hunter's Journal

By Linda Townsend

I have a confession to make. I have a serious addiction to bargain hunting, particularly at Life Grocery. I have been shopping at Life Grocery for just over twelve years. It would have been longer, but there was this little thing called distance between us since I was previously residing in another state. Actually, I still live a bit of a distance away, about 45 minutes at times of light traffic, so to save on both time and gas, I usually only shop one day a week, Thursdays—one of the best days to shop!

Although I am all for getting the best price on just about everything I buy, I do not like to drive any more than I must and I also believe in that old axiom: you get what you pay for. So, just what could be better than having high quality items on sale at one location? Oh, that would be having Life Grocery's high quality items on sale with coupons and a membership discount on Thursdays and Fridays too. *I get a little giddy just thinking about it!*

I am so into this saving thing that I prepare my shopping list the day before. I look online at Co-op Deals and Natural Connection sales flyers to see what is on sale. If I have the current coupon books, I make sure that I have plenty of coupons for the items I would like to buy, cut them out, and organize them. I bought a small photo album to slide my coupons into so that I not only can see them by flipping the pages, but can easily slide them out too.

Coupon booklets are conveniently placed at the front of the store, but you may be in a bit of a hurry some days and just do not have time to mess with tearing out coupons. It has happened to me a time or two when the new books come out, but then I can hyperventilate at just the thought of spending even one dollar extra. (Hey, these are hard times and I am pinching those pennies so hard that you can see a bit of copper on my fingertips.) Thankfully, Life Grocery has been placing some of those coupons right next to the items they cover on the shelves. How convenient is that? You just have no excuse for missing the opportunity to grab one and save at checkout!

I have another secret too. I find the very best way to save money is to buy in quantity when there is a bargain price, but it does require space and organization at home. I have a large pantry and freezer with all the items organized according to their dates. I try to buy only items on sale and use what is my pantry when there are no sales for the items we use. Of course, I have to buy some things at the regular price just because they will not last long or I do not have enough room to store them in my refrigerator and they cannot be frozen. Also, it helps to have a bit of familiarity with how often items go on sale throughout the year as well.

Currently in my pantry I have nearly half a shelf of canola oil, which went on sale twice or maybe three times last year, so hopefully I have enough to last until the next sale. Usually priced at \$12.49, they were at a bargain price and there was a coupon at the same time in November. My saving was \$6.90

per bottle and that is not including my membership discount—yes, I paid less than half price! *Such a deal!*

You are probably wondering just how much canola oil I could possibly use so that it is worth getting so many at a time. I evaluate what we use the most and how to cut corners. This past year I decided to begin making homemade mayonnaise with canola oil. I also began making homemade ranch dressing, in which I use some mayonnaise. My family really goes through both and I find that if I can get the ingredients on sale, it is quite a bit cheaper than buying mayonnaise and ranch dressing off the shelf, even when they are on sale. Plus, I can mix and season according to my personal taste and it takes very little effort to do. Food items on sale are not really a bargain if we do not use them, so that is a consideration when I shop also, but I will definitely use that canola oil.

Do you want to read about some more? All the following savings do not include the membership discount. You see, if you are a member and shop on Thursdays and Fridays, you can save 5% more on your entire purchase! (I did already confess that I shop on Thursdays, didn't I?) [Members who are 62 or older or are college students, also save 10% on Mondays, Tuesdays, and Wednesdays!]

In November, I found frozen vegetables on sale with a coupon saving \$1.80 per bag, so my final cost was just over half price. Vanilla extract and dry spices were also half off or thereabouts with the sales price and coupons. November is the month that nearly all the baking stuff I need is on sale so I spend over my monthly budget to stock up and usually stretch out my grocery dollars by having a nice warming soup at lunch time during winter months, so it evens out. (I do have quite a bit of soup from the previous months buys, too.)

In October, our favorite frozen pasta was on sale and had a coupon for the combined savings of \$2.49 or half off. I bought my daughter's favorite soup on sale and with a coupon for the combined price of \$2.34 off, less than half price. Now, I usually make my own broths, stews, and soups to freeze, but there are times that soup in a can is convenient and reasonable.

In August, large jars of peanut butter had a combined savings of \$3.90 for each, a savings of 42%; having heard the warnings about peanut butter prices being likely to rise due to poor crops this year and knowing how my family loves the stuff, I bought a lot. I like baking my own cookies, but mini-sandwich cookies are nice to have on hand for visiting children, so I got some at \$2.00 off with the combined savings, just under half off. Frozen vegetables were just \$1.00 per bag with the combined savings and that was over 70% off! *I hope you got in on that one too!*

In July, each can of tuna was over half off with the combined savings. A favorite snack bar was under \$1.00 and less than half price.

In June, rice chips were over half off with the combined savings. Mustard was almost half off and ketchup just a bit more.

In May, I bought canned beans for nearly half-off.

In April, some extract flavorings were under half price with combined savings and some were just a bit more.

In March, I found some varieties of soup for just \$1.49 per can and some others at less than \$1.00 per can with the combined savings! *Wow!*

In February, frozen French fries were \$1.50 per bag. Our favorite pasta sauce was \$1.50 per jar—that was 70% off—with the combined savings. Now I could make my own pasta sauce, *but what a price!* In January, I found my daughter's favorite soup priced then at \$4.09 for just \$1.39 a can with the combined savings. Lemonade was under \$1.00 quart! Now I eagerly look each week at the list of Life Savers Members Only Specials that are really great deals also. There were many other very good deals in the past year, but I wanted to just share my best buys to show that you can save like this too!

As I look back on my journal of best bargains in 2011, I feel very good about the choices I have made. Not only have we saved money, but we have enough food in storage for an emergency situation, and that is always a good practice. I am thinking that I will save all my Life Grocery receipts in a special place and tally up how much I have saved through this year. Then maybe I will be writing an article next year about my 2012 total savings.

Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).



# Fighting Pain –The Smart Way

By Terry Lemerond

Let's say you're in pain after going for a 5-mile run, or working in the yard, or even just pulling a muscle reaching for a book on the tallest shelf. If you're like most people, you'll probably take an aspirin or an ibuprofen or some other over-the-counter painkiller. Even if you've heard that they can be bad for your stomach lining, and possibly cause serious damage to your heart or liver, you might wonder, "What else am I supposed to do?"

Well, I can tell you that there is a smarter way of relieving pain that doesn't put your health at risk. One of the things to remember is that nature usually has an answer for many of our needs.

And if you want to deal with pain and inflammation, one of the best natural compounds you can use is curcumin from turmeric (*Curcuma longa*). Curcumin has been long recognized (think Ayurvedic medicine) as a valuable component of turmeric. If you grew up with curry as a big part of your diet, you probably got plenty curcumin in your system. Over time, it protected your brain cells, prevented free-radical damage, and reduced inflammation. But that curcumin was not very concentrated, because it is very difficult for the body to absorb. Nonetheless, curcumin has always attracted natural practitioners as a potential therapeutic nutrient. In more recent times, there have been many attempts to make this component of turmeric easier to use.

Many manufacturers standardize their extracts to 95% curcumin, but unfortunately, that alone isn't very effective. Other extracts that blend curcumin with piperine—it interacts poorly with most medications and can have very negative effects on the liver—should be avoided. Instead, go with a micronized curcumin extract that is re-blended with the essential oil of turmeric for up to **10 times the absorption and blood retention of standard 95% curcumin extracts**. Then, combine it with a boswellia (*Boswellia serrata*) extract that screens out much of the beta-boswellic acid, which can potentially promote, rather than block, inflammatory compounds. Plus, make sure this boswellia includes acetyl-11-keto-beta-boswellic acid (AKBA)—to really boost the effectiveness of the extract.

## Don't just reduce pain—feel better, too!

Along with those botanical powerhouses, effective pain relief requires an amino acid combination called **DLPA** (D,L-phenylalanine). The "D" form inhibits the breakdown of enkephalins which are related to endorphins and are associated with positive mood, plus it relieves muscle pain. The "L" form improves mood-elevating chemicals in the brain, such as dopamine, epinephrine, and norepinephrine. So it helps reduce pain and it improves mood—which is just as important to well-being and healing. Last, but certainly not least, include **nattokinase** in the mix. This enzyme extract from soy helps promote blood flow so that other compounds that are carried in the bloodstream (such as curcumin, boswellia, and pain-killing endorphins) can reach the areas where they are needed the most. It supports balanced fibrinogen too, a compound associated with muscle damage and muscle fiber stiffness. Curamin, a very effective formula for pain and inflammation, contains all of these ingredients and is sold at Life Grocery.

Don't keep reaching for the same old over-the-counter remedy that may give you more than you bargained for. Get relief naturally, safely, and effectively, with natural ingredients that stop the pain fast!

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*Terry Lemerond is a natural health pioneer with over 40 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. Terry was the first to introduce glucosamine sulfate, IP-6, standardized Ginkgo biloba, and the concept of botanical standardization to the U.S. health food market. Terry is a published author and appears on radio, television, and is a frequent guest speaker. Find out more at [www.terrytalksnutrition.com](http://www.terrytalksnutrition.com).*

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# Be The Best You Can Be!

By Brenda Cobb

This year you can have total health on every level! When you have total health in the body, mind, and spirit, you've got it all. Feeling good empowers you. Are you always searching for a diet or exercise plan, hoping that the next one will be better than the last? Rather than just dieting and exercising learn to nourish, restore, and rebuild your body, mind, and spirit with a healthy lifestyle. Here are some tips to make this a reality for you:

1. Be Positive. Every thought you think and every word you speak manifests something in your life. You create everything in and around you with your thoughts.
2. Learn which foods are best for good health. Make wise decisions and eat for real nourishment. Organic raw and living (sprouted) foods are full of living enzymes, vitamins, and minerals, without chemicals, additives, or preservatives. These foods cleanse, rebuild, restore, energize, and heal. Eating raw and living food gives you optimum nutrition. Learn about the exact foods for your specific health goals. Don't accept a one size fits all or a cookie cutter approach. You are an individual and your nutrition should be as individual as you are.
3. Stay hydrated with pure filtered water! Don't substitute other beverages for water. Your body needs water to make blood and lymphatic fluid. Drink a minimum of one ounce for every two pounds you weigh. Alkaline water will help bring alkalinity back to an acidic body and an alkaline body is a healthy body.

4. Get off the couch and exercise every day! Dance, bike, walk, run, swim, practice yoga, stretch, lift weights, or any exercise you like. Exercise burns calories and energizes you! It is a proven fact that exercise actually increases your energy level.
5. Cleanse your colon with enemas and colonics. Remove the impacted waste, mucoid plaque, worms, and parasites so your colon can work properly. Good health is linked to a clean colon. Implant wheatgrass juice in your colon to help cleanse and heal it. If you have Candida yeast, worms, parasites, or heavy metals do a specific cleanse for those things. Yeast attaches to mercury, as an example, so if you are trying to get rid of yeast and you don't get rid of the mercury, then you will never be able to eliminate the yeast.
6. Take time to just be. We're always running from one place to the other. Between jobs, family, and participating in life, we don't always take the time to relax. Read a good book or sit under a tree and look at the sky. It sounds simple but many times it is challenging to do. Take more time for relaxation.
7. Close your eyes. Slow your breathing. Go within and be silent. Rarely do we take the time to quiet our busy brains. We're always thinking about something. Clear your mind and allow your spirit to receive the blessings from being quiet. Meditation is a wonderful way for you to achieve a higher state of

consciousness, as well as many other benefits.

Make a real effort to eat well and take good care of yourself. Your health is your greatest asset and no one can make it happen but you. Every decision you make has a consequence. Make wise decisions about what you eat, think, and do. You'll reap the benefits for years to come.

## Broccoli Date Salad

2 cloves chopped garlic  
1 t raw tahini  
3 t chickpea miso  
3 T lemon juice  
filtered water, for desired consistency  
3 c chopped broccoli  
1 c chopped carrots  
½ c pitted chopped medjool dates  
½ c chopped green onions

- Combine the garlic, tahini, miso, lemon juice and water into a dressing.
- Toss with the dates and veggies until well coated.
- Serve on a bed of mixed baby greens and enjoy!

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute, an Educational Healing Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing, Relaxing Therapies.* For more information, visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com) or call 404-524-4488.

## Dental Care

By Dr. Kimberly Strickland, ND

So what do you do when you go to the dentist and your child has a cavity? You don't feed your child sugar or juice. The dentist finds that hard to believe. What kind of toothpaste do you use they ask? I see you have not had the fluoride treatment. That must be the problem and you have not had the molars sealed. The tooth with a cavity is not a molar that would have been sealed anyway. The dentist tells you it needs to be filled and there are no more options.

Is that really true? It is possible for the body to heal itself of cancer, create scabs, grow new hair and fingernails, heal bronchitis, the flu, and the chicken pox but not to heal a tooth? Really? I have another perspective on this. I believe that it is possible for the body to create healthy enamel given some help. First, the bacteria that create cavities must be removed from the mouth. How do you do that?

Here is a recipe for toothpaste which will create a healthy environment in the mouth. Take a full tube of xylitol toothpaste and squeeze into a glass container. Take a tablespoon of colloidal silver, a tablespoon of black walnut tincture and 6 capsules of white oak bark opened up and mix into the toothpaste. Brush with this at least 2 times a day, keeping covered, until all gone. At the same time I recommend using a homeopathic remedy called Dental Materials. It contains the frequencies for caries, gingivitis, periodontitis, bonding resins, metals, ceramics, cements, root canal materials, and fluorides among other things. Its full name is Dr. Recommends Dental Materials.

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.



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# Herbs that Heal From the Inside Out

By Kal Sellers, MH, LMT

Herbal actions are different in many ways from drug actions. The language of herbal medicine exposes its healing potential, but it is a language that almost needs an interpreter in order to understand it these days as the vernacular has shifted in favor of drug-based medicine. In reality, herbal medicine can handle more than 99% of all our health needs, usually faster and better than drug medicines can, but it requires some understanding. One type of herbal operation is communicated in the idea of the herb going “deep” into the tissues. This is what happens when an herb gets into certain organs and glands and causes regeneration at the sub-cellular level. This regeneration gradually presents itself after many months or years. In this way, tissues that have failed or are on the brink of failing can be turned around and healed.

One herb that goes about as deep as any herb can go is a relative of ginseng, green briar, and ground ivy called eleuthero (*eleutherococcus senticosus*). This herb was investigated by a team of Russian scientists who were looking for a substitute for the very expensive and rare ginseng. They started searching the same family and found eleuthero, which at first they called Siberian ginseng. After extensive research, they determined that they had found a replacement for ginseng in many arenas. One study was conducted with thousands of participants where the herb was given daily over five years. It was determined that after three months it worked better than at the first and after three years it worked better than at 3 months and after five years it worked better than at three years.

The phenomenon of the herb “working better” after years of use may not be entirely accurate. Herbs that go “deep” into the tissues and work from the inside out are gradually rebuilding the deepest structures of the cell, the particles that make up the cell membrane, the DNA and the organelles. Thus, it is not so much that they work better after longer as it is that they gradually

rebuild tissues deep down. These tissues gradually express better and better health as a consequence.

Actually, the long term use of most herbs without rotating them with something else is probably unwise. Some herbs, however, will get better and better with time as stated above. These herbs also have an initial medicinal action. This action will shift your body somewhat, but then your body will adapt and stop accepting that change, but the deep building action will continue.

A class of herbs called adaptogens is good for this purpose. Not all adaptogens are created equal. They have very different energies and actions. Even though they will build tissue from deep within, it is still important to match the right herb with the right person.

Eleuthero, for example, is not particularly warming or energizing, while Panax ginseng is both very warming and very energizing. Astragalus creates deep, persistent energy without any sensation at all, but it is something you notice at the end of the day. Astragalus, however, is warming also and can give some people a headache. Schisandra berries are another great adaptogen. They do not warm you excessively; they create a great deal of tone. They are mildly energizing, but work more by focusing your energy and preventing loss.

All adaptogens nourish blood and feed yin organs, like the liver, kidneys, spleen, adrenal glands, etc. They all work differently and are appropriate for different people. There are many adaptogens that I discuss in my classes and use in my practice. The above is a short list.

For the next couple paragraphs, the focus is on the one that I believe goes the deepest into the tissues and is therefore the best choice for very long term use. This is eleuthero. This plant works as both root and leaf. It is abundant and it is responsible to use it freely, though not much is needed. It boosts sexual energy, nourishes and regulates all yin organs, and deeply and slowly rebuilds the liver. It is good for a mildly weak person or a strong

person who lacks follow-through (which is from a lack of deep strength in the tissues more often than it is a character flaw). For really weak people it can be combined with ashwaganda to build more immediate strength.

I have found eleuthero to be very non-threatening to use, meaning that anyone can use it for long term with no apparent negative effects. Its action on the deep structures of any body tissue (sub-cellular building-blocks) apparently makes it very useful for protecting against radiation and toxic exposure of any kind. It seems to inhibit sub-cellular damage and mutation.

Eleuthero is sometimes used for insomnia, but this probably has more to do with its ability to protect the body from stress-induced physical dysfunction than with its ability to relax. I have not found eleuthero to be particularly relaxing, though it is certainly less stimulating than its cousin, ginseng. Some people with insomnia may have hypersensitivity to toxic exposure, radiation, and electromagnetic pollution. If this is the case, then eleuthero may give both short and long-term results. Insomnia, however, is truly another discussion and does not fit here.

We have discussed: the meaning of herbs that go deep into tissues to nourish sub-cellular building blocks; a few adaptogens and some of their differences; the herb that may go deepest of all, eleuthero; and several of its uses and its efficacy versus risk of use. It is my opinion that some deep-acting or protectant formulas that utilize eleuthero are very appropriate in modern living.

*Kal Sellers, MH maintains a practice in Marietta and Powder Springs, GA. He teaches natural healing classes through his website, MadHerbalist.com. He is near the finish of his DC degree at Life University and has a wife and six daughters all being raised with natural healing as their mainstay.*

## Food Sensitivities and Allergies Part 2

By Traci Sellers

In the previous issue of *The Life Line*, we discussed how it seems that nowadays, just about everyone is avoiding some food or another because they have developed 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 sensitivities can develop. The first one is over consumption in an unwholesome form, the second is contextual consumption, and the third is systemic toxicity. Since over consumption in an unwholesome form can be easily understood, let's examine the other two ways that food sensitivities can develop.

**Scenario 1: Contextual Consumption**—What if the food you are allergic to is in its wholesome form, such as a fruit or vegetable? I know an increasing number of people who react to potatoes, but these are a wholesome food provided by nature!

If a food is eaten in a context where it cannot digest completely, its whole proteins can enter the bloodstream too. In chapter 2 of *Traci's Transformational Health Principles*, a free download on [www.bestfoodist.com](http://www.bestfoodist.com), the issue of eating fruit alone on an empty stomach is discussed. The reason for this is because when fruit comes in contact with proteins it tends to rot, and with starches it will ferment (hash browns and orange juice). If a food is rotting or fermenting, it is not breaking down for digestion, and foreign proteins enter the bloodstream, causing an immune reaction (a.k.a. allergy). When starches and proteins are combined (meat and potatoes) digestion is slow and incomplete, causing again, the foreign proteins to enter the bloodstream. Cue the immune reaction! Proper food combining is very important if you want to avoid contextually triggered allergies.

**Scenario 2: Systemic Toxicity**—This takes place when, over a lifetime, a person has just consumed a tremendous amount of highly constipating foods (processed, refined, chemical laden, unnatural) and is accumulating toxins in their system that have no way out. Then, when they consume or touch something that facilitates elimination, such as a

strawberry, it starts drawing the heavy toxins to the surface in the mouth, throat, or digestive tract.

What about children who are born with allergies? All of the above scenarios can happen to a baby's mother, and while she may or may not ever manifest the allergy, it can be exaggerated in her baby because it was ‘built-in’ during the formative months in utero.

Understanding that food allergies stem from what we eat and how we eat it makes it seem a whole lot more manageable than just having to avoid that food for a lifetime. Heal yourself of disease and allergies by transitioning yourself to a wholesome eating program.

### Squashed Potatoes

*My sister in law shared this recipe with me when I was first starting the program and needed ideas badly. It was so simple, and so good. My husband, who didn't really “care for squash” commented after eating these that the “squash just blesses these potatoes!”*

*continued on page 8*

# Baby Steps...

So many times when I am counseling someone on transitioning to a gluten free lifestyle, I get all kinds of resistance from them, especially if they aren't quite convinced that they are gluten intolerant and so much of what they currently eat is dependent on gluten. Trust me, I've been there! Before I was officially diagnosed with Celiac Disease, friends kept telling me that the source of my health problems was coming from all the gluten I was consuming and I just did not want to believe it.

Now, I know there is some controversy over whether you should even try a gluten free diet without an official diagnosis, but personal experience and new research is showing that many more people would benefit from a gluten free diet than just those diagnosed with Celiac. Recent studies have shown that not only is the incidence of undiagnosed Celiac much higher than previously thought, but that many other health conditions are also being linked to gluten intolerance. Everything from irritable bowel to arthritis, diabetes, even depression and anxiety disorders are linked to gluten intolerance.

What you have to understand is this; gluten is inflammatory to just about everyone to some degree or another. I am not advising that everyone go gluten free, but if you suspect that it might be causing some of your health concerns, why not try eliminating gluten for a few weeks and see if your symptoms improve? It's not like you are going to starve. I know how that feels. I thought I was going to have absolutely nothing to eat, and I was going to waste away to nothing. Anyway, at the time I could afford to lose some pounds!

For those of you who are new to my articles, when I was first diagnosed with Celiac Disease, almost nine years ago (wow, has it been that long?) I was morbidly obese and taking a ton of medications to treat a variety of ailments. The truth is, once I went gluten free I had plenty to eat; I did not starve, and, in fact, I probably eat more now than I did back

then! I've lost over 120 pounds and have gotten off all of the medications. Now, this wasn't just from giving up gluten. I really had to change my lifestyle and rethink what constitutes a meal, but it's been a long process of learning to get healthy.

This is where "baby steps" come in. One thing at a time... you won't be successful if you radically change your diet all at once. Most people just don't operate that way. Our brains have to adapt to a completely new way of thinking about food if we want to get healthy. This is what worked for me, and I hope that you can apply at least some of the tips and tricks to make your transition to a healthier gluten free lifestyle more successful.

First, give up absolutely all gluten, make sure everything that you eat is gluten free. This is a lot easier to do than it sounds. If your diet currently consists of a lot of bread, pasta, cookies, cakes, pretzels, and crackers, you will simply replace all of your gluten filled foods with gluten free versions. This is step one, because you don't want to feel like you are depriving yourself of your favorite foods. But this is expensive, you say to me... yes, this part is. But guess what, Life Grocery is your Mecca of gluten free goodness, with just about every gluten free goodie imaginable to replace what you are used to eating. Companies like Udi's, Pamela's, French Meadow Bakery, Glutino, Enjoy Life, Tinkyada, Ian's, and many more are all available at Life Grocery and watch for coupons and sales to save a buck or two. If you aren't already a member, get your membership so that you can get a discount on store and café purchases on Thursdays and Fridays (and on quarterly Life Fest days), as well as Life Savers Members Only Specials.

Second step, learn new recipes and try new foods that are naturally gluten free. Many ethnic foods are either corn based or rice based, so there are a lot of choices there when it comes to broadening your horizons. My daughter and I love to make

Mexican foods on a regular basis, and many Asian recipes are naturally gluten free (just be careful of the soy sauce). There are many restaurants that now have gluten free menus or are aware of the issue and can safely serve a delicious gluten free meal; you just have to do your research before going out.

The third step is a little more difficult, because at this point, you need to stop trying to replace all the gluten filled foods with gluten free versions, and only use the gluten free goodies as occasional snacks and treats instead of depending on them for your entire diet. This is where you start eating more fresh, organic, fruits and vegetables, clean organic meats (if you eat meat), and snack on raw organic nuts and seeds. And no, I am not nuts! You will survive without breads, cookies, cakes, donuts, pretzels, and pasta! If you must have grains, try the healthier naturally gluten free grains like quinoa and brown rice. If you must have a cookie or cake or pasta or bread, that's okay, just make sure you stick to the gluten free versions. I just don't want you to depend on them for every meal.

I tell people all the time, this is a journey, not a destination. (I borrowed that one from my mentor, Dr. Joe Esposito). You decide how far you want to take this. From time to time, even after almost nine years into this, I still want to have a treat or snack on some gluten free pretzels, or crackers; but, it's so much more infrequent these days! Baby steps, one foot in front of the other and you will find out it's actually a lot easier than you think.

*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](mailto:magickhand@gmail.com).*

*continued from page 7*

## Food Sensitivites and Allergies

4 large russet baking potatoes,  
baked and cooled slightly  
4 cups cubed winter squash, butternut,  
Hubbard or banana  
1 T cumin  
1/3 c olive oil  
1t onion powder  
1/4 t garlic powder  
sea salt to taste  
paprika for garnish

- Bake potatoes (if you rub them with oil first, the peels will hold together better) and allow to cool until you can handle them easily.
- Steam squash cubes in steamer basket until very soft.
- Cut potatoes in half lengthwise and gently scrape pulp from skin, being careful not to tear skin.
- Combine squash, potato pulp, cumin, olive oil, onion powder and garlic powder.
- Mash with potato masher and whip with electric mixer until very smooth.

- Fill potato skins with mixture. (For a decorative touch, use a frosting decorator).
- Dust tops with paprika. If potatoes have cooled significantly, reheat under broiler for 7-10 minutes, otherwise serve immediately.

*Hint: These also freeze and reheat well. I make a bunch and keep them in the freezer. They reheat in the oven or toaster oven for a quick entrée.*

*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](http://www.BestFoodist.com) and [www.TracisTransformationalKitchen.com](http://www.TracisTransformationalKitchen.com) to help others on their journey to health.*



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## Probiotics Can Affect More Than Just Digestion

By Dr. Michael T. Murray

Probiotics—the good bacteria that live in your gut and that are also found in yogurt and dietary supplements—have been shown in a variety of studies to improve digestion, but new research shows they can do much more.

A study from the *FASEB Journal*, published in January 2012, found that boosting the good bacteria in your intestines can help reduce the risk of death from heart attacks. Researchers at the Medical College of Wisconsin divided rats into three groups. The first group was fed a standard diet and the second group was given the antibiotic vancomycin in its drinking water. The third group was fed a probiotic supplement that contained *Lactobacillus plantarum*—a bacteria that helps the body produce less leptin, which is a protein hormone that has a key role in regulating appetite and metabolism.

At the end of the study, compared to the standard-diet group, the antibiotic group had 38 percent less leptin in its blood, which resulted in a 27 percent reduction in the severity of heart attacks. Even more impressive, the probiotic group had 41 percent less leptin and a 29 percent reduction in heart attack severity.

“Our discovery is a revolutionary milestone in the prevention and treatment of heart attacks,” the study’s lead author John Baker, MD, told NutraIngredients.com. “The biochemical link between intestinal bacteria, their metabolites and

injury to the heart will reduce the risk of death from a heart attack and, coupled with the use of probiotics, will ultimately be able to improve the overall cardiovascular health of the human population.”

Added Gerald Weissman, MD, editor-in-chief of the *FASEB Journal*: “Just as physicians use cholesterol levels, blood pressure and overall body composition as measures of heart disease risk, we may soon evaluate our body’s susceptibility to disease by looking at the microbes that inhabit the gut.”

Another January study published in the *British Journal of Dermatology* showed that probiotics and prebiotics (carbohydrates or fiber that help feed the good bacteria in your gut) significantly reduced the severity of eczema in children.

The Taiwanese study involved 60 children ages 2 to 14. About 75 percent had severe eczema, and 25 percent had moderate eczema. The children were divided into two groups: One group received 950 mg per day of the prebiotic fructo-oligosaccharide, while the other group took 950 mg of the prebiotic plus 4 billion colony-forming units of the probiotic *Lactobacillus salivarius* daily for eight weeks.

By the end of the study, fewer than 10 percent of the children had severe eczema, about 40 percent had moderate eczema, and more than 50 percent had mild eczema. However, the children who took the prebiotic-probiotic combo fared better: Moderate or severe symptoms improved in 30 percent of those

in the prebiotic group and in 52 percent of those in the probiotic-prebiotic group.

“In light of our findings, the use of combinations of prebiotics, which selectively promote the growth of certain bacterial species and their activities, and probiotics, which elicit immune-modulating effects, may be an effective strategy for treating childhood eczema,” said lead study author Keh-Gong Wu, MD, of the Taipei Veterans General Hospital in Taiwan.

Dr. Murray notes that the quality of a probiotic supplement depends primarily on proper manufacturing and the “hardiness” of the strain. “Consumers must utilize products developed and manufactured by companies that have done the necessary research to insure the viability of their product,” he said. “I personally endorse the Ultimate Probiotic supplements that I developed for Natural Factors.”

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



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# High Blood Pressure in Children Doubles

By Susan Esposito, BS, DC, DACNB, FABES, FAFN

I just finished reading a new study published online in the journal *Hypertension*, regarding high blood pressure in children. Although I am well aware that childhood obesity and its associated risks are on the rise, I was still surprised to read in the article that the number of children seen as inpatients in US hospitals nearly doubled in the ten years leading up to 2006.

According to the article, "The lead author of the national study, the first to examine high blood pressure hospitalizations in American children, was Dr Cheryl Tran, pediatric nephrology fellow in the Department of Pediatric Nephrology at the University of Michigan in Ann Arbor. The researchers said children treated for high blood pressure tended to stay in hospital for an average of 8 days compared to the average of 4 days for other illnesses. They also calculated that the charges for inpatient care for children with high blood pressure went up by 50% over the decade, reaching an estimated \$3.1 billion.

When they examined the reasons why children were admitted to hospital, and where high blood pressure fitted in, they found:

- The most common diagnoses were pneumonia, acute appendicitis, and asthma.
- When high blood pressure was the primary diagnosis, then the secondary diagnoses were for convulsive disorder, headache, obesity, and systemic lupus erythematosus.
- When high blood pressure was in any diagnoses, the most common primary diagnoses were lupus, complications of kidney transplant, pneumonia, and acute proliferative glomerulonephritis. (Acute proliferative glomerulonephritis is a condition that causes kidney inflammation that can in turn lead to high blood pressure.)"

One of the major contributors to high blood pressure in children is an elevation in body weight. All the articles I have read on the subject seem to agree that there is no panacea for the remedy for childhood obesity, but rather it would take a societal effort, where not only the child and his/her family, but the schools and the community would all have to make changes for meaningful results. Most point to the fact that caloric restriction only has a short term affect and rebound weight gain is usually evidenced.

The National Institute for Health (NIH) has listed the following suggestions for dealing with childhood obesity:

- Avoid high-calorie foods that are low in nutritional value.
- Make fruits and vegetables part of every meal.
- Check the Nutrition Facts Label to compare foods.
- Enjoy smaller portions of food both at home and at restaurants.
- Substitute water or low-fat milk for sweetened beverages.

- Plan and schedule time for the whole family to be physically active.
- Give kids toys that encourage physical activity, such as balls, kites and jump ropes.
- Limit screen time (television and computer) to no more than 2 hours per day.
- Take advantage of the many resources NIH has to offer.

The most common method to determine if your child is overweight is to calculate his/her Body Mass Index (BMI). BMI uses height and weight measurements to estimate how much body fat a person has. The easiest way to obtain a child's BMI is to use a BMI calculator and plot it on a standard BMI chart, which you can do online by googling "BMI for children." Kids fall into one of four categories:

- Underweight: BMI below the 5th percentile
- Normal weight: BMI at the 5th and less than the 85th percentile
- Overweight: BMI at the 85th and below 95th percentiles
- Obese: BMI at or above 95th percentile

BMI is not a perfect measure of body fat and can be misleading in some situations. For example, a muscular person may have a high BMI without being overweight (because extra muscle adds to a body weight—but not fatness). In addition, BMI may be difficult to interpret during puberty when kids are experiencing periods of rapid growth. It's important to remember that BMI is usually a good indicator—but is not a direct measurement—of body fat.

It all boils down to eating right and getting exercise. Life Grocery helps us in this regard, by providing us with a myriad of fun and healthful choices for kids and adults. For children, look for the frozen prepared kids meals, as well as the organic baby food and colorful boxes of delicious and nutritious cereals and snacks.

Over half of obese children grow up to become obese adults which can result in devastating health consequences later in life. If we can get our children involved in making their own healthy dishes, it can motivate them to try tasting and eating them. Toward this end, I will include some easy to prepare healthy recipes that kids can make in my next article.

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<http://www.nlm.nih.gov/medlineplus/obesityinchildren.html>

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Hours:	Store	Café Spring & Summer
Mon-Sat	9am-8pm	Mon-Sat 9 am-7 pm
Sunday	11am-6pm	Sunday 11-5 pm

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

Please seek the advice from your physician or other qualified health provider before utilizing any information, products, treatments, or therapies promoted in this publication. This information should not be used as medical advice, for prescription or diagnosis, as it is not a substitute for medical care or your doctor's attention.

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

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

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# Nutrition and Life Extension

Whenever I write an article or a book, I think about who my target audience will be. I decided to write this article because Nutrition and Life Extension, is a topic of which everyone can be my target audience. I mean, who does not want to live a long, happy, and healthy life? I want to discuss with you the simple principles that need to be applied in order to achieve that long, happy, healthy life we are all in search of. After almost three decades of working with patients, it's very clear that people who live a long life follow certain principles. One of the things they all have in common is that they're very aware of what they are eating. Even as early as the 1970s, our food supply was not nearly as poisoned as it is today. Today, the people who have lived a long life ate high-quality organic food because that's mostly all there was.

In my office I have a sign that says, "Eat organic food, or as your grandmother called it, food!" Today's younger generation is being exposed to "food" that contains steroids, chemicals, hormones, antibiotics, pesticides, genetically modified organisms, artificial dyes and flavors, as well as a host of other things that older folks were not exposed to when they were children. So the older generation at least had a good head start. Now all of us are being exposed to these toxins on a daily basis, and it's very clear that many of these products that try to pass as "food" can dramatically shorten our life expectancy. Today's younger generation is the first generation in history to have a shorter life expectancy than their parents! It seems that, with all our modern medicine and technology, we could do the one thing that we all strive for, and that's to have a long, healthy life.

Every disease known to man is in one way or another related to or caused by the food that we eat. Better nutrition will benefit everyone's health now and in the future. Now the question arises, "What can I eat?" The answer is a lot simpler than most people think. There are four foods that help our bodies function very well. Those four foods are fruits, vegetables, nuts, and seeds. The good news is that there are about 120 different choices in these categories. Studies have also shown that eating fewer calories, within limits, can lengthen your life expectancy.

So nutrition is one of the three things that we need to look at when it comes to a long and healthy life, however, it's not the only thing. People who live a long healthy life almost always have healthy functioning nervous systems. Your brain sends messages down your spine, out your nerves to every cell in your body. If a nerve malfunctions, either because of bad chemicals in the body or by being pinched and preventing the nerve messages from getting to the brain to the body, the body cannot function at 100% of its capacity. If you have neck pain, back pain, shoulder pain, arm pain, numbness, tingling, or any physical ailment, it would be wise to check the nervous system first because in many cases a pinched nerve is either the cause or is contributing to the ailment. Once you get the nerve working properly, in many cases the body will heal itself.

The third thing we need to look at, if our goal is to achieve optimum health, is our digestive system. I jokingly say that 85% of my patients have digestive problems and 15% lie! Most people have gas,

bloating, diarrhea, constipation, acid reflux, or some other digestive malady and these problems are actually just symptoms of something much greater. If you are not digesting your food properly, even if you have a good diet, you can't absorb the nutrients and your body will prematurely age. Many times, when it comes to digestive problems, the problem is physical not chemical. What I mean by that is that the stomach or intestines may be in spasm preventing the body from digesting food properly. In many cases, I need to manually manipulate the organs to get them to relax and come out of spasm to do their job. There are many days I work on the stomachs of ten to fifteen patients. That's how common this problem is. When the stomach is pushing up against the diaphragm, it cannot do its job. We need to pull the stomach gently down away from the diaphragm so it can return to its normal function. Having personally suffered from this condition for over two decades, I've become an expert in finding and fixing problems like this.

Let's talk about what it would look like if we did the things that are necessary to achieve a long, healthy life. Regarding nutrition, we need to eat as much food as possible in the same state it was when grandma ate it. That means eating a lot of vegetables. It's very important to eat organic, especially if it's not a food that you can peel. For example apples, berries, lettuces, root vegetables, peaches, pears, celery, are all foods that you should strongly consider eating organic. Organic foods also have a much higher nutrient content than conventional foods. If you are going to eat meat or any other animal products, including all dairy products and eggs, I strongly suggest that you eat small amounts of these products and make sure they are organic. If you would not eat what the animal eats, then you shouldn't eat the animal product.

Also, products that come from conventionally raised animals can contain by-products of genetically modified organisms. If you don't know what genetically modified organisms are, I strongly advise you research this topic. These foods can be extremely toxic to humans and if you eat an animal that ate them, they can be toxic in that form as well.

It's a good idea to eat 60% or more of your diet raw. Raw foods usually have higher nutritional contents and also contain enzymes. Enzymes are necessary for every function that occurs in your body. As we get older and our digestive systems get weaker, raw food becomes more and more important. We need those enzymes from an outside source to help us digest our food and to maintain every function in our body.

As we get older our digestive system becomes weaker and can require more maintenance to keep it functioning at 100%. If you have pinched nerves in your spine that control your digestive system then the digestive system will not be working at its best, even if you do have a good diet. As we get older our digestive enzymes drop dramatically, so we need to make sure the nervous system that controls the digestive system is working and we need to make sure we are giving the body digestive enzymes in every meal. The easiest way to do this is to eat raw fruits, vegetables, nuts, and seeds.

As we get older our muscles become weaker. Your digestive tract is essentially a big muscle. Like

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

any muscle, it needs exercise in order to be strong. One way we exercise our digestive system is by eating a high fiber diet. The only place you get fiber is from plants since animal products have no fiber. The more you eat a plant based diet, the stronger your digestive muscles will become. Again, this goes back to eating raw fruits, vegetables, nuts, and seeds. Regarding nuts, it's best to eat about one ounce at a time. Nuts are loaded with fiber, fat, and protein. Too many nuts can pack on pounds.

You may have heard about supplements that help life extension. If you are going to take a supplement, I strongly advise that it be made from whole foods. When you start to extract out vitamins and minerals, studies have shown they don't work nearly as well as they would in combination with the other nutrients that are normally found in nature. Synthetic supplements are not as effective as whole food supplements, and they can actually prevent absorption of the good, healthy nutrients found in whole food and whole food supplements.

Studies have shown that a supplement called resveratrol can slow down the aging process of our genes. Red wine contains resveratrol, however, you would need to drink several bottles of wine every day to have any positive effects from the resveratrol found in the wine. A better source of resveratrol comes from Japanese knotweed. You can get this in a supplement form and not have the adverse side effects of alcohol.

I couldn't write an article without mentioning water. When you are an infant there's a part of your brain that controls hunger and a part of your brain that controls thirst. As we get older those two parts of the brain grow together so that you have trouble distinguishing between hunger and thirst. Most people assume that what they are feeling is hunger, as opposed to thirst, so they eat. It would be very wise to increase your pure water intake to about six or eight glasses a day. This will hydrate the body, control hunger, and slow down the aging process. If you're concerned about waking up at night and having to empty your bladder, drink most of your water before three o'clock in the afternoon and by the time you go to bed, you should be able to sleep through the night.

So the bottom line is this, if you have a normally functioning nervous system, a normally functioning digestive system, and a good diet, you will be able to slow down the aging process dramatically as compared to the average American. If you currently eat the standard American diet, it's never too late to stop the damage, and in many cases, reverse a lot of the damage that occurred from your past bad habits. When it comes to a good diet, it's not only what you do eat, it's what you don't eat that makes a big difference.

*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](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!*

# Sourdough: Starter to Slice-Part 1

By Linda Townsend

Life can have some sour times, but sour times can also be a blessing in disguise. I was fortunate to have a resourceful aunt. She taught me her wondrous ability to elasticize any dollar bill in her possession and passed on the amazing belief that anything not mastered was just something not yet tried.

That being said, for most of my life, homemade bread was a challenge for which I admit having no knack at all. Every loaf I ever made . . . well, each had the right ingredients and resembled bread in the matter of being baked in a bread pan, but that is where the similarities ended. However, necessity is a great motivator for doing what is seemingly impossible and our necessity was to cut our budget *severely*, while trying to maintain our conviction to eat mostly organic and natural foods. That meant buying more of the most basic of foods and very few convenient foods. I decided bread could be considered a convenient food, because I believed, in theory, that it was something I could make from scratch myself . . . so I hoped.

I also had this ambitious idea, since my family liked the taste of sourdough, that I could save even more if I did not buy yeast. After all, yeast is a *free* resource. Yes, absolutely free! Plus, I believe natural fermentation of foods makes them healthier. I knew that, typically, a sourdough novice would get a portion of a proven starter from a family member or neighbor with good advice based on years of experience, but I did not know anyone personally who made sourdough bread—not even my aunt who used to make homemade bread three times a week! So, in trying to discover the ancient secrets of making my own sourdough starter from scratch, I did what any twenty-first century homemaker without a clue would do. . . I googled.

Oh, my! There are all kinds of fancy ideas about how to make sourdough starters. Some use potatoes. Some add sugar or honey. Some recommend rye flour instead of wheat. Some even use commercial yeast to get it started—*genuine sourdough? I think not!* Some bragged of a variety of starters in their refrigerators with various bases at all times!

The simplest recipe was the one that appealed to me the most: it called for equal parts of flour and purified or spring water. It made sense to me that if the yeast I wanted to encourage were to feed on the flour itself that I would rather not add anything else, but the flour of choice and water. I started with about a quarter cup of each and added just under a

quarter of a cup of both each day, discarding a part of the existing mixture so that my jar was always about half full, giving some room for the froth to rise—should I be so lucky. On the third day, my starter bubbled. I was excited! Ignoring advice that it takes two weeks to get a good starter properly cultivated, I mixed part of my starter in a simple recipe and. . . *déjà vu!* The dough did not rise at all. I was determined not to quit this time, though. I again googled.

Apparently, yeast is not the only thing taking off in the starter. That first bubbling seen around the second or third day is caused by harmless bacteria, which dies back as the yeast takes off. The average time to cultivate yeast is two weeks more or less—it is “wild,” therefore a bit unpredictable. For the second trial, I used a cloth cover over the mouth of a glass jar. Since it was winter at the time when we keep our home fairly cool, I also placed the jar in a cooler half-filled with warm water changed twice a day to encourage the yeast with the proper warmer temperature, a process probably unneeded in the summer. In two weeks, I was satisfied with that sharp, astringent smell and frothing . . . and then I began really baking.

It has been over four years now with that same basic starter. I have shared some of my starter and I have made hundreds of items from it. I do not use fancy equipment, other than a good mixer with a dough hook just to get the ingredients mixed together, because I still hand knead to get the feel of the dough and it is good exercise. I have no automatic breadmaker. I do not have a grain mill. (Although, I would really love to have one!) I decided that I could make my sourdough breads with what we had on hand and the organic flours available at Life Grocery.

In future articles, I will share the benefits of sourdough, how to prepare a “sponge,” and a simple recipe. Although I believe that sourdough is more sensitive to all the variations of bread making, which range from room temperature, humidity, moisture in the flour itself, other ingredients, and even the bake ware, I think it is very rewarding and not as difficult as I thought it was in the beginning. I will not say I have mastered it yet, but I will gladly share what I have learned so far.

*Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).*

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# A Sweet Fix

By Jeani-Rose Atchison

Everyone was asking for a sweet fix in the house yesterday. We had gone through our usual bounty of fresh fruit...needed to get more soon but that wasn't a good enough answer to give our kids at the moment. Instead I needed something quick and went to the fridge and started opening up packages of nuts and seeds. I had a bag of dates, as well, and smiled as I thought of the perfect answer. FUDGE.

I love gooey, rich, and chocolaty fudge. It is a treat that satisfies on many levels. What I came up with was not my mother's fudge, rich in condensed milk and white sugar. Nope, this was even more gratifying; a food that can stop cravings in their tracks and nourish as well.

There are so many alternatives to using white sugar: raw cane, agave, rice syrup, stevia, xylitol, and a multitude of others. One simple sugar that is easy to use is dates.

Either eaten alone or blended into a paste to mix into recipes, they are easy to obtain, relatively inexpensive, a whole food with nutrients intact and really, really tasty.

Dates are also rich in vitamins and minerals, as well as being a good source of fiber. I used to live in Palm Springs, California many moons ago and loved going to the date gardens and slurping on a date and banana shake in the hot, dry days of summer. Date sweetened cakes and ice creams have stayed with me since then and I love to experiment with recipes that originally call for more conventional sweeteners.

In the fudge recipe, I just throw them in the processor whole. But if you want to use them to replace sugar in cakes and puddings you may find it easier to make a paste or syrup of it first. Here is the recipe:

## Date Paste

10 large or 20 medium dates, pitted  
1 3/4 c water  
1 T fresh lemon juice

- Place all ingredients in a blender and process for a few minutes until smooth and completely blended.

This makes a great sweetener for tea as well. Date paste keeps in the refrigerator for several weeks. Be sure to use organic dates, as if they are not you may be getting pesticide and fungicide residue with each sweet little mouthful.

## Raw Fudge Squares

1/4 c unhulled tahini  
1/3 c coconut cream  
1 c dates (make sure there are no seeds)  
1/2 c each, raw almonds and macadamias  
1/2 c raw cacao or dark cocoa powder  
1/2 c shredded or desiccated coconut  
coconut sugar (optional)

- Place all ingredients into a strong food processor and run until smooth.
- My Thermomix does a good job with all the ingredients processed at once. You may find it works easier if you grind the nuts first then add the rest slowly as your processor is running.
- Mix equal parts coconut sugar and cocoa powder if desired and sprinkle a thick layer on the bottom of a rectangular pan.

- With moist hands pat fudge into pan and sprinkle with more of the cocoa and coconut sugar mix. Alternatively just pat straight into pan without additional sugar and cocoa.
- Refrigerate for 15 minutes and slice the fudge. Serve and Enjoy!

*Jeani-Rose Atchison is a health advocate and author who has called Australia home now for eight years. Originally from the states, Jeani-Rose spent many years in Marietta and was an active member of Life Grocery. Keeping busy as a homeschooling mother of five, she also helps her husband run his Chiropractic practices and finds time to write about nutrition, whole foods, and environmental concerns. She is the author of the bestselling book **Every Day Vegan-300 recipes for Health**, as well as a variety of articles on organics and food. Her latest book **Food for Thought- Thought for Food** is chocked full of delicious whole food recipes. It also takes a controversial look at the food we eat today. Can your food make you ill? The answer may shock you! For additional information, visit [www.healthyfoodhealthylife.com.au/](http://www.healthyfoodhealthylife.com.au/).*

## What Do Those Numbers Mean?

Do you know what the number on a fruit sticker means?

This sticker will tell you whether the fruit was organically grown, genetically modified (GMO), or produced with chemical fertilizers, herbicides or fungicides.

PLU stickers that have 4 digits and begin with a "3" or "4" is for produce that was conventionally grown. This produce was sprayed with weed killers and chemical pesticides.

PLU stickers that have 5-digits and start with an "8" is for produce that was genetically engineered (man intervened by manipulating the genes to produce a larger

or brighter colored food). This produce may have been chemically treated.

PLU stickers that have 5-digits and start with "9" is for produce that was raised organically. This produce was not treated with any chemicals.

Examples

**4139:** Conventional Granny Smith apple

**84139:** Genetically Modified  
Granny Smith apple

**94139:** Organic Granny Smith apple

For more information visit <http://www.plantea.com/genetically-modified-foods.htm>.



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# Heavy Metals Can Destroy Health

By Brenda Cobb

Years ago superman was weakened by kryptonite, but never in the history of mankind has any generation before this had to deal with the toxic overload we're exposed to on a daily basis. Heavy metal toxicity from arsenic, mercury, aluminum, lead, and cadmium are unquestionably a major contributor to many chronic diseases. Heavy metal toxicity is the basis for free radical damage to the brain, causing oxidation and destroying the cells.

These heavy metals come from a variety of sources including vaccines, water, and even cookware. Diseases like Parkinson's, lupus, multiple sclerosis, and Alzheimer's have been directly related to heavy metal toxicity. Silver teeth fillings are full of mercury which can cause problems with the heart, liver, and kidneys. Autism is believed to have a connection to mercury. Still, with all of this awareness, mercury is still used in dentistry today. We must become proactive in our own wellness and take a look at many of the causes of our health problems.

A newborn can have as many as 78 traces of pesticides, industrial by-products, and mercury in the blood of its umbilical cord. So it stands to reason that after many years of living on the planet, having teeth filled with amalgams, which contain 52% mercury, breathing exhaust fumes, and inhaling tire particles from millions of cars, people are more toxic than ever. Tons of processed, dead food, and polluting agents are suffocating the body and preventing it from reaching optimal health.

There may be little you can do about our toxic world, but there is plenty you can do to regularly and

effectively detoxify your body so you can function better in it. One way to do this is with superfoods and herbs. Broken cell wall chlorella and liquid cilantro extract work as powerful cleansers to remove heavy metals including mercury from the blood, and cells. Eating cilantro can help in the cleansing and when you add celery and cucumbers, which are high in minerals, you are nourishing the body so it can rebuild itself and heal.

Drinking filtered alkaline water is critical to good health and to cleansing the body to remove toxic substances. Adding liquid oxygen to drinking water is even better, as the cells need oxygen for every function. Our planet's supply of oxygen has been greatly diminished from cutting down the rainforest and millions of oxygen producing trees.

To find out if you have heavy metals, get a healthscope scan which can reveal the physiology of all of your organs and glands and show if you have heavy metals like mercury, lead, aluminum, and cadmium and the levels of each of these in your body. The scan will also show if you have candida yeast, which attaches to heavy metals and parasites, worms, fungus, and mold. The scan will show the levels of vitamins and minerals in your body and detect if you are low in enzymes, oxygen, or amino acids. It will point out any allergies to food so that you may customize your nutrition. Some people are allergic to even good raw and living foods and they need to know this so they can avoid developing problems from eating the wrong food for their personal physiology. Knowing this information will help you determine if you need to do a heavy metal

cleanse or if you need supplements and what type to help your body create and maintain optimum health.

Drinking freshly made smoothies with vegetables, herbs, and filtered alkaline, oxygenated water is an easy and extremely beneficial thing you can do everyday to help your body detoxify, cleanse, rebuild, and heal.

## Detox Smoothie

2 c kale  
2 c celery  
2 c cucumber  
2 c sprouts  
1 c apple  
1 c cilantro  
3 to 4 c water

- Blend all these ingredients in the Vita-Mix and drink throughout the day.

Brenda Cobb is author of *The Living Foods Lifestyle*® and founder of The Living Foods Institute, an Educational Healing Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing, Relaxing Therapies. The Healthscope Scan is available at the Institute. For more information, visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com) or call 404-524-4488.



## Fall Life Fest

## and Member Appreciation Day

### Saturday, 9/29/12

### 12:00-4:00 pm

*members receive 10% off  
all in-stock purchases 9 am-8 pm*

# Sweet Summertime Tomatoes

By Betsy Bearden

I can't think of too many people who don't like tomatoes. To me, home grown tomatoes right off the vine, personify summertime in the South. There is nothing better than fresh, ripe tomatoes to use in a salad, marinade, sauce, or a simple sandwich of whole grain bread, mayonnaise, salt and pepper, and fresh tomato slices; it just doesn't get any better than that.

Tomatoes (in case you were wondering) originated in South America and found their way around the world as the colonization of the Americas began. They have evolved over time to what we typically find in the local markets today. However, there are tomatoes of just about any color, ranging from yellow to orange to purple. Botanically, the tomato is actually considered to be in the fruit family, along with eggplants, cucumbers, and squashes of all kinds, including pumpkin, but is treated and prepared as a vegetable.

Tomatoes are not only delicious, they are also nutritious and there are claims that consumption of tomatoes can help with inflammation, and thwart off some cancers such as prostate, breast, and head and neck cancers due to antioxidants and lycopene (main pigment of certain fruits) content. There are also claims that eating tomatoes can help you prevent sunburn, but I will advise you to continue to load up on the SPF50 like I have to.

Vitamins and minerals range from A, C, E, K, folate, choline, calcium, magnesium, potassium, phosphorous, fiber, lycopene, Omega 3 and Omega 6 fatty acids. Tomatoes are low in fat and calories, relatively low in carbohydrates, and actually contain

a small amount of protein. Not too shabby for this red, delicious orb of summertime goodness.

Life Grocery has fresh, organic tomatoes in their produce section, as well as organic canned tomatoes. You can often find tomatoes on their raw food bar at Café Life where the food is always nutritious, fresh and delicious. Café Life offers organic vegan raw and living foods. They also offer gluten free foods. One thing I know for sure, after visiting Café Life, you won't go away hungry!

Tomato sandwiches are delicious. If you want to have a really awesome tomato sandwich, here is the easiest recipe in the world to follow. And, you can get all the ingredients you need at Life Grocery! The following recipe is for two very loaded sandwiches!

## Loaded Tomato Sandwich

*makes two sandwiches*

1 ripe avocado  
1 clove garlic (smashed and finely minced)  
1 T lime juice  
1 T mayonnaise  
½ t onion powder  
½ t crushed red pepper flakes (optional)  
1 large fresh tomato, sliced  
Tofurky Oven Roasted Deli Slices  
Swiss or Havarti cheese slices  
4 slices of your favorite whole grain bread  
Romaine lettuce or spinach

Avocado Dressing:

- Slice the avocado in half and remove seed.

- Scoop out avocado into a mixing bowl and add garlic, lime juice, mayonnaise, and onion powder. Add crushed red pepper flakes if desired.
- Mash with a potato masher or blend with a hand held blender until smooth.
- Stir avocado dressing to mix well. Cover bowl and place in refrigerator until chilled for at least 30 minutes to an hour.

Assemble your Sandwich:

- Spread desired amount of avocado dressing on the four slices of bread.
- For each sandwich use two slices of cheese.
- For each sandwich use desired amount of spinach or Romaine lettuce.
- For each sandwich, use 3-4 slices Tofurky Deli Slices.
- For each sandwich add two generous slices of tomatoes and use desired salt and pepper.

References:

<http://en.wikipedia.org/wiki/Tomato>  
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*Betsy Bearden is a certified and published writer, and is the author of a self-published cookbook, **Normal People Eat Tofu, Too**. She has worked as a volunteer chef, and cooking class instructor, and as a reporter for The Paulding Neighbor Newspaper. You can reach her at [betsybearden@bellsouth.net](mailto:betsybearden@bellsouth.net) or visit her website where she offers professional writing services at [www.creativewrites.net](http://www.creativewrites.net).*

# Eating Healthy on the Road

By Dr. Kim Strickland

I have traveled lots throughout my life, with children and without children. Often people say to me, "How do you eat while you are traveling?" Can you find food to eat? While traveling abroad and across the USA, I have been an unconscious eater, a vegan, eating no grains, gluten free and now eating organic turkey, chicken, fish and eggs along with fruits and vegetables and grains.

Food has rarely been an issue while traveling. I like to go to grocery stores and stay in hostels or places with kitchens. This makes it easier to find things I like. This summer we have already gone to Disney for a week. Wow was I ever impressed with the customer service and level of consciousness regarding food. I was able to walk into the fast food restaurants and request a gluten free menu. I was then treated like royalty by a head allergy specialist who prepared my food including gluten free rolls, hotdog buns, hamburger buns, chicken stir fry, and chicken tempura with vegetables. If only the rest of the world could catch up with this level of education and customer service! They also had several kinds

of dairy free ice cream available at all of their ice cream shops.

Our summer continues in a few weeks with a two week trip to Costa Rica. I anticipate going to grocery stores to find snacks and food to feed the five of us for lunch. Most places include breakfast of fruit, eggs, rice, and beans. For dinner we will be able to find lots of options that include organic fruits, vegetables, and fresh meats.

A few days after returning from that trip we will be leaving for a car camping trip all the way to Wyoming to see Yellowstone, the Tetons, Devil's Tower, and Mount Rushmore, as well as the Badlands in South Dakota. For this trip I will be stocking up on lots of dry goods that will keep in a camper such as canned green beans, which my kids eat straight out of the can for a snack. My kids also love to snack on little packages of dried seaweed, along with roasted almonds and dried fruit. I love to stock up on the dried fruit from Life Grocery because it is free from sulphites, preservatives, and sugar. When I leave on long trips like this I take frozen packages of

bologna and turkey as they last longer this way. I will also take a few bags of frozen peas and consume them the first couple of nights.

Don't stress about eating healthy or sticking strictly to a particular diet. Narrow your menu down and decide what the most important parts to it are and why. If there are certain foods that you know will be hard to find then stock up on them and bring them with you if you can. If you can't find organic fruit don't stress about it, eat lots of fruit anyway. It's better than processed foods full of white flour and sugar. I always research health food stores and restaurant options prior to leaving. For example I know there are options in Jackson, WY, so I just need enough food to get me there. Then I can stock up again. Don't let food prevent you from seeing the world!

*Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.*

# Greens: How do You Know When Enough is Enough?

By René Oswald, RN, APH

There are small amounts of natural toxins, called alkaloids, on all greens. However, each green contains a different alkaloid, so generally, if you eat a variety of greens you won't have any problems. Some scientists believe that these alkaloids are there to prevent us from eating the entire crop, so that there will always be more for future generations.

You will find out, naturally, how much is safe to consume. When you eat a green in moderation it tastes great, but when you've had enough, your body will tell you by the taste. It generally starts to taste bitter, can cause nausea or you may notice your mouth becomes very dry. This bitter reaction is very obvious to most people when they eat the stronger greens, like chard, collards, arugula, and dandelion.

Sunflower greens and spinach taste very mild to most people until their body has had enough, then they tend to make the mouth feel very dry. Listen to your body and only eat the amount you need, then go on to a new green for your next meal.

You'll notice that when you blend greens in a recipe with lots of other ingredients (like in greens smoothies or blended salads) your body doesn't always tell you when you have had enough. This is because your body is picking up on all the different foods at one time and it is confusing. I recently worked with a woman who was consuming large amounts of spinach every day in her green smoothies. She suddenly started feeling very light-headed and nauseous, she said she felt like she was going to faint all day long. When she stopped eating the spinach and substituted it with a different green in her smoothie every day, her dizziness went away. I suggest typically adding the amount of greens that you would comfortably consume in a salad as the right amount to add to your morning smoothie or energy soup.

It is very important to rotate your greens daily, which is the natural way to prevent any problem with over-consumption of one green. If you eat a

new green every day, you'll typically rotate at least seven greens in your diet. The typical greens that are available to most of us, are Romaine, red or green leaf lettuce, spinach, Swiss chard, kale, Bibb lettuce, and bok choy. The highest quality greens are those that are dark green in color, organic, and locally grown.

Add small amounts of the stronger varieties, such as dandelion, arugula, mustard greens, collard greens, and beet greens as you develop a taste for them.

*René Oswald, RN, APH, and author of **Transitioning to Living Cuisine, Juice Feasting for Life, Living Cuisine for Happy Holidays, and Wholesome Cooked Creations.** She travels around the country teaching her Transitioning to Living Cuisine Program. She has several free videos and an informative Blog that you can check out at her website at <http://RawFoodRene.com>.*



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# Managing Pain Without Drugs

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

As a chiropractor, I have many patients come to me who are in pain. The question I get asked most is “how can I get rid of this pain, can you help me?” Many times, the pain is caused by a bone that is out of place and pinching a nerve. By putting the bone back to its normal position, we take the pressure off the nerve and the pain goes away. However, many times the pain is exacerbated by what the patient is eating or the chemicals they are exposing themselves to.

This is where nutrition becomes a vital aspect to a pain management program. There are certain foods that will make the pain worse, and certain foods that can actually help reduce the pain. The foods that can make the pain worse are alcohol, meat, sugar, dairy, soda, coffee, and artificial sweeteners. These foods can cause inflammation and increase your pain. The nerves in your body function by chemicals interacting and creating electricity. If you are eating good foods you can create good health electricity. If you’re eating toxic foods, you’re not able to produce the proper electricity because you’re not giving the body the raw materials necessary to function normally. Grains fall under the sugar category, with wheat, barley, and rye being the worst. If you choose to eat grains, quinoa, brown rice, and millet would be your best choices.

One of the easiest ways to determine if you are having an adverse reaction to food is to keep a diet diary. Write down everything you eat for seven days. I mean everything! I mean gum, a sip of beer, a bite of a cookie everything! Then in the margin of your diet diary, write down how you feel that day. If you’re having a reaction to certain foods you will see a pattern develop; when you eat certain foods the pain will increase. The easiest way to figure out if your pain is caused by what you’re eating is to determine if your pain gets worse. The only problem that might occur is that you eat the same foods every day which is aggravating your pain every day. Additives to foods like dyes, artificial fats, hydrogenated oil, processed salt, and chemicals can also cause reactions that increase pain.

Certain foods, such as raw fruits and vegetables, can actually help decrease pain. Certain people may need to avoid citrus fruit, nightshade vegetables, such as tomatoes, peppers, and eggplant, and foods containing yeast. If the pain is being caused by an infection, garlic and oil of oregano can be very helpful. Garlic has antibiotic, antiviral, and antimicrobial properties.

Food such as pineapple contain bromelain can help decrease inflammation. If you have a poor diet you might be lacking certain minerals that are preventing your body from dealing with the pain in an appropriate manner. Calcium and vitamin D, vitamin K, and magnesium might be lacking in your diet.

It is vital that you drink enough water for pain management, as well as for every health condition

known to man. You should drink enough water so that your urine is clear. If you’re taking B vitamins, specifically B2, your urine might have a yellow color to it. Otherwise your urine should be clear enough to read a newspaper through, but don’t try this; whoever you live with might think you are crazy!

If you are frequently waking up at night to go to the bathroom, the problem may be that you are drinking too much water and you might want to stop drinking your water about three o’clock in the afternoon.

For pain, it is best to use ice and not heat in the initial stages. If you use heat and there is a lot of swelling, it can increase circulation which will increase the inflammation and make the problem worse. If you use ice, only use it for 20 minutes at a time. Then take it off for 20 minutes. If the pain is still there, reapply it for another 20 minutes and so on until the pain is under control.

Lack of exercise can result in loss of bone mass and joint duration. If you’re not used to working out, walking would be your best bet to help restore mass, reduce pain, and retard joint deterioration. If you have digestive problems with gas, bloating, diarrhea, or constipation, this could be a sign that you are not absorbing nutrition properly, which could lead to improper healing and increased pain. If you have digestive problems it could be due to a pinched nerve in your spine that controls your digestive system or it could be due to spasms in your digestive system. Either way it’s best to get the problem checked and then corrected, if necessary.

If you missed my seminar last month, I talked about what can help manage pain. Below are a few recipes that might help in your pain management plan. We included spinach, as it is very alkalizing to the system and can help reduce pain; olive oil to help lubricate joint swelling; garlic, in case the pain is due to infection; gluten free pasta, because gluten, which is found in wheat, barley, and rye, causes inflammation; and cabbage, which is high in a chemical called diethyl methane that prevents testosterone from converting into estrogen. Testosterone is necessary to build strong muscles for your joints and prevent damage. We also used turmeric, which is a wonderful anti-inflammatory herb. For dessert you can enjoy a pineapple strawberry sorbet. Pineapple is high in bromelain which helps to reduce inflammation; strawberries are high in vitamin C which is helpful to build strong joints. I hope you enjoy these recipes and can make it to our seminar next month.

## Sautéed Spinach and Mushrooms over Rice Pasta

3 T olive oil  
4 cloves garlic, minced  
½ lb mushrooms, thinly sliced

30 oz fresh or frozen spinach, tough stems removed  
salt and black pepper to taste  
4 c rice or ½ lb gluten free pasta

- Prepare rice or pasta as directed.
- Heat the oil in a large skillet over low heat.
- Add mushrooms and garlic. Cover and cook about 5 minutes, stirring frequently until the mushrooms are barely tender.
- Add the spinach and sprinkle lightly with salt and pepper.
- Cover and continue cooking for 5 to 7 minutes, stirring frequently, until the spinach is tender.
- Remove from the heat and spoon over rice or pasta, or just eat it by itself.

## Cabbage Slaw

Slaw Ingredients

1 red cabbage, shredded  
½ cup shredded carrots

Tahini Tumeric Salad Dressing

1 T olive oil  
2 T tahini  
¼-½ c apple cider vinegar  
1 t turmeric  
salt to taste  
1 t black pepper, ground  
pinch of cayenne, optional  
1 clove of garlic, minced, optional

- Mix all ingredients together.
- Add a bit of water to make the dressing thinner.
- Pour over the slaw.

## Pineapple Sherbet

1 pineapple, fresh and removed from husk (or one can sliced pineapple)  
1 package of fresh strawberries washed, de-stemmed and sliced (or one bag frozen)

- Blend pineapple until smooth in a blender, and pour into a freezer container.
- Freeze until semi-hard, then stir well and fold in sliced strawberries.
- Freeze overnight.

*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!*

# How to Stuff a Mean Tofu

By Betsy Bearden

This is not to imply that tofu is mean—I was actually going to call it *How to Stuff a Bad Tofu* as in “that’s right—we’re bad, we’re bad,” but somehow I didn’t think it would sound all that appetizing. So *mean*, it is. I digress....

Sometimes when we have a lot of things going on in life that seem a little overwhelming, they can affect us in many different ways. Some of us overeat, some exercise more, some lie awake at night. I am guilty of the latter. All sorts of things can and will run through my mind at 4:30 in the morning, even thoughts of tofu.

Since Steven and I are vegetarians, soy is definitely a big part of our diet. There are only so many ways you can make tofu; I should know. I was trying to think of ways to substitute tofu for eggs, and that led to thinking about stuffed eggs, stuffed eggs led to stuffed tofu, and the rest is history.

I will admit that this idea came from a 4:30 in the morning mind at work, so I set out to put it to the test. As far-fetched as stuffed tofu sounds, I researched it (after the fact) and I came to discover that it has actually been around for a while. Go figure! Who knew that that many people were up at 4:30 in the morning trying to figure out how to stuff a tofu?

Now, I know that not too many people are all that keen on tofu, but it’s important to keep in mind that tofu is high in protein, low in carbohydrates, and has no sugar content which makes it an excellent choice for those looking for a low glycemic index and protein source. When combined with any whole grain, such as brown rice or a combination of whole grains, tofu provides complete protein. Even Dr. Oz likes tofu!

Be sure to get all the following ingredients that you will need from the one place that offers 100% certified organic vegetables, fruits, bulk items, discounts with a membership, and specials—where? At our one and only Life Grocery in Marietta, Georgia! [Be sure to try some of the tofu dishes at Café Life!]

So without further ado—I give you my version of Stuffed Tofu!

## Stuffed Tofu

- 2 c water
- 14 oz extra firm organic tofu
- ½ c brown rice
- ½ c mushrooms
- ¼ c green peppers
- ¼ c onion
- ¼ c celery
- 1 t turmeric
- 1 t basil- dried
- ½ c olive oil
- 1 T butter
- 3 t Bragg’s Liquid Aminos
- 2 t nutritional yeast flakes
- 4 t feta or cheddar cheese, optional

- Preheat oven to 400 degrees.
- Remove tofu from package and drain. Place tofu in a colander to drain more.
- In a saucepan place brown rice, water, 1 teaspoon olive oil, and 1 teaspoon Bragg’s Liquid Aminos. Bring to a boil, reduce heat to simmer, cover; simmer for 40 minutes.
- Remove tofu from colander and stand on end. Cut it straight down the middle. Now you have two blocks of tofu. Lay the tofu flat on cutting board, and take a grapefruit spoon to create a square-hollowed out center, leaving sides and bottom in tact.
- Take tofu you removed from center, crumble it and place it in a bowl. Set aside.

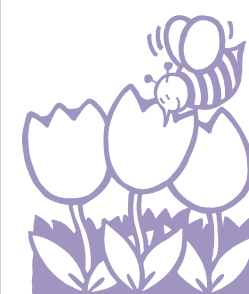
- Dice bell pepper, celery, onion, and mushrooms.
- Place ¼ cup olive oil and butter in a large skillet and add all diced veggies and crumbled tofu, garlic, turmeric, and basil. Sauté for about 10 minutes on medium high heat.
- Line a small cookie sheet with non-stick aluminum foil or spray with cooking spray.
- With a large square spatula, carefully move the hollowed out tofu squares to cookie sheet.
- In a small bowl, add 2 teaspoons Bragg’s Liquid Aminos, nutritional yeast flakes, and 2 tablespoons of olive oil; mix well. Gently brush this mixture on the tofu squares inside and out to coat thoroughly.
- Place cooked rice in large skillet with cooked veggies, mix well; spoon into tofu shells. (If you have any mixture left over, you can enjoy it for breakfast!) Top with feta or cheddar cheese, if desired.
- Bake for 15-20 minutes or until sizzling around edges. Remove from oven, let rest for 10 minutes. Carefully transfer to plates with large spatula, and enjoy!

*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](mailto:Betsybearden@bellsouth.net) or visit her company’s website at [www.creativewrites.net](http://www.creativewrites.net) or at [www.tofucookbook.net](http://www.tofucookbook.net).*



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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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# Green Tea and Fluoride

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

In previous articles I have promoted the consumption of green tea for its beneficial effect of providing antioxidants, which are useful in buffering free radicals that damage our cellular integrity. It was brought to my attention that a reader was curious to know if the fluoride in green tea made it undesirable to drink. So I decided to write my article for this issue on that very topic.

There certainly exists controversy over the question of whether to drink tea, green or otherwise, because it contains fluoride. However, when you look at the straight facts, it's clear that the good outweighs the potential risk (because there really is not much of a risk).

Dr. Andrew Weil, M.D., a giant in the holistic health arena, makes a statement about this very question on his website. He was posed this question: "Is it true that green tea contains high levels of fluoride? If so, should it be a concern?" To which he replied:

*Both green and black tea contain fluoride, although green tea contains twice the amount found in black. However, I wouldn't worry about the fluoride you get from either type of tea because even with green tea, the amount that people drink is unlikely to supply enough fluoride to reach toxic levels. About 50 percent of fluoride (from any source) is deposited in the bone and teeth; the other half is excreted.*

*In general, I think concerns about fluoride are overblown. I've heard arguments against fluoride ranging from that it may cause bone cancer to the notion that putting fluoride in the water supply is a government plot to destroy our brains. High amounts of fluoride over several years can cause brittle bones,*

*but this is extremely rare. Fluoride is toxic in very large quantities and can cause gastrointestinal symptoms and sometimes even death. But you'd have to ingest about 20,000 times more fluoride than what is in an 8-ounce glass of fluoridated water to see such an effect.*

*On the other hand, I believe the evidence is overwhelming that fluoride builds and maintains strong, cavity-free teeth. The addition of this mineral to most public water supplies is credited with preventing tooth decay between 40 and 60 percent in both children and adults who live in fluoridated communities. Even seniors who live in these communities have less tooth decay and tooth loss.*

*A trend that is working against the dental health gains made by adding fluoride to public water supplies is the increased use of bottled water. A rise in cavities among children reported in 1998—after years of decline—may be due to consumption of bottled water, which typically contains minimal levels of fluoride. If your children drink bottled or filtered water, be sure they get supplemental fluoride (ask your dentist to prescribe the proper dosage). If you drink bottled or filtered water, be sure to use a toothpaste containing fluoride. Or, sip more tea; green or black, just hold the sugar.*

There have been many studies done on the effects of consuming tea, especially green tea. While a few studies have been equivocal or less than positive (including tannin's effect of preventing iron and protein absorption), the clear majority have

shown very promising healthful effects. Studies have shown improvements to some degree in treating conditions including tumors, abscesses, bladder ailments, lethargy, atherosclerosis, LDL cholesterol, cancer, inflammatory bowel disease, diabetes, liver disease, weight loss, neurodegenerative diseases, stroke, immune problem, bacterial and fungal infections, rheumatoid arthritis, and halitosis (bad breath).

Several types of teas exist and contain varying amounts of fluoride and caffeine. Here is the description of some of the main types from the Linus Pauling Center at Oregon State University:

## White and Green Teas

White tea is made from buds and young leaves, which are steamed or fired to inactivate polyphenol oxidase, and then dried. Thus, due to minimal oxidation, white tea retains the high concentrations of catechins present in fresh tea leaves. Green tea is made from more mature tea leaves than white tea, and tea leaves may be withered prior to steaming or firing. Although they are also rich in catechins, green teas may have catechin profiles different from white teas, with slightly higher levels of oxidation products.

## Oolong (Wulong) Teas

Tea leaves destined to become oolong teas are "bruised" to allow the release of some of the polyphenol oxidase present in the leaves. Oolong teas are allowed to oxidize to a greater extent than white or green teas, but for less time than black teas, before they are heated and dried. Consequently, the catechin, theaflavin, and thearubigin levels in oolong teas are generally between those of green/white teas and completely oxidized black teas.

## Black Teas

Tea leaves destined to become black tea are fully rolled or broken to maximize the interaction between catechins and polyphenol oxidase. Because they are allowed to oxidize completely before drying, most black teas are rich in theaflavins and thearubigins, but relatively low in monomeric catechins.

The [heavenoftea.com](http://heavenoftea.com) website explains:

*The tea plant, Camellia sinensis, naturally absorbs fluoride from the environment more effectively than other plants. And as it ages, more fluoride is absorbed by the leaves, so the younger leaves have less fluoride than the older leaves. In practical terms, this means white tea (which is only very young leaves) has less fluoride than green, black, or oolong teas, which include older leaves. (Herbal teas do not contain any Camellia sinensis leaves and have almost no fluoride to speak of.) In addition, the younger leaves make a higher quality tea. Tea dust (in tea bags) and tea bricks (made from older leaves)*



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continued on page 5

# A Day of Rest and Restoration

By Linda Townsend

I have fasted from one meal up to a few days to 40 days, from juice to raw milk to water only. For the last four years, I have also been fasting on water for one day a week, actually 36 hours. I usually drink only water on my weekly fast. Fasting one day a week is a discipline like any fast, but differs in that it is habitual.

A one-day fast can cause some detoxifying, particularly to those new to fasting, so feeling ill and weak can result, but after a few of these mini-fasts, such detoxification symptoms may not be noticed at all. A one-day fast now and then is not as advantageous as longer fasts, but one-day-a-week fasts have not been well researched so it is difficult to know the accumulative benefits. There was one study in recent years on a select group fasting at least one day a month that suggested a marked decrease in heart disease, but mostly the study indicated that more research needs to be done on such fasts.

Experts claim it is not until the most available sugar in the blood is used up, usually within the first 24 hours that the benefits of fasting begin to kick in. Alternative energy sources, like body fat, are sought at that point. However, when the body is

unaccustomed to fasting it may first try protein sources like muscle to supply carbohydrates for the first two days. A few researchers believe that fasting regularly for one day a week keeps the body on “standby” status, so instead of taking 24 hours to reach ketosis (using fat for energy), tests show it has taken as little as six hours for some individuals. This would suggest even a weekly day fast makes the body break down fat more efficiently while digestive organs rest.

Some experts still claim that it takes up to two weeks to regain body tissue loss during a day fast and that weight loss is gained back due to a lower metabolism. Yet, I have always found when I break a fast it is like resetting metabolism to a normal level, which is usually at the same level or higher than before the fast, depending on the length of time I fasted and the level of my metabolism before the fast. Also, recent studies have dispelled the myth that the body tends to store more fat after a fast, but those studies were done with longer fasts.

The greatest benefits for me with the one-day-a-week fast are that it helps control my appetite; accelerates healing; helps maintain a healthy weight;

reduces food cravings, particularly of sweets; encourages better choices in diet; heightens the taste of food, although less food is needed to feel satisfied; reduces general aches and pains; increases energy; improves moods, and lastly, it relaxes and greatly reduces my stress levels—it actually has a lasting calming affect, which is one of its greatest advantages. I immediately begin a fast whenever I have any painful muscular spasms due to overexertion or injury and I recover much faster. My weekly fasting day truly is a day of rest and restoration!

As with any change in diet, you should not fast if you have certain health conditions, or if you are pregnant or breastfeeding. It is always advisable to seek a health professional’s opinion before fasting.

*Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).*

## What’s New at Café Life

As many of you already know, Café Life is now under the management of Chef Adrian Williamson. Chef Adrian got his first set of pots and pans when he was six years old. He grew up loving the culinary arts in large measure because of his mother. “My mother was one of the most incredible home cooks ever” he says, “even good cooks thought she was a great cook.”

Originally from Bridgeport, Conn., Chef Adrian is a graduate of Peter Kump’s New York Cooking School, now known as the Institute of Culinary Education (ICE®). Prior to moving to Atlanta, he was the executive chef at Coastal Carolina University, CCU, under the auspices of the ARAMARK Corporation, a leading provider of food and support services to colleges and universities.

It was Chef Adrian’s fine dining experience that paved the way for his opportunity at CCU. He was recruited away from the Disney Corporation, where he worked for five years; first as a cook, then as a sous chef, and finally as a head chef at Narcoossee’s, a four star signature restaurant at the Grand Floridian Resort and Spa at Walt Disney World in Orlando, Florida.

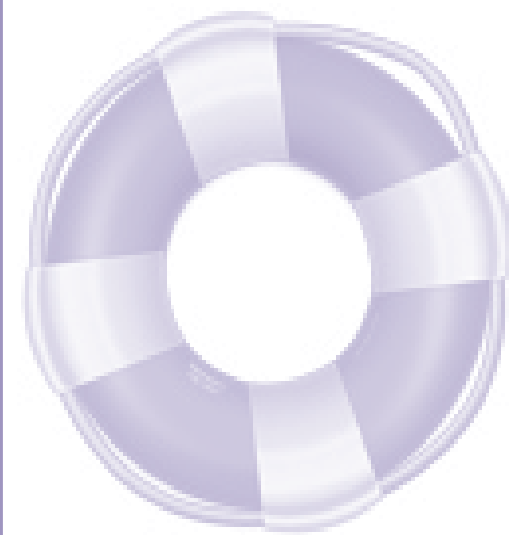
When asked about his greatest accomplishments, Chef Adrian states that he is most proud of being a father of four wonderful children and his ministry of helping people.

We welcome Chef Adrian and encourage you to come by to meet him if you haven’t already done so. We look forward to some exciting changes to come, including an increased selection of grab and go

items, new menu items, and improved customer service.

Since 2002, Café Life has been proud to offer delicious, nutritious organic/vegan, quality, and affordable food at the lowest possible prices because of our loyalty to the health of our members and customers. We strive to keep our prices as low as possible to achieve this goal and remain operational. We have held the prices as low as we could for as long as possible, even cutting into our bottom line. However, due to increases in supply costs, our prices must be adjusted. Price adjustments will go into effect on April 2, 2012.

Please join us at Café Life, where great health meets great taste. We appreciate your loyalty and continued support.



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# Recipe: Raw Vegan Cheese Cake

The following recipe is not only nutritionally dense, but very rich and satisfying. Coconut oil, which is one of the ingredients used, has very beneficial saturated fats. The difference between the saturated fats in meat and in coconut is that coconut is a medium-chain saturated fatty acid, as opposed to long-chain fats.

Medium-chain saturates digest easily. These fatty acids do not circulate in the bloodstream like other fats. Instead, they are sent directly to the liver where they are immediately converted into energy. Medium-chain fatty acids also speed up the body's metabolism, burning more calories and promoting weight loss.

A few more coconut oil attributes are:

- It contains almost 50% lauric acid in its makeup, which is a disease-fighting fatty acid, ideal for immune-suppressed individuals
- It is also very stable and contains no harmful trans-fatty acids. This makes it a desirable oil for sautéing and stir-frying. No oil is good for deep-frying.
- Less coconut oil is needed in cooking. Use approximately ¼ measure less in any recipe.

## Raw Vegan Cheese Cake

### Base

2 c raw macadamia nuts  
½ c pitted dates  
¼ c shredded coconut

- In a food processor combine all ingredients until a moist dough is formed.
- Press into a medium spring form pan and place in freezer.

### Filling

3 c raw cashew pieces, soaked in water for at least 1 hour, then drained  
2 large lemons, juice and pulp  
½-¾ c agave syrup (depending on your sweet tooth)  
½ c coconut oil  
flesh of 2 large mangoes (or other fruit, such as berries or peaches)  
1 t vanilla  
½ t sea salt  
¼ c water

- Place all filling ingredients into blender and process until smooth and creamy.

By Jeani-Rose Atchison

- Pour on top of base and set in the freezer overnight.
- Remove from pan and decorate with additional fruit if desired.
- Allow cheesecake to sit for 30 minutes in fridge prior to serving to soften slightly.

*Jeani-Rose Atchison is a health advocate and author who has called Australia home now for eight years. Originally from the states, Jeani-Rose spent many years in Marietta and was an active member of Life Grocery. Keeping busy as a homeschooling mother of five, she also helps her husband run his Chiropractic practices and finds time to write about nutrition, whole foods, and environmental concerns.*

*She is the author of the bestselling book Every Day Vegan-300 recipes for Health, as well as a variety of articles on organics and food. Her latest book Food for Thought- Thought for Food is chocked full of delicious whole food recipes. It also takes a controversial look at the food we eat today. Can your food make you ill? The answer may shock you! Visit [www.healthyfoodhealthylife.com.au/](http://www.healthyfoodhealthylife.com.au/) for additional information.*

continued from page 3

## Green Tea and Fluoride

*have much higher levels of fluoride than high quality tea. This study explored the difference between high quality teas and low quality in terms of fluoride: high quality teas had significantly less fluoride (because of the leaves used).*

*This is part of the issue: in order to understand the amount of fluoride in teas, you need to divide out teas into bottled, bagged, and loose-leaf. Bottled teas have much, much higher amounts of fluoride than bagged, which is higher than loose-leaf. This is partially because of the age of the leaves (bottled are the lowest quality and bagged are the next lowest quality). But also bottled teas are made with fluoridated water that adds significant amounts of fluoride to the tea.*

*So here's the reality: a cup of loose-leaf green tea generally contains 0.3 to 0.4 mg of fluoride. So it would require 10 cups to hit the recommended daily dose and up to 30 cups to hit the daily maximum. However, this assumes you are only getting fluoride from your green tea, which is not the case. Unless you are filtering your water (or drinking bottled water), not using toothpaste and not taking virtually any medicine, you are receiving fluoride from other sources. In other words, don't max out on fluoride from tea because you are also getting it from other sources.*

*The reality is that most people drink a few cups a day of green tea at most. And, as we recently noted, most studies recommend around 8-10 cups of tea a day, which should include some white and herbal teas (both have very little fluoride). This would be far below any level that could endanger your health, even if the CDC is wrong about the limited dangers of fluoride.*

### Tips for Reducing Fluoride in Tea:

- **Drink high quality, loose leaf teas.** It tastes better and offers more health benefits in addition to being lower in fluoride. Avoid bottled green teas in particular (except the high quality ones sold at Life Grocery), which seem to have numerous times the fluoride in loose-leaf green teas, due to the fluorinated water and typically lower quality tea leaves utilized (and a lot less antioxidants).
- **Drink more white teas.** White teas have more antioxidants than green tea, so many of the health benefits are still there, and they have a much lower amount of fluoride. Green tea also has the benefit of EGCG (epigallocatechin gallate) a potent antioxidant, so don't cut out all of your green tea consumption.
- **Use filtered water to make your teas.** This has the added benefit of making your tea taste better, but it also filters out the fluoride added to your drinking water, which reduces the amount of fluoride in your tea. Not all filters filter out fluoride. Reverse osmosis will do it.
- **Drink more Japanese green teas.** Soil in which the plants grow is a determinant to fluoride content in the leaves. Japanese green teas have less fluoride than Chinese green teas.

As I stated from the start, green tea has many health benefits that outweigh the risks of its consumption. These risks can be mitigated if you follow the tips outlined above. So have a cup of tea and a smile! Cheers!

### References:

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*Dr. Susan Esposito is a chiropractic functional neurologist and nutritionist, currently practicing in the Life Neurology Center at Life University.*



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# Living Sprouts For Great Health

By Brenda Cobb

People often ask me, "What is the difference between raw food and living food?" Raw foods are fresh vegetables or fruits picked off the vine, tree, or bush. Living foods are sprouted foods like sunflower, broccoli, mung bean, and lentil sprouts.

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

The life energy in fresh sprouts stimulates the body's inherent self-cleansing and self-healing abilities. When a person stops eating cooked, dead, heavy foods, the body is freed from its debilitation and the natural processes of healing begins to work.

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

If you're trying to lose weight, then sprouts can be your best friends. They supply the body with a large quantity of low-calorie, easy to digest nourishment. Sprouts stimulate the body's internal self-cleansing abilities and speed up the metabolism.

Sprouts can even help your sex life, as well as slow the aging clock. Sprouts contain natural antioxidants, A, C, and E, along with exogenous enzymes (enzymes that come from a source outside the body). Antioxidants inhibit the formation of free

radicals in the body. Vitamin C prevents free radicals from being formed and keeps vitamins A and E from being destroyed.

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

Enzyme-rich foods like sprouts are so important to health. They are alive and thus give life to the body. Meats and other cooked foods are deficient in enzymes. They slow the rate of the metabolism and weaken the immune system. Living foods help the body conserve its vital enzymes, stimulate metabolism, and cleanse and regenerate the body. Sprouts can be a healthy and economical key to your good health. Maximize your health and your vitality! Eat sprouts!

## How to Sprout

Choose the pea or bean of your choice. My favorite way to sprout is to use a convenient mesh sprout bag. Put the beans in the bag and immerse the entire bag into a bowl of filtered water overnight. The next morning take the bag out of the soak water and rinse the beans. Put the bag into a colander so the water can continue to drain off the beans and air can circulate around the beans. Leave the beans in the sprout bag and rinse in the morning and evening, returning the bag to the colander. You should have sprouts in two to three days. When the sprout is the length of the bean they are ready to use in your favorite recipe.

## Spicy Carrot Sprout Soup

2 c carrots  
1 c celery  
2 c sprouts of your choice  
1 clove garlic  
1 T lemon juice  
½ t Himalayan salt  
pinch cayenne pepper  
pinch cinnamon

- Put all the ingredients in a Vita-Mix Blender and blend until creamy.

## Sprouted Pea Dip

2 c sprouted peas (mung, lentil, or other pea or bean of your choice)  
¼ cup extra virgin olive oil  
½ cup onion  
1 clove garlic  
½ cup red bell pepper  
¼ t Himalayan salt  
⅛ t ground cumin

- Puree the ingredients in a food processor and blend until creamy.
- Serve with fresh raw veggies.

*Brenda Cobb is the author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Healing Center and Therapy Spa in Atlanta, offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation, and Cleansing, Relaxing Therapies. For more information, visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com) or call 404-524-4488.*

## CO-Q10

By Kim Strickland, ND

What is CoQ10 and why is it important? According to [www.internetwks.com](http://www.internetwks.com), "Coenzyme Q10 is a vitamin-like fat-soluble antioxidant found everywhere in the body; the highest concentrations have been measured in vital organs such as the heart and pancreas." CoQ10 acts like an antioxidant, increases oxygen usage at a cellular level, and improves heart function by enhancing the pumping action and electrical functioning while also lowering blood pressure. It has also been shown to be a mild metabolic and immune stimulant. It is now thought that CoQ10 is responsible for 95% of the body's total required energy.

As our bodies age, they make less CoQ10, although I wasn't able to determine if that is true for people on a strictly raw diet. Around age 20, the levels are at their highest and by age 80 they are reduced by half. Thus it is recommended by Andrew

Weil that people over age 50 should begin supplementing with CoQ10.

It is recommended that anyone on statin drugs should supplement with CoQ10. Statin drugs help keep cholesterol within a healthy range by inhibiting a specific enzyme required by the liver to manufacture it. They also contribute to heart health by lowering triglyceride levels in the blood. Statin drugs deplete the body's level of CoQ10 which is synthesized in the liver. Insufficient levels of CoQ10 may result in muscular weakness, liver damage, or nerve pain.

To increase the bioavailability, get a softgel or emulsified form. It needs to be eaten with a meal containing fat since it is fat-soluble. There are several brands of CoQ10 available in the supplement section of Life Grocery.

### Resources:

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*Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.*

# Inflammation: The Disease of Our Day

By Kal Sellers, MH, LMT

As recent as 30 years ago, the problems with health seemed to revolve around a sluggish elimination system, secondary to a diet of meat, eggs, dairy, and bread with lots of lard mixed in. This kind of diet and a relatively simpler life created heavy mucus that built up and created disease. Cleansing was truly a miraculous cure in those days. Today, however, the wind has changed. Food is full of excitotoxins; the air and water are full of industrial contaminants and by-products of synthetic breakdown. Our environment in most places is totally saturated with electromagnetic pollution which is known to heat and inflame human tissues. The cumulative effect is that the old days of constipation and sluggish phlegm are gone. Today is the day of inflammation. In this article, we will address what this means, what needs to be changed to deal with it, and strategies for managing our personal environments.

Inflammation is well recognized in acute infection and autoimmune disease. It has recently been studied for its role in cardiovascular disease and free radical damage. What is less known, but is absolutely the most prevalent epidemic that has ever occurred, is chronic, sub-clinical inflammation. The digestion becomes sensitive; obesity (an adaptation to inflammation) becomes rampant; diabetes, cancer, heart disease, and chronic fatigue are on an amazingly sharp rise. Pain syndromes, combined with inflammatory disease that seems like it will take the person's life, are popping up everywhere. Hormonal disturbances are almost universal today. Even Raw foodists are in complete dismay at the inability to lose weight and the return of health problems they thought they had shed. All natural healing professionals and philosophers are at their wits' end to see that the strategies of old and the things they used to do are simply not working.

The strategies that work are very old, but require a more involved approach than was once required. Fundamentally, inflammation is a humoral state. It is too much heat, activity, and stimulation in our lives and in our reaction to our lives. In natural healing, herbs are available that are known to cool, calm, and soothe either specific or general tissues. Long term use of such herbs will lead to a change in humor, or in other words a change in how our bodies react to life. Further, while many of the concerns in our modern world cannot be avoided, there are many things over which we have more control than we might, at first, think.

We will start with cooling, calming, and soothing. Cooling herbs are usually bitter. Especially cooling are Oregon grape root and dandelion root. Less cooling herbs are blessed thistle, artichoke leaf, yarrow flowers, barberry root, gentian, and many others. Calming herbs are those that slow the activity of the body cells and allow them to calm down, rest, and heal. A common list of calming herbs are chamomile, lemon balm, wood betony, Jamaican dogwood, passionflower, skullcap, and catnip. Soothing herbs are not the same as calming, though at first one might suppose they are.

Soothing herbs actually deal with irritated tissues and help them to return to their normal state, heal, and detox without inflammation. Herbs that soothe are marshmallow root, licorice root, plantain leaf (plantago species, not plantain bananas), aloe vera, chickweed, burdock, comfrey root, slippery elm, chia seed, and flax seed. Of these, most are moistening and if a person has a moist constitution (common in the Atlanta area) it is wise to stick to ones that are not moistening, such as aloe vera, plantain leaf, burdock, and chickweed and to add drying herbs like nettle and raspberry leaf.

When one wants to change a humoral state, one has to take a dose of the herbs that change their state every day over a long period of time. Usually, the dose is comparatively smaller, but it is taken over many months or even years. Also, as long as life conditions push one into an irritated, heated, and stimulated state, it may be necessary to take measures to compensate for this.

One of the matters of importance in balancing humors today is diet. As long as our current living conditions persist, we will need to compensate by chewing our food more, relaxing with meals, eating much simpler food, eating blander (less spicy) food, and supplementing with lots and lots of greens. Generally, raw food, such as citrus, garlic, onions, hot peppers, black pepper, curry, etc., is healthful, however, some raw foods are actually very heating and stimulating. It is better to avoid these if one is suffering from any of the things mentioned as part of inflammatory, irritated, and over stimulated life. Usually, two to three tablespoons of a good green powder (like Field of Greens, which Life Grocery carries) is required to keep humoral balance today. Supplementing with Acai (freeze dried is fine) is very helpful. Most superfoods are stimulating and heating and thus are inappropriate. Acai, however, is superior for us today in that it is soothing and calming by nature.

Finally, our lifestyle should undergo some changes if we hope to recover. One should avoid any prolonged contact with cell phones. One should turn off the wireless internet in ones house when not in use. We are all subject to the 24/7 saturation of wireless internet and cell coverage in our cities, but that does not mean it makes no difference to maintain a barrier against such radiation where possible. The cumulative saturation of EM radiation as stated is not well studied, but we have enough information to postulate the outcome. We can be absolutely sure that the cumulative heating effect will create systemic inflammation at a sub-clinical level. This phenomenon is slow and building and the outcome will be confounding to all traditional approaches to healing. Specific, significant steps must be taken to create healing. Where possible, we should take measures to barrier the public against saturation of EM radiation as it occurs today.

Air in our homes can be pretty bad. Jet fuel has been found in all the breast milk in the greater Atlanta area. Who knows what all is settling down from the sky upon us from industrial pollutant drift

and various other sources? This is an important reason to invest in high quality indoor air filtration, preferably something that ionizes the air to make it easier for our bodies to detox any unwanted particles. Nikken makes one such unit that is reputable. Whole house filters on our water supply are a required minimum. Under the sink additional filtration, perhaps with reverse osmosis water, is certainly advised. Everywhere we can produce a barrier to the synthetic soup gushing in all around us we ought to do so.

Air, water, food, herbs, environment, and EM pollution. . . these are key considerations in our recovery from the modern condition. Help may be required from professionals who know how to manage the modern condition. Too many health care professionals are simply trying to do what they used to do more efficiently, but it is work in the wrong direction on the wrong problem. It is required that we adapt now. It is possible at the current rate that slow adapters may not live to see the day when they finally get around to catching up to the curve. Anyone can see the carnage being wrought by the current state. From this article, the foundation of the problem and the basis for correction, or at least management, can be gleaned.

*Kal Sellers, MH has recently completed his course of study to become a Doctor of Chiropractic and is now in his final internship. He maintains a website for teaching natural healing and a practice in the Marietta area; he uses only natural healing for his family of six children. He also consults via Skype with people all over the world to help them recover their health. You can find and contact Kal at RawHerbalist.com.*



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# Food 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.

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.

When a food is taken out of its wholesome form, processed, manipulated, refined, elements that allow us to digest (break down) that food are removed or altered. Take white flour for example. First, the bran and germ are removed, then it is often bleached, and finally, 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 the body to utilize the grain. What is left is a complex protein (gluten) and starch. The body has to produce 100% of the enzymes to break it down!

When we consume six to eleven 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.

Here is how the allergy starts: 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. The immune system attacking a foreign protein equals an allergic reaction. 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. I challenge you 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.

I personally have a gluten intolerance. After eating gluten-free faithfully for three years, I discovered that I could tolerate sprouted gluten grains, 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 my body had been exhausted of. With this “pre-digestion” taking place, no foreign proteins were entering my system, and there was no

immune reaction. This is why all the grain in my recipes (*Traci’s Transformational Kitchen Recipe Collection*) are sprouted.

Sprouting whole grains is easy. Just soak them overnight and then drain off the water the next day. Grain will have ‘tails’ or sprouts in just a few hours. Water on, water off. Easy!

## Dutch Apple Pancakes

These are patterned after traditional pancakes served anytime of day in Holland. This is definitely a dessert-caliber preparation.

- 1 c sprouted wheat\*
- ½ c buckwheat\*\*
- 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”

- 4 T Earth Balance Buttery Spread
- 2 T light olive oil
- 3 T powdered evaporated cane juice crystals (organic powdered sugar)

- Preheat pancake griddle to medium high.

- Prepare pancake batter by combining wheat, buckwheat, water, oil, sea salt, cinnamon, and vanilla in the blender. Blend until smooth.
- Add baking powder and blend until batter starts to fluff. Add grated apple stir.
- Cook pancakes on griddle, use nonstick olive oil spray to keep from sticking, if necessary.
- To make the powdered topping, stir together ¾ cup powdered cane juice crystals and 1 t cinnamon in a small bowl.
- To make the whipped butter, place Earth Balance Buttery Spread, cold from fridge, light olive oil (don’t use extra virgin, it isn’t tasty on pancakes! If you need to substitute, use a flavorless oil) and powdered cane juice crystals in a small mixing bowl. 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. Using a wire mesh strainer, sprinkle each cake generously with powdered topping. Yummy!

\*¾ cup unsprouted wheat will swell up into one cup after sprouting.

\*\*buckwheat is a seed and not a grain

*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. Visit her at [www.TracisTransformationalKitchen.com](http://www.TracisTransformationalKitchen.com).*



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## Don't Inflamm Your Brain, Eat Healthy!

By Susan Esposito, BS, DC, DACNB, FABES, FAFN

In America, our fast-paced lifestyle and penchant for immediate gratification has made the option of eating food from “fast food” restaurants quite appealing, despite its typical substandard flavor and relative paucity of nutritive elements. The usual “fast food” meal, as well as our standard American diet, is mostly comprised of high fat foods. There has been a big buzz lately about a recently published study in *The Journal of Clinical Investigation* that positively links high-fat diets to inflammation, not only in body tissues and organs, but in the hypothalamus. According to *The New World Encyclopedia*, “The hypothalamus, also known as the “master gland,” is a supervising center in the brain that links the body’s two control systems, the nervous system and the endocrine system, via interaction with the pituitary gland (hypophysis). The hypothalamus (from Greek ὑπὸ θάλαμον, “under the thalamus”) is located below the thalamus, just above the brain stem, and occupies the major portion of the ventral region of the brain known as the diencephalon. The hypothalamus is found in all mammalian brains; in humans, it is roughly the size of an almond. The hypothalamus gland regulates certain metabolic processes and other autonomic activities; it is a control center for functions of the autonomic nervous system. As needed, the hypothalamus synthesizes and secretes neurohormones, often called “releasing hormones,” that control the secretion of hormones from the anterior pituitary gland. The hypothalamus controls body temperature, hunger, thirst, blood pressure, heartbeat, carbohydrate and fat metabolism, and circadian cycles. Also, among other hormones, it releases gonadotropin releasing hormone (GnRH). The neurons that secrete GnRH are linked to the limbic system, which is primarily involved in the control of emotions and sexual activity.

I wanted to share with you the abstract from this article, because I think it is a big step towards understanding how eating these unhealthy foods manifests in the dysregulation of body function. (An abstract is the author’s synopsis of the entire research report that is printed in the journal.) Here is the abstract from the recent article in the *Journal of Clinical Investigation*, entitled “Obesity is Associated with Hypothalamic Injury in Rodents and Humans:”

“Rodent models of obesity induced by consuming high-fat diet (HFD) are characterized by inflammation both in peripheral tissues and in hypothalamic areas critical for energy homeostasis. Here we report that unlike inflammation in peripheral tissues, which develops as a consequence of obesity, hypothalamic inflammatory signaling was evident in both rats and mice within one to three days of HFD onset, prior to substantial weight gain. Furthermore, both reactive gliosis and markers suggestive of neuron injury were evident in the hypothalamic arcuate nucleus of rats and

mice within the first week of HFD feeding. Although these responses temporarily subsided, suggesting that neuroprotective mechanisms may initially limit the damage, with continued HFD feeding, inflammation and gliosis returned permanently to the mediobasal hypothalamus. Consistent with these data in rodents, we found evidence of increased gliosis in the mediobasal hypothalamus of obese humans, as assessed by MRI. These findings collectively suggest that, in both humans and rodent models, obesity is associated with neuronal injury in a brain area crucial for body weight control.”

The article discusses evidence that implicates immune cell-mediated tissue inflammation as an important mechanism linking obesity to insulin resistance in metabolically active organs, such as liver, skeletal muscle, and adipose tissue. They demonstrated how, in rat models, increased inflammatory signaling in the hypothalamus, caused by obesity that was created by diet, contributes to leptin resistance and weight gain. Human leptin is a protein hormone of 167 amino acids that plays a key role in regulating energy intake and energy expenditure, including appetite and metabolism. It is manufactured primarily in cells of white adipose tissue, and the level of circulating leptin is directly proportional to the total amount of fat in the body. Leptin provides us with the feeling of satiety by signaling to the brain that the body has had enough to eat. So if we are resistant to leptin, we don’t feel full and satisfied, which will result in overeating and further obesity.

The study reports that, “Unlike inflammation in peripheral tissues, a process that develops over weeks to months of high-fat diet (HFD) feeding in rodent models, markers of hypothalamic inflammation are elevated within 24 hours of HFD exposure.” The study goes on to state that in approximately one week, the animals’ brains mounted a defense, activating cells in the brain that repair and protect damaged neurons which caused the initial inflammation to subside. However, with a continued HFD, the inflammation returned and persisted. The study ended after eight months, at which time this long term inflammation was still present in the hypothalamus.

The major take away from this article as I see it, is that HFD’s show consistent brain injury in rats. The area of the brain injured in this study is an area which is involved in controlling many functions of our bodies, including how much we eat. They have shown a causative relationship between eating a HFD and the drive to eat more, causing a vicious cycle of obesity. Although this study used rat brains, not human brains, it is not unreasonable to posit that similar results would occur in humans. This study also included a comparison of human brain MRI’s of 34 non-obese versus obese individuals. There was a direct correlation between an individual’s BMI (body mass index, a numerical

computation regarding height and weight) and inflammatory markers in the hypothalamus. The researchers stated that the inflammatory markers were “significantly higher” in the obese participants versus those who were described as having a “normal weight.” This addition strengthens the argument that there could be a correlation between the rat results and those that would be found in humans.

Bottom line, we have more proof that staying away from high-fat foods is a good decision that positively impacts both our beauty and our brains!

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Dr. Susan Esposito is a chiropractic functional neurologist and nutritionist, currently practicing in the Life Neurology Center at Life University.



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# Is Olive Oil Good for You? By Betsy Bearden

I love olives, and I love olive oil in salad dressings, drizzled on foods, as a moisturizer for both body and hair, and I once used it to quiet a squeaky hinge on a closet door. Yes, it worked! I look back and think about how long I have been eating olives and sucking the delicious red pimento out of them, and I can't remember a time when I have ever been without olives or olive oil in my home. Well, one thing that is not in my home is that yucky olive loaf stuff my mother made us eat when we were kids. I remember picking the olives out of it and leaving the rest uneaten, but that can be another story for another day.

It is stunning to think that the olive tree has been around for thousands of years and many species can experience hundreds of years' growth, depending on the area, conditions, and overall health of the tree. There are several olive trees in existence today that have been confirmed to be over two thousand years old, and still producing! There are other reports of olive trees in Lebanon that are four thousand years old, yet this is scientifically unconfirmed.<sup>1</sup> No matter how old the trees are, we are lucky that we can enjoy their beneficial fruits.

The olive tree is indigenous to the coastal Mediterranean area, which is comprised of the adjoining coastal areas of southeastern Europe, western Asia, and northern Africa, as well as northern Iraq, and northern Iran at the south end of the Caspian Sea. The roots of olive trees reach far and wide underground where they drink in the brackish water of the region. They are very hardy and pest resistant, hence their longevity. And, as commonly known, the olive tree is the symbol of prosperity and peace.

Mediterraneans have long considered olive oil to be "liquid gold" due to its internal and external health benefits along with numerous other uses. Olive oil can be stored in a cool, dark area for up to a year. Of course, the fresher the olive oil, the more pronounced its flavor. It is no wonder that the olive industry has become the region's most dependable food and cash crop since the beginning of time. But is it good for you?

There is enough clinical data to prove that consuming extra virgin olive oil can benefit heart health. While it's true that olive oil is high in fat, it's the "good" fat: monounsaturated.<sup>2</sup> This is the main type of fat found in all kinds of olive oil and it is referred to as monounsaturated fatty acids (MUFAs). MUFAs are actually considered a healthy dietary fat.<sup>3</sup>

Extra virgin olive oil has a beneficial effect on cholesterol regulation and LDL cholesterol oxidation. It is also loaded with phytonutrients which help aid in disease prevention, is loaded with antioxidants and has anti-inflammatory and anti-histamine properties. It serves to protect us against heart disease as it controls the "bad" levels of LDL cholesterol, while it raises levels of the "good" cholesterol, HDL. Of course, this is when you use it in moderation. Even too much of a good thing, can work against us.

What's the difference between Extra Virgin Olive Oil and Olive Oil?

**Extra Virgin Olive Oil:** The closer to the tree, the more virgin it is. The olives are picked and taken to the mill as quickly as possible where stone wheels or other machinery are used to crush the olives that render the oil. No heat or chemicals are used during this process. This is also known as the "first cold press." The oil is tasted and judged, and if it meets the qualities of Extra Virgin Olive Oil, it is then filtered

and sold as such. This is the best oil for salad dressing and drizzling over foods and breads.

**Olive Oil:** The olive oil that does not live up to standards due to the quality of the olives at the first pressing, will be sent to a refinery where they undergo industrial processing. Extra virgin olive oil is added back in to the processed oil which makes it "less virgin" because it is now "blended." These are usually sold as Light Olive Oil, Virgin Olive Oil, or Olive Oil and are best for using in frying and sautéing.

So yes, olive oil really is good for you. Drizzle a little over whole grain bread, whole grains, couscous, pasta, salads, whatever you want. Enjoy it in moderation, and snack on olives when you get hungry.

If you like ripe (black) olives, make sure they have ripened naturally, and were not given chemicals to speed up the process. And just between you and me, a little three-olive martini never hurt anyone . . . in moderation, of course!

Life Grocery has all the ingredients you will need to make a great vinaigrette, right down to the best organic olive oil and apple cider vinegar made by Bragg. They also have an organic produce section where you can buy fresh, delicious ingredients to add to your vinaigrette.

I have included a very basic vinaigrette that will work with anything. The possibilities of different combinations of herbs and spices are endless, so the sky's the limit!

## Basic Olive Oil Vinaigrette

*This serves two large salads*

3 T extra virgin olive oil  
1 T red wine vinegar, apple cider vinegar, or white wine vinegar (depending on salad ingredients)  
1 t spicy brown mustard  
1 clove garlic (cut in half)  
salt and pepper to taste

- In a shaker bottle, place olive oil, vinegar, mustard, and garlic clove (remove peel and chop clove in half).
- Shake until well-blended and let rest on counter for at least 30 minutes.
- Shake again just before serving (remove garlic halves and toss out or save them for another dish) drizzle generously over salads.

If you want to use this same recipe for salmon or fish, use Balsamic vinegar instead, and add a teaspoon of honey. You can also add fresh lemon thyme, oregano, and ½ teaspoon red pepper flakes. Experiment . . . the possibilities are limitless!

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- 1 <http://en.wikipedia.org/wiki/Olive>
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*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](mailto:betsybearden@bellsouth.net) or visit her company's website at [www.creativewrites.net](http://www.creativewrites.net) or at [www.tofucookbook.net](http://www.tofucookbook.net).*

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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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# Healthy Digestion – A Key To Better Living

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

After being in practice for over 27 years, I found that about 85% of my patients have digestive problems, and 15% lie! Most people have some type of digestive issues whether it is gas, bloating, diarrhea, constipation, acid reflux, or abdominal cramps. These are clinical signs of a digestive problem. This can also be referred to as a subclinical issue, when it comes to digestion. What this means is that there are no obvious signs or symptoms, but there still is a problem.

Digestion begins in your mouth, where enzymes in your saliva begin to break down your food and get the nutrients ready to be absorbed. Then as the food travels down your esophagus it passes through a hole in your diaphragm, called the esophageal sphincter, and then into your stomach. In many cases, the stomach is pushing up against the diaphragm and this can cause food to reflux back up into the throat. This is called acid reflux. Frequently, this condition is not the result of too much stomach acid, as some think, but too little stomach acid. If the food you eat sits in your stomach, then your stomach is not digesting the food properly. It will essentially rot in your stomach and give off lactic acid. Many times what is refluxing back up into your throat is not stomach acid, but actually lactic acid. This is why increasing stomach acid many times improves the condition. If you take drugs to neutralize the acid, it doesn't treat the cause of the problem; it just treats the symptoms.

In a case like this, the cause of the problem is that the stomach is physically pushing up against the diaphragm. The only way to correct this is by manually pulling the stomach down away from the diaphragm. So many digestive problems are not chemical, but are actually physical. This is why treating them chemically oftentimes doesn't work.

When the stomach is functioning normally, it mixes protein stomach acids and breaks the protein down into amino acids. The amino acids are then absorbed into the body and reassembled into different organs and tissues. If your body can't break down the proteins into amino acids, it cannot properly form new organs and tissues.

As we get older, our digestive enzymes decrease. Combine this situation with the stomach that is in spasm and out of alignment, and it becomes the cause of many digestive symptoms. If you have tried taking chemicals and you have not gotten the results that you're looking for, consider that the problem may not be chemical, it may be physical.

Another thing we need to do is check the nerve supply to the digestive system. If you have a pinched nerve going to any part of your digestive system, the brain cannot tell the digestive system how to function normally and this too can contribute to issues.

When it comes to nutrition, it is not only what you ingest, it is also what you digest. Even if you are eating a good diet, if you are not capable of breaking down and absorbing nutrition from your food, you are not getting the full benefit of eating a healthy diet.

Now that you understand that you may have a physical component to your health issues, let us talk about the chemical component, specifically the food you eat. Much of the modern day food that you consume is actually made in factories and has many added chemicals, steroids, antibiotics, pesticides, herbicides, and tranquilizers. I've often said that if you knew just a fraction of what I know about what is in the "food" that the average person eats, you would change your diet immediately to a healthier, natural more plant based diet.

A good general rule when it comes to food and digestion is that if you cannot pronounce an ingredient, don't eat it. Most healthy foods are easy to pronounce. It is a good idea to eat something raw at every meal. Once you start cooking food, you begin to break down the nutrients and the enzymes that make the food healthy. By eating raw foods, the enzymes are still intact and so are many of the nutrients. By eating something raw at every meal it allows you to replace the enzymes and nutrients that you use for everyday living.

Even if you eat the ideal diet, you may still not be meeting your optimum nutritional needs. This is where good, whole food based supplements would come in handy. Studies have shown that when you isolate a nutrient it is not as effective as it is when it's combined with other nutrients that are found in the whole food. My patients ask me every day what I would recommend as a supplement. Different people have different nutritional needs so what I like to do is to do an analysis on each individual patient to determine their specific needs. Whole food supplements are easy to digest so you get more bang for your buck than you would with a synthetic supplement. If you are like most of us, you have heard a story about a certain supplement so you buy it. You take it for a while, and then the bottle sits half-empty in your kitchen. Sometimes an individual supplement is a good idea, but just because you heard that a supplement is good, doesn't mean it is necessarily good for you.

As part of a complete wellness plan, you need to have three things: a normally functioning nervous system, a normally functioning digestive system, and good nutrition. If you don't have all three of these components you cannot obtain and maintain good health. Consider adding these three components to your healthcare plan to achieve optimum health. It is a lot more fun to be healthy, than it is to be sick, and a whole lot less expensive!

If you're confused as to what to eat, here are some recipes that are good for you, and good for your digestive system. To sample these and other healthy, tasty recipes, come to my health lectures held monthly at Life Grocery. Join me on Tuesday, June 5, 2012 at 6:00 p.m., when the topic will be "Solutions to Allergies and Asthma" (Hint: It's not that your body needs more drugs!) Come and bring your friends and family members—anyone you love and whose health you care about. I hope to see you there!

## Ginger Tea

ginger root  
lemon juice  
stevia or honey to sweeten

- Peel and slice ginger root and mix with lemon juice in food processor.
- Put one tablespoon of mixture in a mug. (You can make extra and freeze it in ice cube trays.)
- Pour hot water over mixture, stir and sweeten, if desired.

## Vegetable and Bean Curry

1 can aduki beans, drained  
2 T vegetable oil  
2 t curry powder  
3 garlic cloves, sliced  
1½ t Frontier Bombay Veggie Blend  
¼ t onion flakes  
2 t shredded coconut  
1 medium carrot, cut into strips  
1 can French green beans, drained  
1 medium red bell pepper, cut into strips  
1 t salt  
2 T lemon juice  
raisins

- Heat the oil in a medium deep frying pan (skillet).
- Add the curry, garlic, and all other spices.
- When these turn a shade darker, add the remaining ingredients (except raisins), stirring constantly.
- Lower the heat, cover and cook for about five minutes.
- Transfer to a serving dish and serve with extra coconut and raisins, if desired.

## Pina Colada Sorbet

2 c pineapple chunks  
1 banana  
¼ c pineapple, coconut juice or orange juice  
½ c shredded coconut

- Freeze the pineapple overnight.
- Blend or puree the frozen pineapple with the banana and coconut, adding the juice slowly.
- Stop and stir until it is all pureed.
- Put mixture into glasses or dessert cups and freeze for one hour before serving.

*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](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!*

# Thinking Outside of the Cereal Box

By Linda Townsend

My mother raised me on boxed cereal. You know that sugary, flavored, puffed stuff that becomes soggy after it sits in milk for just a few minutes. I remember that we could go through a box in two days so it was kind of expensive, but rather easy and convenient for children to serve themselves. I also remember being hungry about two hours later. I thought that was normal, because most of my friends were the same.

When my daughter was progressing past the baby food stage, I decided we would not have boxed cereal for breakfast. Since her birth, she did not even have the typical snack of cereal I often see other babies eating constantly to keep them content and quiet while their mothers were busy with other things. I chose to avoid boxes and snacking. For breakfast, we had fresh fruits with eggs and multi-grain toast or granola with yogurt or other highly nutritional foods with real substance.

That is not to say that I have never brought a box of cereal. When my daughter was a few years older, she asked to try cereal from a box like her paternal grandparents ate for their breakfast. I decided it would be a good lesson for her to identify which foods are better. She loved the taste of the cereal, but she recognized in just a few days that she was always hungry within two hours when she had not been before. I explained to her how boxed cereals will do that, so they are not a good choice for breakfast or any meal, really. I think of them as snack food, personally, and we do not snack much. I also told her about how her maternal great-grandfather must have believed the best time to have a bowl of cereal was just before bedtime, because that is the only time I saw him eat it.

My husband has traveled to some other countries in the past few years. Each has its own traditional breakfast foods, some are similar to ours, but some

are quite out of the box to our way of thinking. In Israel, my husband was offered salads for breakfast and I began thinking: salad? Why not! Just because it is the morning meal, does not mean that we must eat "breakfast foods." Where is the fun eating healthier alternatives if we are just imitating what we see children eating for breakfast on commercials all the time!

A friend of mine recently made her breakfasts untraditional. Like me, Jaynessa was raised on boxed cereal. Now a mother of three boys living in the warm climate of Arizona, she was having a problem with them being hungry and unable to concentrate about an hour or two after breakfast. She recently decided to stop buying boxed cereals and make yummy fruit smoothies for breakfast. Now her boys are not hungry until lunch time and can concentrate on their lessons better. She also began losing weight herself!

Many people do better with more protein or having warm food in the morning, so why not flip the meals for the day and have a dinner or lunch type of meal at breakfast time? What is wrong about having a sandwich or vegetables for breakfast?

Having heard about my friend's yummy fruit smoothies, my daughter has decided that she would like to have that for breakfast too and she enjoys trying her hand at mixing fruits, vegetable juices, and yogurt. At this time, she is not as fond of salad for breakfast as I am, but she is willing to try some protein and green supplements in her smoothie, so it is a start . . . and far more healthier than eating out of the box!

Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).

## Café Life

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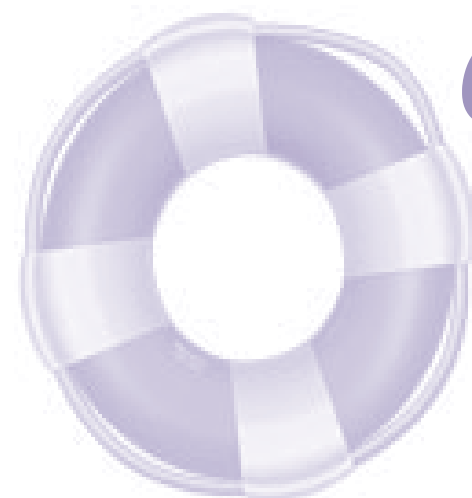
*Catering to a wide variety of  
dietary preferences including:*

*Gluten Free, Wheat Free,  
Soy Free, Low Carb,  
Dairy Free, Lower Salt,  
and Lower Sugar*

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smoothies, and desserts*

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# No Need for Dairy If You Eat Broccoli!

One of the concerns that I hear voiced frequently is "how does a vegetarian get enough calcium, especially if they don't eat dairy products?"

With high levels of both calcium and vitamin K, eating foods like broccoli will ensure proper calcium levels and bone health.

This green gem will also boost your immune system with beta-carotene and vitamin C. Research has shown for years how broccoli and other vegetables from the cabbage or brassica family are excellent cancer inhibitors and protectors. Raw is always best and our family enjoys growing our own. We use the young leaves in green smoothies and salads. Or, we either lightly steam the heads or use them in a variety of chopped salads. Each fresh broccoli spear contains 102 percent of the RDA of vitamin A, 53 percent of the RDA of folate, and 186 percent of the RDA of vitamin C.

Broccoli sprouts are a nice addition to salads and sandwiches and while they are in a sprouting phase, boast an increase in nutrients by over 50%!

The importance of choosing organic over conventional cannot be stressed enough. In conventional growing methods there are over 40 pesticides that are allowed for use in broccoli crops with 26 of these being acutely toxic and hazardous to both the environment and the farmworker. A few of the ones that may be used are Metaldehyde, Permethrin, Azinphos-methyl and Chlorpyrifos. As an example of these toxic substances,

Chlorpyrifos (which was banned several years ago for residential use in the U.S.) is approved for use on new building sites and existing buildings in Australia for the control of termites. Recently, research has shown that children exposed to Chlorpyrifos while in the womb have an increased risk of delays in mental and motor development and an increased occurrence of developmental disorders such as ADHD. Another study linked prenatal Chlorpyrifos exposure to lower weight and smaller head circumference at birth. That scares me and makes organic my only choice.

During cooler weather we do like our broccoli soup. The recipe that follows is creamy and rich, even without the addition of milk, cream, or butter. One of the ingredients, vegetable stock, can either be bought (you can find good quality organic brands at Life Grocery) or made fresh at home. My family loves making our own stock and stock concentrates.

## Broccoli Soup

5 c vegetable stock  
1 onion, coarsely chopped  
2 cloves garlic, minced  
1 large celery stalk, chopped  
4 c broccoli, chopped  
1 potato, chopped  
2 T cold pressed olive oil  
2 T light miso

By Jeani-Rose Atchison

1 heaping T unhulled tahini

- Sauté vegetables in oil until onion is golden.
- Add stock and bring to a boil in a large soup pot. Reduce heat. Cover.
- Cook until veggies are just tender, 8-10 minutes.
- Puree them, then add miso, tahini, and a good quality sea salt if desired, to your taste.

*Jeani-Rose Atchison is a health advocate and author who has called Australia home now for eight years. Originally from the states, Jeani-Rose spent many years in Marietta and was an active member of Life Grocery. Keeping busy as a homeschooling mother of five, she also helps her husband run his Chiropractic practices and finds time to write about nutrition, whole foods, and environmental concerns. She is the author of the bestselling book Every Day Vegan-300 recipes for Health, as well as a variety of articles on organics and food. Her latest book Food for Thought-Thought for Food is chocked full of delicious whole food recipes. It also takes a controversial look at the food we eat today. Can your food make you ill? The answer may shock you! For additional information, visit [www.healthyfoodhealthylife.com.au/](http://www.healthyfoodhealthylife.com.au/).*

## Jaime's Corner

By Jaime Andrews, ND, CMT

### Do It Yourself (DIY) Sprays: Safe, Easy, and Affordable

#### Keep the Buggies Away with this DIY Spray:

1 oz witch hazel  
1 oz oil, choose from, grape seed, olive, jojoba, or almond oil  
35 drops of citronella essential oil  
20 drops of eucalyptus essential oil  
15 drops lemon essential oil  
15 drops lemongrass essential oil  
15 drops cedar essential oil

- Mix all ingredients together and put in a small spray container.
- Apply to skin to keep the critters away.

*A large selection of essential oils are available in the supplement department at Life Grocery.*

#### De-Funk Your Yoga Mat with this DIY Cleaner

½ c water  
½ c witch hazel  
1-2 oz hydrogen peroxide  
18 drops tea tree oil  
6 drops lavender essential oil  
2 drops lemon grass essential oil

- Mix all ingredients together and put in a spray container.
- Attack that yoga mat or any other surface to clean and sanitize.
- Test a small area to make sure it is safe to use on that surface.

### Simple and Delicious Raw Brownies

The listed ingredients are for a single batch, but the recipe calls for processing two batches separately. You may soak and dehydrate the walnuts to make them more digestible. If the dates are not soft, soak them in advance, but let the liquid drain off some so the mixture doesn't become too wet.

1 c walnuts  
1 c soft dates, pitted  
½ c cacao

- Process all ingredients in food processor until a pasty consistency is reached.
- Mash mixture into a 9x8 pan.
- Process a second batch.
- Add mixture to pan and mash down to fill the rest of the pan.
- Place in freezer for 1-2 hours or refrigerator for 4-6 hours to firm up brownies.

*Enjoy!*

*Jaime Andrews, ND, CMT, lives in Marietta with her husband and two young children. She is committed to sharing health information, serving others, spreading her loving message, and practicing 365 days of random acts of kindness. You can email her at [jaimerenee99@hotmail.com](mailto:jaimerenee99@hotmail.com).*



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# The Incredible Raw Avocado

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

The avocado’s makeup, which is about 12% oil and 8% carbohydrate, is more like a nut than a fruit. However, as foods go, an avocado’s calories are relatively “clean.” The fats occur in simple, easily assimilated molecules that are cholesterol free and low in sodium – beneficial factors for persons with circulatory problems.

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

Avocados were originally nicknamed the “butter pear” because it was so high in fat (nearly 30 grams of fat for every average sized avocado), and therefore were considered very bad for you to consume on a regular basis. More research has shown that the fat is that of the monounsaturated kind, and is actually quite beneficial in lowering bad cholesterol in the body. Studies have shown that eating avocados can

actually lower bad cholesterol. Studies prompted health specialists in the U.S. to change their view on the consumption from avoiding the fruit, to actually recommending the consumption of avocados for the health benefits. They are also a good source of potassium.

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

Especially noteworthy are the iron and copper contents, which aid in red blood regeneration and the prevention of nutritional anemia. Avocados are one of the most valuable sources of organic fat and protein. They improve hair and skin quality, as well as soothe the digestive tract. Eat organic avocados fresh and raw. They are so good for you and easy too. Avocados are an ideal food for most everyone because they are a completely nutritious food. Try these delicious recipes to fully enjoy the delicious avocado.

## Chunky Guacamole

2 large ripe avocados  
1 c tomatoes  
1-2 green onion including the tops  
½ c fresh cilantro  
1 large clove garlic  
2 T fresh lime juice  
1 t cumin powder  
1 t Himalayan salt

By Brenda Cobb

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

## Avocado Arugula Salad

1 avocado  
4 c arugula  
½ c red bell pepper  
½ c yellow or zucchini squash  
2 T extra virgin cold pressed olive oil  
4 T fresh squeezed lemon juice  
pinch cayenne pepper  
¼ t Himalayan salt

- Combine the olive oil, lemon juice, salt and cayenne pepper and set aside.
- Chop the red bell pepper and squash and combine with the arugula salad greens and dressing mixture and toss.
- Top with sliced avocado.

*Brenda Cobb is the author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an educational healing center and therapy spa in Atlanta offering healthy lifestyle courses on nutrition, cleansing, healing, anti-aging, detoxification, and relaxation, as well as relaxing therapies. For more info, call 404-524-4488 or visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

## Natural First Aid

The camping season and outdoor fun has resumed. We took out our newly purchased popup camper for spring break and went camping to the woods of Tennessee. What do you think we found there? Deer ticks, spiders, and chiggers, oh my! After returning home my eldest son had a nasty fall from his bike and now has lots of road rash.

There are several things you can do to prevent side effects from insects. I have learned that the deer ticks are much smaller than other ticks. The nymphs are very easy to miss, especially if you are not carefully looking for them. Make sure you have sterilized sharp tweezers and be sure to get the entire tick out. My husband left in part of the head and a leg in two places on me and those became infected. Clean out the spots with tea tree oil for several days. Since mine had become infected, I am treating myself by using plaintain, which is a commonly found weed. I made a poultice by chewing on some of the leave and then rubbing it into the bite and putting a bandaid over this. It helps to draw out toxins from bites and stings. Internally I am taking colloidal silver and echinacea. I also took Apis 30C several times. This homeopathic is made from honey bees and works for red, itchy bug bites.

By Kim Strickland, ND

For the road rash, I advise thoroughly cleaning out any wounds first, making sure there are no pebbles or dirt present. Carefully clean with water. After that I used a calendula ointment to help the skin heal quickly. I changed the bandages frequently and reapplied the calendula. I also gave arnica 30C for bruising, shock, and swelling. Since the injury was on a nerve rich area, his wrist, I also gave him hypericum 30C, which will help the nerves heal quickly.

Take time to prepare a first aid kit and have it handy, especially if you have children. I use a basic kit, but then add specific natural products like Rescue Remedy, apis for stings, ledum for puncture wounds, arnica for falls and bruising, rhus tox for poison ivy and oak, belladonna for fevers, and aconite for shock. I also include a grapefruit spray or tea tree oil to clean wounds and an ointment such as calendula to dress the wounds. Life Grocery carries all of these products and more so stock up and be prepared.

*Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.*



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# Ozone Therapy and Chronic Disease

By Kal Sellers MH

Ozone therapy is a name applied to a variety of techniques of varying invasiveness. It has been and still is used for the worst kinds of chronic diseases. In this article, we will discuss this tool and the advancements being made with it. We will also discuss the natural options for those who are willing to do the work to create similar results without the invasiveness.

I was first introduced to ozone therapy when I had an amalgam filling replaced. The doctor, local to the Atlanta area, was amazing and kept himself on the cutting edge of natural, mercury free dentistry. He cleaned the tooth carefully and then slowly put into the microtubules a container of pure ozone. The tooth was the most stable and successful repairs I have ever experienced and left me with a tooth that I believe will last my lifetime. Later, I learned about ozone use in Germany for cancer therapies. The strategies they are using are truly on the cutting edge of alternative therapies.

An aside here is the discussion of *alternative versus natural*. This discussion may seem esoteric, but actually is a fundamental decision that must be acknowledged in order to make choices intelligently regarding one's health. Both are preferred, generally, to the standard medical approach when there is any chronic or degenerative disease to be reckoned with. However, they are not the same. Natural implies synchronicity with nature. It implies a certain return to natural harmony and living in such a way as to produce health from the inside out. It involves an actual shift in both health and consciousness. The person lives and thinks differently.

Alternative, however (which is more popular since it simply does not require any work from the person getting it), does not necessarily result in any change in the quality of behavior. It happens *to* the patient, rather than happening *within* the patient. There is plenty to write about here. Many people start off into a way of living or eating that is sold to them on the merits of being natural (synchronous with nature) but lose themselves thereafter in many ideas that are actually alternative in nature, rather than natural. In this article we will discuss matters in a categorical way, separating natural from alternative. Given the choice, many people would go alternative simply because it requires no fundamental shifts—no work! Often, people only go natural because they lack the finances to pay for alternative therapies that can be very expensive. Natural mostly just requires commitment and consistency (and, of course, an understanding of what to do).

Ozone is solidly an alternative therapy, not a natural one. It is simply using a naturally occurring substance and natural laws. Thus, it tends to be relatively harmless and very effective. However, one does not leave the experience having actually learned anything about life or improved the quality of one's thinking or behavior.

Having said that, there is nothing *wrong* with using an alternative therapy. It is just that innately we understand that we should get back in harmony with nature, as well as we should with our Higher Power. We are not excused from this just because we were able to root out a disease.

Ozone therapy utilizes relatively inexpensive technology, but the application can get very expensive. Generally, full strength machines use an oxygen concentrator for the input so that virtually pure ozone comes out. This ozone can then be introduced to the person in various ways without much harm. This technique saturates the body with oxygen, changes the structure of water in the blood, kills cancer cells, and destroys pretty much all pathogens.

Some proponents of ozone therapy feel that spirochete bacteria (the kind that cause Lyme's disease) are responsible for all chronic diseases, cancer, and autoimmune disease. This is an interesting idea, one

that is more or less the same type of logic that Hulda Clarke pursued though her conclusions were not identical.

It is well known to natural healers, and has been known since before we could prove that pathogens existed at all, that something comes into the body when it is in a degenerate state and begins to break it down and destroy the tissues that are basically dying. When natural healing principles are applied, the cells are rebuilt with healthy building blocks. Gradually the opportunistic invaders are simply unwelcome and the disease disappears. Thus, the idea of a pathogen that leads to chronic and degenerative disease is fundamentally endorsed by natural healers and has been for a very, very long time (longer than modern medicine has existed). The obvious difference is that natural healers never felt that the body was a victim of pathogens, but rather was allowed to get into a condition that welcomed them.

In order to use ozone to kill a spirochete, the blood apparently has to be treated with it. One clinic in Malaysia I learned of recently, is taking the blood out and running it through a process analogous with a dialysis machine. The blood is "treated" with ozone and put back in the body. The treatment is costly compared with many alternative IV therapies (such as chelation).

One creative enthusiast I know, told me about using a special design on his ozone machine for his wife who had a very rare cancer. With a very limited budget, he found a way to saturate the blood with ozone. He used the ozone machine he had with a short duration, high implantation (meaning, he put the hose deep into the large intestine where the portal vein could pick up the ozone and pull it directly into the blood). Though his wife died in the end from her cancer, he dramatically shrunk many of the tumors using this ozone therapy and some of the tumors died away completely. Perhaps with additional guidance, he might have fully succeeded using this technique.

Various baths and breathing systems, as well as hyperbaric chambers, have been used to creatively absorb ozone for its clinical effects. Oxygenation of tissues has several potential benefits. It also has some drawbacks. Free radical damage is the most obvious concern in the use of any oxygen therapy, though when weighed against constant suffering and (potentially) death from a chronic disease or infection, a little intensive free radical damage does not seem very important. The value of oxygenation of tissues and the use of ozone specifically, includes death of cancer cells and pathogens and resetting of the immune system through removing chronic, irritating load.

The use of ozone is new enough that one cannot just go down to the health clinic on the corner and have the blood ozone treatment described above. When you find somewhere doing it, it is very likely to be highly expensive. Admittedly, however, even a trip to Malaysia or Germany might not even come close to the cost of traditional chemotherapy, and appears more likely to be a cure. The difference is that the cash is needed up front for those trips.

Further, some may just feel that it is their right and obligation to heal through getting in harmony with nature. We will talk about the natural alternatives that have been used for a very long time that accomplish, in effect, the same thing as the ozone therapy.

Recapping some effects of ozone (not that they are all known or understood), we would have a list that looks something like this: oxygenates tissues, kills pathogens, changes blood structure, stimulates detoxification, kills off any overgrowth of even friendly microorganisms, kills cancer cells, resets the immune system.

This list is probably incomplete and perhaps some explanation might be required to satisfy some readers that those things do occur. Based on research I have

done, I am satisfied that at least those things are on the list of benefits of ozone.

Using a natural healing strategy, we can certainly accomplish the same things, but with more effort. The cost, however, is certainly less. It is common to use a diet of fresh juices for a while for anyone with a killer disease. Three juices—apple, carrot, and concord grape—have traditionally been rotated with good effect. Grape is purchased, but apple and carrot are made fresh.

The apple oxygenates tissues very well. All three of them are on record for having shrunk cancers and restored vitality. A juice fast rests the gut and allows the immune system to reset. This occurs because two thirds of the immune system is in the gut and what happens there to the immune system will become the standard system wide. The use of fresh juices builds blood and it is a higher quality blood with a different structure. Exactly what happens with structure is still theoretical in all conventional literature, but some evidence exists to suggest that the water in the blood may actually be structurally different as the blood gets healthier.

In addition to juice fasting, numerous herbs increase levels of oxygen in the blood, build higher quality blood or create alternative conditions in the blood that make pathogens wholly unable to survive. Detoxification is a certainty on a juice fast (or juice feast) and here also many herbs help detox this or that depending on the energy and action of the herb. Gradually, the body switches over to a whole different state. If wisdom is used before, during, and after a juice fast and the metabolism is actually healed, and then allowed to stay there long enough to establish a new norm, the body will be truly cured and may never return to the ill state it was in. It is uncertain whether such a change takes place when ozone is used.

Some techniques exist that radically change blood and oxygenate tissues. For example, rebounding and various applied lymphology techniques (see IAL for more information) pull off excess fluid from the tissues where inflammation, toxicity, and stress have created pooling. This allows those tissues to be exposed to oxygen and all the needed nutrients and also makes real cellular detoxification possible. Electrical and electromagnetic frequency machines have been and are frequently used for similar or related purposes with ultimately the same end.

Guidance from an experienced practitioner is advised when one decides to heal using natural therapies, especially if juice fasting is going to be used. It is also well to have a guide when deciding what to integrate into a natural healing program.

In the end, it is certainly possible (just more work on the part of the individual) to heal using natural therapies as well as with ozone or other alternative medicine approaches. In the current trend of illness, it seems likely that the future will prove the need for not one or the other, but both in order to recover and maintain health. I hope to inspire some sound judgment along the way.

*Kal Sellers, MH is continuing his training in Chiropractic as an intern in Montpelier, Idaho. He maintains [madherbalist.com](http://madherbalist.com) as a source for those who wish to learn to master natural healing and herbal medicine. He also keeps a full time practice going via skype consults and in Afton, Wyoming where he now lives. Contact Kal through [madherbalist.com](http://madherbalist.com) website to arrange a consult or to learn about natural healing.*



# Choosing Dates Over Sugar

By René Oswald, RN, APH

There are so many concerns recently about the consumption of sweeteners. They have been linked to such a wide variety of health issues and are one of the hardest addictions to give up. Problems are also caused from what many people consider “natural ingredients” such as maple syrup, honey, high-fructose corn syrup, agave nectar, and stevia (see my recent post about stevia). A natural alternative to these problems is dates!

They are a whole food that is good for us. They are high in fiber along with several vitamins and minerals. They contain potassium, phosphorus, calcium, iron, manganese, copper, magnesium, and sulphur.

Eating one date a day may help prevent constipation, intestinal disorders, heart problems, sexual dysfunction, diarrhea, and colon cancer.

Dates provide natural energy because the fiber content allows for a steady release of the valuable nutrients. Dates are even good for your eyesight and may help prevent night blindness.

Many people succumb to sugar cravings in the mid-afternoon. This is caused from a deficiency of magnesium. A solution to this problem is to take a few dates and a couple stalks of celery (or some leafy greens) with you when you're away from

home. When you start to think about that candy bar or can of soda, drink a glass of water. If you still have the craving after fifteen minutes, eat a date with a stalk of celery or greens. If you still have the craving, have another until the craving is gone. If dates are eaten with a cucumber they will help you lose excess weight.

You can use date syrup in your favorite beverages or recipes. You can make your own by combining ¼ pound pitted dates with 1 cup of water in your high-speed blender (my favorite is the Vita-Mix) and blend until smooth (this takes about thirty seconds). If you want a date paste consistency, combine ½ pound pitted dates and 1 cup of water. This will stay fresh in the refrigerator for at least two weeks.

It is a common practice to break a fast by eating dates soaked in water. This helps prevent overeating after a fast because of the high nutrient density of this fruit.

Dates are said to be the oldest cultivated fruit in the world. There are fossils showing date palm trees were here 50 million years ago.

There are more than 100 varieties of dates, around twelve of which are grown in the US. They are classified as soft, semidry, or dry. Soft dates such

as the Medjool, Khadrawy, Halawy, and Barhi have a sweet, creamy flesh because of their high moisture content. Semidry dates such as Deglet Noor and Zahidi have less moisture, sweetness, and chewiness.

The most popular date in the US is the Deglet Noor date, which is 90-95% of California's date harvest. They are medium chewy and firm. They are also called “bread dates.” Deglet dates are about three times smaller than a Medjool Dates, which is important to know when they are used in a recipe.

When you add dates to any recipe that calls for sugar or other sweeteners, you are adding a nutrient-dense food. Therefore, you are not only decreasing the unfavorable sugar, you are increasing the nutrient value of the food.

After you are free from sugar cravings your taste buds will be so sharp, you'll enjoy whole fresh fruits and they'll taste better than you ever remember in your life! Fresh, whole organic fruit with lots of leafy greens is what your body and mind will crave and you'll be happier and healthier than you ever dreamed possible!

*René Oswald, RN, APH, and author of Transitioning to Living Cuisine, Juice Feasting for Life, Living Cuisine for Happy Holidays, and Wholesome Cooked Creations. She travels around the country teaching her Transitioning to Living Cuisine Program. She has several free videos and an informative Blog that you can check out at her website at <http://RawFoodRene.com>.*



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## The Original Spice Girls: Cinnamon, Ginger, and Turmeric

By Betsy Bearden

I love to cook, and I love to use herbs and spices in my cooking. Turmeric is something I have used in cooking since the '70s, man. I never really gave much thought to it other than I just liked the way it would add a nice golden color to rice or tofu, and it added a very mild, spicy flavor to my dishes. Aside from lending flavor and color to your recipes, another thing about turmeric is that it will turn your hands or finger tips yellow if you get it on them. This can be quite distressing if you have a business meeting to go to where you might come across as being a seasoned chain smoker or something. (Oh, you've seen them.)

In continuing this subject of how turmeric will turn things yellow—I remember a time when Steven and I invited some family members over for breakfast one morning. No, they are not vegetarians, but they were, and always have been, kind enough to eat and actually like my tofu dishes and veggie concoctions.

Well, this one particular morning while enjoying our homemade biscuits, scrambled tofu with turmeric and veggies, and other breakfast goodies, I was conversing with an elderly relative across the table, who happened to have false teeth. I was carrying on and telling her a funny story. Let me tell you, when she laughed, I almost choked! The turmeric in the tofu dish had turned her teeth YELLOW! I almost died right there. No kidding. Thank goodness when she drank some water, it washed it away. Lesson learned: turmeric + false teeth = yellow teeth. Not good, so I am sharing this with you as an FYI.

As usual, I digress—I had never really given the health benefits of turmeric much thought, but during a conversation with my sister-in-law one day, the subject of turmeric popped up. She has fibromyalgia and suffers from inflammation from this condition. I asked her if there were any new treatments available to her and she replied that her conventional doctor recommend she take turmeric, ginger, and cinnamon. I was flabbergasted...well, pleasantly surprised.

After doing some research, it is fair to say that turmeric is a super spice. It has a long history as a medicinal herbal remedy that was used to treat many different ailments from the inside out. Turmeric originates from China, India, and Indonesia and thrives in India and tropical Asian

areas. The plant is related to ginger, and as with ginger, its roots are rhizomes.

The active ingredient in turmeric is curcumin. According to an article in the American Cancer Society: "Curcumin can kill cancer cells in laboratory dishes and also reduces growth of surviving cells. Curcumin also has been found to reduce development of several forms of cancer in laboratory animals and to shrink animal tumors." \*

There are also studies being conducted on the anti-inflammatory effects turmeric has for those with rheumatoid arthritis, and overall inflammation and pain in their joints, with remarkable results and conclusive evidence pointing to the fact that it can help to reduce pain and inflammation. Why is treating inflammation so important? Inflammation can occur anywhere within our bodies, particularly our hearts and our brains. When inflammation occurs in our brain, it can possibly lead to Alzheimer's disease. I don't know about you, but I am going to up my turmeric intake. \*\*

As to our second spice girl, cinnamon, it also has anti-inflammatory properties and can help to alleviate pain from arthritis, as well as Alzheimers, and is anti-microbial so it helps to kill off the bad things in our bodies; that's a plus. Cinnamon originated in Ceylon, which is now known as Sri Lanka. There are references to cinnamon and its desirability in the Bible and in numerous ancient writings dating back as far as 2800 B.C. It was so desired by many that wars were fought over it, and it was once used as currency, such as salt, and other precious metals, minerals and spices of that time. It's no wonder we all love cinnamon, and the bonus is that it's so beneficial to our health. \*\*\*

Our third spice girl is ginger. This is yet another powerful anti-inflammatory along with so many other beneficial uses from nausea, to antibacterial properties, to cancer prevention. Ginger was yet another highly sought after spice thousands of years ago. It is reported that ginger originated in Southeast Asia as far back as 5,000 years ago, yet it is really difficult to pinpoint its exact origin. During the fall of the Roman Empire, ginger almost disappeared until it started to show up in the Arab market, and from there it began flourishing again. \*\*\*\*

Aren't we fortunate that we don't have to fight wars over ginger, cinnamon, and turmeric? We can just hop in our cars and head over to Life Grocery

in Marietta, Georgia, where it is highly unlikely any altercation will occur while purchasing these super spices. Life Grocery has just about every imaginable spice and vitamin supplement from reliable sources in their Supplement Department, as well as their Bulk Herb Department, with a wide variety that are organic and vegetarian-based.

While you are there shopping for your spices and herbs, be sure to check out Café Life where you can find fresh organic smoothies or juices to kick start your day or serve as a "pick-me-up" in the afternoon, their Organic Living Foods and Salad Bar, Signature Salads and Sandwiches, and delicious Hot Cooked Foods and Fresh Baked Pastries that you are going to love.

Here are a few pointers for using cinnamon, ginger, and turmeric:

**Turmeric-** when cooking rice, add a good tablespoon to water along with a tablespoon of either onion powder or garlic powder. Cook your rice as usual. Use it when cooking stir fried tofu, or add a tablespoon to your tofu marinade or casserole. Add it to cauliflower dishes, mac and cheese, vinaigrettes, or just about anything you want.

**Cinnamon:** How easy is it to make cinnamon toast with a little honey? Add it to cold or hot cereals, coffee, desserts, or yogurt. If you have left over brown rice, add some cinnamon, honey, and almond milk and enjoy.

**Ginger:** Definitely use in vinaigrettes, pumpkin bran muffins, cookies, stir fried veggies, salads, or tea. The scent and flavor of ginger is so refreshing.

*Note from author: Please do not add or incorporate any vitamin, mineral, herb, or supplement routine into your diet until you have researched it, or have spoken to your health care provider about it.*

*continued on page 4*

# So, What Can I Eat?

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

If you have been following the news for even a few days, it seems everything you eat is bad for you. Some studies show that even food that is universally accepted as “bad” may in fact have some benefit, although what some consider “good” is questionable. The biggest question I am asked, after a person gets an awareness of how toxic their diet may be, is “So . . . what can I eat?”

Many of the foods we have held sacred and close to our hearts we now know are leading to our demise. The milk we were forced to drink back in the school cafeteria helped lead to the osteoporosis, cancer, and heart disease that is now epidemic in our society. The hydrogenated oil-based cookie and cake filling we would suck out of the middle of our snacks is now found to be loaded with free radicals. These free radicals are draining the vital alkaline nutrients from our bodies making our bodies more acidic and thus a welcoming environment for many diseases to prosper. With all this gloom and doom, what’s a person to do?

There is nothing but good news for those of us concerned about what we put in our bodies. There are 120,000 edible plants on this planet. Multiply that by the almost countless combinations we can create with these foods and it is difficult to say, “There is nothing to eat.”

Let’s start with breakfast. If you are eaten up with candida, which is a yeast infection in your entire body, the following may not be good advice. You folks can do vegetables for breakfast; just stay away from the high sugar veggies such as carrots and potatoes. Everyone else, eat nothing but fruit and water from the time you wake up until 12:00 noon. Now, at first this might seem boring, however there are lots of choices when it comes to fruit. There are plain, raw fruits such as apples, peaches, pears, pineapple, kiwi, star fruit . . . you get the idea. Then there is dried fruit, but be sure it does not contain sulfites. Many folks have very obvious reactions to sulfites including difficulty breathing, headaches, and seizures. If you do not have an immediate reaction, you may be having sub-clinical reactions. This means it is doing damage, you are just not immediately aware of it happening.

In my book, *Eating Right For The Health Of It!* I have several recipes for fruit puddings, pies, shakes, and other delicious fruit treats. If you find fruit alone does not fill you up, eat more fruit. If this is still not enough, add some raw, organic almonds to your meal. They are the only alkaline nut and if eaten raw, will retain their nutritional value. When ever you cook a food above 120 degrees F the nutrients begin to break down and the more you cook it, the less nutritious it will become. I recommend you eat at least 60% of your daily food intake in the raw state. Now this may seem difficult, but if you eat a raw breakfast, you are already at 33% raw. Add a salad or other raw fruit or vegetable at the other two meals and/or snack on raw food throughout the day and you are well over 60%.

Now comes lunch. If you are the typical person, you have about 2½ minutes for lunch. You may even be forced to eat at, dare I say, a fast food restaurant. What foods can you eat at a fast food restaurant and not have to have your blood vessels cleaned out by Roto-Rooter? Mexican food is a good choice if you choose bean tacos, bean burritos, chalupas, guacamole, or salsa. Baked potatoes, salad bars, or even “burgers” with no meat, just the bun and toppings, are other options. There are tons of choices if you decided to go Chinese, Thai, or Indian. Look under the section of the menu labeled vegetables. If something on the menu that has animal products looks good to you, ask if they will make it with tofu. Always make sure you specify no MSG or chicken broth. Should you feel embarrassed about making a special request at a restaurant, remember you have money and they have food. They want to make a trade.

One other option is to make your own lunch. A bacon, lettuce, and tomato sandwich without the bacon is a good idea. (Hint: Put raw sesame seeds in a dry fry pan and keep tossing them until they are golden brown and spray on a little tamari. It will taste just like bacon.) Peanut butter and jelly is an old stand by. Be sure the peanut butter or any nut butter does not contain hydrogenated oil or sugar. The jelly should be all fruit and no added sweetener. If worse comes to worse, you can skip a meal. It is a good way to detoxify and will save you a few dollars in the process. If you can’t do that, think about what the least toxic menu choice is before you order. It may not be the ideal food, but a well thought out choice will be a better choice than the standard burger and fries.

Dinner is the same as lunch, make better choices. Think about what would be the healthiest choice on the menu. It is usually the least expensive item on the menu that is the most nutritious. In any town there are usually establishments that cater to the health conscience consumer. We are fortunate to have Café Life, which is filled with healthy and delicious options, and it’s even organic!

There are lots of books on the market to help you make the transition to better eating and to keep you there once you arrive. My book, *Eating Right For The Health Of It!* is a perfect example of such a book. Be sure to pick up a copy at Life Grocery’s book section. As with all their books, it is discounted 20% before any member discounts!

Happy dining!

*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. For more information or to speak to him personally, call 770-427-7387. Check out his website [www.DrJoeEsposito.com](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!*

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# Recipes for KIDS of All Ages

By Susan Esposito, BS, DC, DACNB, FABES, FAFN

In the last issue of *The Life Line*, I shared with you the news from a new study published online in the journal *Hypertension* that the number of children seen in US hospitals nearly doubled in the ten years leading up to 2006.

The foods that we feed our children create the physical and physiological consequences that are evidenced in them. One of the main strategies discussed in my previous article was improving the quality and quantity of the foods that our children consume.

I am listing again a few of the National Institute for Health (NIH) suggestions for dealing with childhood obesity:

1. Avoid high-calorie foods that are low in nutritional value.
2. Make fruits and vegetables part of every meal.
3. Check the Nutrition Facts Label to compare foods.
4. Enjoy smaller portions of food both at home and at restaurants.
5. Substitute water or low-fat milk for sweetened beverages.

Below are basic nutritional guidelines broken down by age groupings according to the Mayo Clinic:

## Toddlers

Boys and girls ages 2 to 3 need between 1,000 and 1,400 calories per day. It is very common for caloric intake to vary from meal to meal in this age group. Allow your child to respond to hunger cues and do not force your child to finish a meal. Children ages 2 to 3 years old need to consume plenty of healthy fats for proper brain development and growth.

## Children

Girls ages 4 to 8 years old need 1,200 to 1,800 calories per day while boys need 1,400 to 2,000, depending on growth and activity level. Of the total caloric intake, 25 to 35 percent of calories should be in the form of fat, primarily polyunsaturated and monounsaturated fatty acids. Protein should account for 10 to 30 percent of calories and carbohydrates should provide the remaining 45 to 65 percent.

## Preteens

Boys ages 9 to 13 years old need 1,800 to 2,600 calories per day and girls need 1,600 to 2,200, depending on physical activity level and growth. Around 10 to 30 percent of these calories should be from protein sources and 25 to 35 percent of calories should be in the form of healthy fats. High-fiber, whole grain carbohydrates should provide the remaining 45 to 65 percent. This group needs more calcium than younger children.

## Teens

Teenage girls ages 14 to 18 require 1,800 to 2,400 calories per day and boys need 2,200 to 3,200 calories. Protein should account for 30 percent

of total calories, carbohydrates should account for 45 to 65 percent of calories and fat should account for 25 to 35 percent of calories.

I want to emphasize the importance of monitoring the beverages that children consume. The average can of soda contains 140 calories. If a child drinks a soda with every meal, that's 420 calories or a third of their daily caloric intake in just soda alone. That's not even including any soda they may drink in between meals. The "biggie" cups of soda that are sold at convenience stores can contain over 500 calories! We also have to be careful about fruit juice. I just pulled a bottle of 100% grape juice out of my refrigerator and saw that one 8 ounce serving of grape juice has 160 calories. Although these calories come along with a higher nutrient value than a soda, it is still very high in calories and sugar. I always cut fruit juice in half with water when serving a glass of it to my children. This way they only drink half the calories and sugar per cup, and I found that the taste of the juice was still enjoyable. The best solution, as advised by NIH above, is to give children water to drink.

Here are some recipes that your kids can make for themselves that are full of nutrients and tasty:

## Veggie Boats

What You Need:

- 1 green, yellow, or red pepper, washed
- 1 bunch of celery, washed
- 1 carrot, washed and peeled
- your favorite salad dressing

Equipment and Supplies:

- knife (depending on your age, you may need help from your adult assistant)
- cutting board

What To Do:

- Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
- Cut the other half of the pepper into skinny slices.
- Cut the carrot into skinny sticks about 4" long.
- Cut celery into skinny sticks so each one is about 4" long.
- Put a little salad dressing in the bottom of your pepper bowl.
- Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
- Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

## Veggie Quinoa

What You Need:

- 1½ c low-sodium vegetable stock or water
- 1 c quinoa, thoroughly rinsed and drained
- ½ t salt

- ½ t black pepper
- 1 c frozen chopped, mixed vegetables such as peas, carrots, green beans, corn

Equipment and Supplies:

- medium saucepan with a tight-fitting lid
- measuring cups
- measuring spoons
- fork

What To Do:

- Add vegetable stock or water to medium saucepan.
- With an adult's help, bring stock or water to a boil over medium-high heat.
- Stir in quinoa, salt, and pepper.
- Switch heat to low and cover pot with lid.
- Cook until liquid is evaporated and quinoa is tender, about 15 minutes.
- Remove lid and stir in veggies with a fork.
- Place lid back on quinoa so that the heat from the quinoa cooks the vegetables.
- Serve immediately or place into an airtight container and refrigerate for up to 5 days.

## Zucchini Muffins

What You Need:

- 1½ c shredded zucchini (about 2 small)  
*Note: You don't have to peel the zucchini before shredding it for this recipe. It won't affect the taste and the peel will provide some extra fiber.*
- 2 c whole-grain pancake or biscuit mix
- 1 t cinnamon
- 1 t allspice
- 2 eggs
- ¾ c brown sugar
- ¼ c unsweetened applesauce
- 2 t fresh lemon juice
- powdered sugar (enough to dust the muffins)

Equipment and Supplies:

- oven (depending on your age, you may need help from your adult assistant)
- bowls one large, one medium
- grater a plastic grater is safest for kids
- measuring cups and spoons
- muffin tin and paper liners

What To Do:

- Wash zucchini and remove ends.
- Shred zucchini using largest holes on grater.
- Wrap grated zucchini in a couple of paper towels and squeeze to remove water.
- Measure 1½ cups of squeezed-dried
- Preheat oven to 375° Fahrenheit.
- Line a 12-cup muffin tin with paper liners.
- In a large bowl, mix whole-grain pancake mix (or biscuit mix) with spices.
- Place walnuts in food processor and process on high until the nuts are finely ground.
- Add the cacao and salt.

*continued on page 6*

## Sourdough: Starter to Slice-Part 2

By Linda Townsend

The starter I described how to make in my last article is the most important part of sourdough making. It is the foundation of every loaf of bread you will make from it and it must be remembered that it is a living biosphere of helpful organisms relying on you for nourishment. If you are not baking regularly, you will need to feed your starter with near equal portions of water and flour to keep it healthy and ready for use. However, if you are baking regularly, you do not need to do this as you will be feeding the starter as you use it.

The starter needs to breathe and have room to froth, so I use a quart-sized glass canning jar filled about half full. I prefer my starter to be kept in the refrigerator with a loose lid or cheese cloth over the mouth of the jar and I feed it once a week, if I am not baking weekly. However, some people leave their starter at room temperature year around and feed it every day or every other day. At room temperature the yeast are more active, so they need to be fed more often.

The starter will form a liquid above the dough; this is normal. The liquid can turn a bit grey and smell similar to beer, also quite normal. You can drain it off or stir it in, whichever suits you. I stir mine in.

To begin the bread making process, the sponge must be made first. The sponge is basically starter that has been fed and is of a quantity to satisfy the recipe with a bit left over to replace the original starter. Most recipes call for two cups of starter or sponge for one loaf of sourdough bread. By adding one cup each of water and flour, the starter should increase about two cups more.

The sponge should be left out at room temperature for a few hours to encourage the yeast to be active and feeding. The container in which the sponge is placed should have ample room for it to froth up without spilling over. I usually leave my sponge out at least overnight, but it can be ready in just a few hours. The longer it is left out the sourer the taste of the bread.

This is the point where I, at first, was a bit frustrated about the sourdough making process, because there is no particular standard. I found lots

of information that could contradict each other. It seemed it is all a matter of preference based on experience and I did not yet have the experience. Since then I have learned that starters have different consistencies, sourdough is not as predictable as commercial yeast, and personal experience is the best teacher.

All starters are gooey, but each is unique. Not only can they be made with different flours, some starters can be wetter than others. You can add less water or more flour to make your starter the consistency you prefer. Because the moisture content of the sponge will vary also, the total amount of flour suggested in the recipe is more of a judgment call. At times I have used less and others a bit more.

This is where the experimenting begins and learning the art of sourdough baking. If you are thinking this is too complicated, let me explain that it only seems so because it is something of an art for which you just get a feel for doing. You will enjoy the process more if you are willing to experiment and have a few flops. Most anything you make will be edible, regardless of how it looks as long as it is baked completely through. Even the densest bread can be used toasted!

My first loaves blew their tops, which is to say that there was a huge cavity near the top of the crust the entire length of the loaf, which is why sourdough artisan round loaves are usually cut on the top crust. Some of my breads have been very dense and could be sliced very thin and other loaves have been light and sponging like store-bought, even though the recipes were the same. I still have the surprising flop every now and then, mostly due to my own impatience and ignoring the signs in how my dough was developing that day. I think my best bread loaves have been a combination of the starter's characteristics that day, the weather, my patience, and the love of the art for making sourdough bread. It is just as doable for you.

Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).

*continued from page 1*

### The Original Spice Girls: Cinnamon, Ginger, and Turmeric

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# Apples, Antibiotics and Why Johnny is Such a Big Little Boy

By Jeani-Rose Atchison

I woke yesterday with a strong desire to do some cooking. My number four daughter, Caoilinn, must have had the same idea as she had all my pots and pans out and was playing “restaurant” . . . with a grin on her face and a pot on her head.

I turned on the oven in anticipation for baking and also to heat up our cold house. While it was warming we went through our supplies and found some polenta and a bag of green apples. I immediately thought about an apple and polenta upside down cake and searched for the other ingredients so we could make it happen.

At the same time Nimue (number three) was walking around with a huge cabbage, which is not unusual in my home. The kids imagine talking vegetables all the time. Once I wasn’t allowed to take the top growth off of the sweet potatoes for a couple of weeks because the girls had adopted a few of them. The sweet potatoes were dressed daily in new outfits including new hairstyles as the “hair” continued to grow. Chances are if they were conventionally grown sweet potatoes they wouldn’t have been as much fun due to being bald and unable to sprout! I had to finally wrestle with the three of them to bake those potatoes and we all mourned their demise, sort of, as we eagerly dug into the steaming insides.

Anyway, seeing the cabbage made me think it was time to also make another batch of cultured veggies. So we made Nimue hand it over and did just that while the cake was in the oven.

Our recipe was relatively easy. I took a conventional one and tweaked it a bit to suit our needs. Our kids are totally on board with this and come up with alternative suggestions any time we try a new recipe. They all know of course that organic is best, but just in case they forget I am always there to remind them why.

Take apples for example. Conventional ones are sprayed heavily in antibiotics. I have written a great deal about the overuse of antibiotics and include a section of it in my latest book *Food for Thought*.

It’s hard to believe that 75-80% of antibiotic use is not through direct human intake but rather it is being fed to animals and sprayed on fruits and vegetables. Dr. Stuart Levy, president of *The Alliance for the Prudent Use of Antibiotics* states that just one pound of antibiotics is enough to provide a one-day treatment to 450 sick people. This really sinks in when we know that up to 50,000 pounds of antibiotics are sprayed annually on fruit trees in the U.S. alone.

Streptomycin and oxytetracycline are the two most common antibiotics used for pear and apple trees in the states. A condition called fire blight is the main reason for spraying the fruit. Fire blight has not been found in Australia though with globalization and increased foreign travelers this will happen eventually. And when it does it is already understood that streptomycin will be used as it has proved to be the only product effective in diminishing the problem. Until then, New Zealand’s answer to importing apples to Australia is to have their apples undergo “chlorine treatment.” That seems a disturbing thought though, with the current research showing that the chemical by-product of chlorine is dioxin. As the single most carcinogenic chemical known to science, I don’t know if I want more exposure to it than we already have.

On August 8, 2012, a federal court in New York ruled that the FDA cannot delay regulatory proceedings for penicillin and tetracycline used in livestock.

We have been experiencing antibiotic resistance strains of bacteria worldwide and it scares me terribly. I have a kidney anomaly that has seen me in hospitals

since I was born and from time to time the only thing that can help me is intravenous antibiotic therapy. When I was a child and young adult I lived on antibiotics. I chose alternatives though in my mid-life and child bearing years and didn’t use drugs for more than 15 years. Recently I have found the need to rely on antibiotics again only to find that several of the drugs I used in the past can no longer be used due to bacterial resistance. I have already had two life threatening instances where I needed to have these drugs. I’m not too happy about the fact that there may be a day in the near future when those drugs won’t work for me any longer.

Peter Collignon, Infectious Diseases Physician and Microbiologist, from the Canberra Hospital stated: *Some of this resistance can be to antibiotics that are “last line” or “critically important” antibiotics that are needed to treat life-threatening infections in people. The development and spread of these multi-resistant resistant bacteria can follow the use of “last line” (or similar) antibiotics in food production animals. Examples include ciprofloxacin resistant strains of Salmonella spp., Campylobacter spp. and E. coli, vancomycin resistant strains of enterococcus (VRE) and 3rd and 4th generation cephalosporin resistance in Gram-negative bacteria such as E. coli.*

I agree with Dr. Collignon and other groups such as *The Union of Concerned Scientists* in that there are three basic principles of antibiotic use that must be adapted in the agricultural sector if we are going to stop this problem, before it’s too late. And that is:

- to prevent the use of antibiotics for prophylactic purposes,
- “critical” or “last-line” antibiotics should not be used in food production animals or agriculture and
- they need to be banned as growth promoters.

Another interesting thought to ponder is this: Antibiotics are used not to just prevent illness or to spray on crops, but also to make animals grow faster. It is common knowledge that people are larger now than they were 20-30 years ago; quite a bit larger. Drink cups, train seats, and dress sizes have all changed to keep up with the times. Denial is a beautiful thing especially when it protects us from asking the question, “What is happening to me?” For those of us that want to know, could antibiotic use prove to be another piece in the obesity picture? If our children are being constantly bombarded with sub therapeutic dosages in their food along with regular rounds of antibiotics from their medical practitioners, how does this affect their growth patterns? This gives a different perspective on why Johnny is such a big little boy, doesn’t it?

There is no question that my family and I will always strive to eat food that is as clean and pure as we can get. Certified organic or knowing my local farmer and his or her agricultural practices are the only way we can be sure of what we are getting.

We hope you enjoy our recipe for a healthy organic cake. Please use organic ingredients!

## Upside Down Apple Polenta Cake

3 medium unpeeled green apples, quartered and cored  
2/3 c raw sugar (I used coconut)  
8 T coconut oil (or butter for those who use dairy)  
1 heaping t ground cinnamon  
1/4 chopped pecans  
1 c whole meal spelt flour

1/2 t baking soda  
1/4 t good quality sea salt  
1/2 c raw sugar (I used coconut)  
1 T lemon juice  
2 t chia seeds, mixed in 1/4 c water and allowed to sit for five minutes before using  
1 T vanilla extract  
3/4 c soy milk mixed with 1 t apple cider vinegar  
1/2 c polenta

- Cut each apple quarter lengthwise into 3 wedges.
- In a 10-inch cast-iron or nonstick skillet, over medium heat, melt 4 tablespoons of the coconut oil or butter.
- Stir in the sugar and cinnamon and cook 1 to 2 minutes, stirring, until the mixture is smooth.
- Remove from the heat and add the apples and pecans, gently stirring to coat.
- Return the pan to medium heat; cover and cook 2 minutes. Turn the apple slices over and cook 3 minutes more, uncovered; set aside.
- With a fork, arrange the apple slices in a spoke design in the sugar mixture, filling in the center with remaining slices.
- Preheat oven to 350° F.
- I use my cast iron for this because it can then go straight into the oven. If you don’t have one, just place apple slices and sugar mixture into a prepared cake pan.
- In a small bowl, combine the flour, baking soda, and salt; set aside.
- In a large saucepan, over medium heat, melt the remaining oil or butter.
- Remove the pan from heat and whisk in the sugar, lemon juice, chia mixture, and vanilla extract.
- Whisk in the soymilk and polenta.
- Add the flour mixture and stir gently with the whisk until the batter is smooth.
- Pour the batter over the apple slices.
- Bake about 35 minutes or until the cake springs back when gently pressed.
- Remove from oven and run a knife around the edge of the skillet to loosen the cake. Immediately cover the pan with a heatproof plate and carefully invert the two.
- Wait 1 minute before lifting off the skillet.

Serve warm or at room temperature with an organic cream if desired. We love it with a dollop of fresh vegan cashew cream.

*Jeani-Rose Atchison is a health advocate and author who has called Australia home now for eight years. Originally from the states, Jeani-Rose spent many years in Marietta and was an active member of Life Grocery. She is the author of the bestselling book Every Day Vegan-300 recipes for Health, as well as a variety of articles on organics and food. Her latest book Food for Thought- Thought for Food is chocked full of delicious whole food recipes. It also takes a controversial look at the food we eat today. Can your food make you ill? The answer may shock you! Visit [www.healthyfoodhealthylife.com.au/](http://www.healthyfoodhealthylife.com.au/) for more information.*

# No Guarantees

By Kim Strickland, ND

During the last two weeks I have been sad due to the loss of a friend's 17 year old son because of suicide. He regularly told his friends what a great family he had and how much he loved them. He also was very popular and had lots of friends and enjoyed lots of after school activities.

There were no missed warning signs. The hardest part for me to understand is how a boy could leave home at 11:30 pm and by 1 am have already procured a handgun. Here in our community it was apparently very easy for him to get a gun in the middle of the night. Who gave it to him? What did they think he was going to do with it? Did they care? I am currently asking what can be done to affect change in this area. Those of us concerned with health spend time thinking of how to optimize energy, vitality and well-being. In an instant all of that can change.

What I have learned from this experience is that there are no guarantees. You might do a great job raising your children, feed them well, ensure they have good friends, activities they love and a good education and it guarantees nothing. You may change your diet, exercise, meditate, pray and do good deeds and you may be killed in a car crash or experience some other tragedy. I ate healthy,

exercised, did guided meditation in preparation for a homebirth with my first son yet ended up transporting to the hospital because he got stuck. I felt that all my preparation had been a guarantee for a successful homebirth. Since we get no guarantees, I have learned that for me joy in the process of living daily is a must. Love this day that you have been given and don't put off until tomorrow that which you desire. If you desire a more loving relationship with someone then be more loving today. If you are not happy with the body you reside in then make permanent changes today. I have also learned that when hearts are breaking and empty, words do not do justice, but sitting and listening and holding a hand lets people know they are loved and cared for. Hold those dear close to you.

I have also learned that in tragedy, communities bring food to families to comfort them. When doing so I suggest you ask if there are any dietary restrictions or preferences. I know of a vegetarian man who received lots of meat dishes and one who was eating raw who received lots of cooked foods. Also during grief many people do not eat very much. Below is a recipe I brought to this family to nourish their bodies at a time when their hearts were breaking.

## Sweet Potato and Carrot Slaw

¼ cabbage, shredded  
2 sweet potatoes, shredded  
2 carrots, shredded  
½ bunch of cilantro, shredded

### Dressing

½ c almond meal  
½ c water  
1 clove garlic  
¾ t Himalayan salt or sea salt  
1 c olive oil  
⅓ c lemon juice

- In blender combine almonds, water, garlic and salt until smooth.
- Slowly add oil. Add lemon juice.
- Fold dressing into the slaw mixture and season with extra salt if necessary.

*Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.*

*continued from page 3*

## Recipes for KIDS of All Ages

- In a separate bowl, whisk together eggs, brown sugar, applesauce, and lemon juice.
- Fold the egg-sugar mixture and shredded zucchini into the pancake-spice mixture; do not over mix.
- Fill each muffin cup  $\frac{2}{3}$  full with batter.
- Bake 10-15 minutes or until golden.
- Remove muffins from tin (with help from your adult assistant) and cool on a wire rack.
- Sprinkle muffins with a dusting of powdered sugar.

### Fun Fruit Kabobs

What You Need:

- 1 apple
- 1 banana
- $\frac{1}{3}$  c red seedless grapes
- $\frac{1}{3}$  c green seedless grapes
- $\frac{2}{3}$  c pineapple chunks
- 1 c nonfat yogurt
- $\frac{1}{4}$  c dried coconut, shredded

Equipment and Supplies:

- knife (depending on your age, you may need help from your adult assistant)
- 2 wooden skewer sticks
- large plate

What To Do:

- Prepare the fruit by washing the grapes, washing the apples and cutting them

into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.

- Spread coconut onto another large plate.
- Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
- Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
- Repeat these steps with another skewer.

### Raw Brownie Bite

Thanks to my good friend Paula for this yummy recipe!

What You Need:

- 2 c whole walnuts
- 1 c raw cacao
- $\frac{1}{4}$  t sea salt
- $2\frac{1}{2}$  c Medjool dates, pitted
- 1 c raw unsalted almonds, roughly chopped

Equipment and Supplies:

- food processor (depending on your age, you may need help from your adult assistant)

What To Do:

- Place walnuts in food processor and process on high until the nuts are finely ground.

- Add the cacao and salt.
- Pulse to combine.
- Add the dates one at a time. The consistency should be like cake crumbs that when pressed, will easily stick together (if the mixture does not hold together well, add more dates).
- In a large bowl, combine the walnut-cacao mix with the chopped almonds. Press into a lined cake pan or mold.
- Place in freezer of fridge until ready to serve. Store in an airtight container.

### References

Mayo Clinic: Nutrition for Kids; <http://www.mayoclinic.com/health/nutrition-for-kids/NU00606>

American Heart Association: Dietary Recommendations for Healthy Children

National Cancer Institute: Estimated Calorie Requirements (In Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity

<http://kidshealth.org/kid/recipes>

<http://health.nih.gov/>

*Dr. Susan Esposito is a chiropractic functional neurologist and nutritionist, currently practicing in the Life Neurology Center at Life University.*

# Gut pH: Part I

By Kal Sellers, MH

In all the discussions about pH, there is nothing so obscured as the role and state of the gut. In fact, the pH of the blood, which is what everyone is talking about, is a secondary or tertiary condition. This means, it is not a cause in and of itself, but is actually the outcome of other factors that affect global health. In an effort to put some of this misinformation in its place, this article will be the first in a series of discussions on pH, starting with the pH of the gut.

The first thing about alkaline mania that should be noted is that our body is not ruled by alkalinity at all. In fact, our bodies must be a balanced mix of both yin and yang, where yin is alkaline and yang is acid. Without either of these, health and life itself cannot be manifest. It is worth noting that the following have something in common:

*Amino alkalines, para-amino-benzoic-alkaline, deoxyriboneucleic alkaline, essential fatty alkalines and folic alkaline. What is it? They all should be written to end in ACID! They are not alkalines! These are the key functional aspects of life and they are all acidic! To write those names correctly, we should have acid in place of alkaline in every case.*

In our discussion of acid and alkaline, we need to also appreciate that acid or alkaline dominance at any given time is governed by three factors:

- The need of the body to thin the blood (acid blood is thinner than alkaline);
- Circadian rhythms (the cycle of the sun, day and night) and;
- Parasympathetic (alkaline) and sympathetic (acid) dominance.

With this foundation, hopefully we can come to some reasonable conclusions about pH. The behavior that is so desperate by so many, done out of pure, unadulterated fears, where they take in large doses of unnatural substances in the name of alkalizing their blood cannot possibly be a good thing. It will invariably lead to inconsistent results and possible harm.

I have dealt with this subject a good many times and yet the philosophy continues to be pervasive that alkaline is good and acid is evil. Honestly, how much sense does that make? I wish before we came to a conclusion we would just think about whether it was logical or not!

What is true is that more acidic blood (not urine or saliva and certainly not the gut) is known to be associated with increased incidence of chronic disease.

Considering that the body will acidify the blood to compensate for debris and wastes in it and poor circulation by it, and considering that acidity is also associated with sympathetic dominance (hurry and worry response), it should be no surprise that cancer, heart disease, and all chronic disease is associated with blood that is too acidic. What is surprising is

that suddenly alkalinity has become an end unto itself and a veritable god to so many!

The final consideration to discuss about pH as part of our foundation is that any and all highly active processes and yang organs are acid dependent, not alkaline dependent. Immune response, the gut lining, cerebral spinal fluid, and kidney environment are all acidic by design. The only surprise is the kidney, which is a yin organ. The blood at the kidney is more acidic, however, in a healthy person.

Cleansing is also an acid process. This is one of the great conundrums of the cancer battle using alkaline supplements. If the body is not first cleansed and cellular behavior changed with saturation of raw, live food/juice, the cancer will have a wall built around it that will make it immune from the alkaline substances. Further, the body will shift the blood immediately toward the acid in order to cleanse, which means the natural healthy processes of the body will be interrupted.

While I do not doubt the stories of people who alkalized themselves and cured cancer, as with many supplements and products that are supposed to cure cancer, I have many questions about what was done prior to the use of the supposed miracle supplement, which could not have cured anyone by itself, but might well have tipped the scales in the right person who had done sufficient groundwork in some way (emotionally, dietary, physical stressors, etc.).

So when we start into our discussion together, I shall make every effort to keep you a little sane, though I know that to be a startlingly rare commodity today. Today, we shall focus on but one idea. This is the idea of the pH of the gut, as it relates to chewing.

The gut lining is being replaced every three days. For this level of activity, there is a corresponding need for acidic conditions. Actually, without an acidic lining (to be distinguished from the contents of the gut, which are acidic in the stomach and alkaline in the presence of fresh bile and more neutral at the end of the large intestine), the gut will easily become infected, inflamed, and will react to whatever food is put in it. It will also cause gas and bloating and all manners of dysfunctional digestion.

Many things weaken and alkalize the gut. For example, sitting in front of a computer for many hours, being stressed out all day long, eating sugar, overeating, too much complexity, compensation for cooked food, eating nothing but cooked food, adrenal fatigue, not chewing enough...ahhh, there is the one we are looking for.

When we put food in our mouths, the body will begin to ready itself. This process takes several minutes, really. Smells and the excitement of eating actually help a lot. The most important time, however, is chewing. Here you not only activate the first stage of digestion (saliva), but you also let the body sample the food and get ready for exactly what you are eating. If the combination of foods is simple enough, this is a manageable process. Chewing also relaxes you and puts you into a more parasympathetic

state. The person who chews enough and eats simple, whole food meals that are mostly raw, will probably have a normal gut pH and, therefore, will have taken the single biggest step toward healthy blood pH.

It is always striking to me and a little sad that so many who pretend to want to heal themselves naturally and enjoy their natural vitality are so eager and willing to do things that are clearly unnatural behaviors to manipulate their bodies. They are stuck in fear. They are doing with less harmful substances and foods exactly what they so freely criticize the medical profession for doing! It is no wonder our health continues to decline. People are losing their anchors and balance in life and are reeling on a relentless sea of supplements, proposals, sales pitches, and hype. There is no clarity of thought in people who have no solid foundation to live by. I have a good deal to say about this that I shall not attempt here, since I am sure it is inappropriate to write a whole book just now.

So here are the rules that go with chewing:

1. Take time to relax before eating anything.
2. Choose simple meals of no more than 4-6 items. Less is better.
3. Have meals that are at least 75% raw.
4. Chew the first several bites (or if juicing, chew your juice well for many seconds) very, very well. Take a minute or so per bite!
5. After the first several bites, still chew to very small particles before you swallow.
6. If eating nuts, chew to an absolutely thin paste before swallowing.
7. Avoid all electromagnetic pollution while eating. This means computers, cell phones and, if possible, wireless routers. It also includes television.
8. Eat in a clean, organized space that allows minimal stimulation while eating. The stress of clutter should never be within the visual field when eating.

Anyone who follows these rules will get far more than they ever got from any special pH supplement or diet. It will almost immediately improve digestion, assimilation, elimination and both blood and gut pH.

In the next issue, we will discuss the benefits of acidifying the stomach specifically in a chronic disease state, and, of course, tell you how to do that.

*Kal runs a website where he teaches natural healing. He does online consults via Skype and teaches natural healing, herbal medicine, and psycho-emotional healing all over the world. He will graduate from Life University in September of 2012 and will be setting up practice near Jackson Hole, Wyoming. He has six daughters who all participate in natural healing. He has had a live practice since 2000.*

# Healing Candida

By Brenda Cobb

Do you suffer from depression, brain fog, diarrhea, exhaustion, halitosis, cloudy thinking, menstrual pain, thrush, poor or unclear memory recall, yeast vaginitis, itchy skin, anal itching, itchy ears, vaginal itching, jock itch, or athlete's foot? If you answered yes to any of these, you may have candida. Candida is a fungal parasite that excretes toxic waste which can get into the bloodstream. Candida can be difficult to get under control and left unchecked can lead to other serious diseases. Cancer patients have an extremely high incidence of candida. It is also linked to lupus, MS, Parkinson's, depression, and a host of other serious illnesses.

Many times people try to get rid of candida, but never have success because they have heavy metals like lead, mercury, aluminum, manganese, and cadmium. Candida attaches to heavy metals, so it is important to do a heavy metal cleanse and a candida cleanse at the same time.

Bread, baked potatoes, cakes, cookies, and pasta, or diets loaded with refined or hybridized fruit sugars will feed candida and make it grow. In many cases, those suffering with candida have had a history of antibiotic, birth control, or other over the counter or prescription drug use. These drugs eliminate much of the good intestinal bacteria, which allow the candida to spread. You must have healthy flora in the intestines to overcome candida. A good probiotic is absolutely necessary to help get candida under control.

If you suspect you have candida, get checked through the Healthscope Scan analysis to see how

much you have and if you have heavy metals. This scan will also tell you all of your vitamin and mineral levels and your enzymes and amino acids. You will find out if you have allergies or sensitivities to any foods and if you need any specific herbs or supplements.

To help you get rid of candida, begin by getting out in the sun before 11 am or after 3 pm. Candida thrives in a dark, moldy environment. Yeast and fungi are destroyed by direct sunlight. Put on your tiniest bikini and let the sunshine in.

A diet of raw and living, sprouted foods, mostly green vegetables, green juices, veggie kraut, and rejuvelac can help a person to overcome this bothersome and debilitating disease. Low-sugar fruits like avocado, red bell peppers, cucumbers, squash, and zucchini along with living sprouts can be helpful. Sweet fruits will feed the candida and should be avoided until all the candida is gone.

Colon cleansing with colonics and enemas is very necessary and helpful. You must put friendly bacteria back into the colon to heal candida. Self-destructive, negative thoughts and emotions of rejection and lack of self-worth may contribute to the candida problem. Negative thoughts destroy good bacteria in the intestines, which allow candida to proliferate.

To get rid of candida, eliminate cooked starches, antibiotics and other drugs, sugar, and negative emotions. Get lots of sunshine, clean out the colon, and change your diet to raw and living foods. Don't wear pantyhose or nylon underwear, which can trap moisture and create yeast vaginitis.

Whatever you do to treat candida, treat it seriously. Stay positive and self-confident, focusing on the things that will heal you. It might seem like drastic measures giving up fruits or other favorite foods, but once the body has returned to its perfect balance you will be glad you made the effort.

## Sesame Cabbage

3 c cabbage  
1 c carrots chopped  
½ c green onions  
1 c red bell pepper  
1 T chopped garlic  
½ c lemon juice  
1 t Celtic or Himalayan Salt  
¼ c raw sesame oil

- Chop the cabbage, carrots, onions, pepper, and garlic.
- Combine with the lemon juice, salt, and sesame oil.

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute*, an Educational Healing Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing, Relaxing Therapies and the Healthscope Scan Analysis. For more information, call 404-524-4488 [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).



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# Turmeric Root Extract Theracurmin™ Highly Bioavailable Curcumin

By Dr. Michael T. Murray

## **Rooted in Tradition, Enhanced by Science**

The root of the turmeric plant (*Curcuma longa*), a member of the ginger family, has been used in India for thousands of years as the principal spice in curry and as an Ayurvedic medicine for supporting the body's natural inflammatory response system. A century ago turmeric's primary active compound, curcumin, was isolated. This valuable natural compound gives turmeric its vibrant yellow color and its medicinal qualities. An explosion of scientific research, literally thousands of studies, with curcumin has deepened and expanded our understanding of curcumin's unique health effects in supporting many body functions.

While much research has documented curcumin's effects, most research has focused on in vitro (test tube) or animal studies. The big shadow over curcumin is that in humans its oral absorption (bioavailability) is quite low and once it is absorbed it is rapidly changed to other compounds or broken down. Clinical studies show that amounts as high as 12 grams of curcumin powder failed to significantly raise blood levels.

To address this issue of poor bioavailability, a number of processing techniques have been developed to enhance the absorption of curcumin. Natural Factors CurcuminRich Turmeric Root Extract contains Theracurmin, a natural turmeric extract preparation with by far the highest absorption profile.

## **What is Theracurmin?**

Theracurmin is an all-natural preparation that utilizes advanced techniques to reduce the particle size of curcumin then disperse it with a very unique natural suspension to dramatically increase its solubility. The result is a dramatic increase in the absorption of curcumin compared to all other commercial forms tested, including other enhanced forms of curcumin. At equal dosage levels, Theracurmin produces blood levels in human and animal studies that are 30-40 times greater than regular curcumin.

## **Theracurmin Increases "Free" Curcumin**

Theracurmin is the only curcumin preparation to demonstrate a clear dose response. What this means is that even small dosages of Theracurmin increase blood measurements of curcumin and as the dosage

increases so does the blood level. This increase is linear, meaning that it increases in the blood in a parallel fashion to the dosage. This absorption profile is extremely important as the effectiveness of curcumin within the body requires achieving effective concentrations. Theracurmin is able to achieve necessary concentrations within the body that are not likely to be easily achieved, if at all, with other curcumin preparations.

In addition to being poorly absorbed, curcumin is rapidly metabolized in the liver. When measuring levels of curcumin in the blood during absorption studies the value of curcumin is based upon total curcuminoids including metabolites. The only product form that has shown to actually increase the free curcumin form is Theracurmin. As free curcumin is significantly more active than the metabolites, it is extremely likely that Theracurmin is not only better absorbed, but it also produces additional benefits compared to other supplemental forms of curcumin.

## **What Are The Benefits of Theracurmin?**

What research has continually documented is that curcumin is highly pleiotropic, meaning it exerts multiple actions. Foremost is curcumin's ability to influence many factors involved when normal inflammatory processes get out of balance. It has also demonstrated significant effects in preventing the accumulation of compounds associated with premature aging. For example, beta-amyloid is a compound linked to aging in the brain. It is kind of like a biochemical scar in brain tissue that reflects damage due to inflammation. Curcumin is showing great promise in preserving brain health by preventing the accumulation of beta-amyloid. However, in order for this benefit to be realized, it must be absorbed. Here are some of the other benefits shown with curcumin:

- Potent antioxidant
- Supports the body's natural inflammatory response system
- Promotes the liver's ability to detoxify

## **How Much Theracurmin Do I Need?**

The suggested usage of Theracurmin based upon current clinical evaluation is 150 to 300 mg per day. Although this amount is significantly lower than many other forms of curcumin, keep in mind that the amount of curcumin you take is not as important as how much you absorb.

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**The statements made in this informational document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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

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# Ask Dr Joe

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

Dear Dr. Joe,

First of all, I love your radio show. I listen to it every Sunday morning while getting ready for church. Thank you for all your wonderful information!

I had a baby thirteen months ago. Two weeks after giving birth, I contracted mastitis. Unfortunately, I took a heavy round of antibiotics and my baby and I have been paying the price ever since. I am still breastfeeding, but we are constantly dealing with thrush. I haven't seen it in his mouth since he was two weeks old, but he has developed a diaper rash recently and I feel sure yeast is the cause. I have a doctor's appointment for him tomorrow to have it confirmed.

I've been fighting the rash with coconut oil for the last four to five weeks, but it doesn't seem to be helping. For the last 13 months, I have cut out all processed sugar from my diet, and consume extremely limited carbs (brown rice and sometimes chips, just enough to keep my milk supply up). I am now starting the weaning process and I am scared to death to give him any sugar, even cow's milk.

I have a couple of questions. What should I give him to drink in place of breast milk? If not cow's milk, don't I need something pretty high in fat for his development? I drink almond milk.

What can I do to give his body a good cleaning from any excess yeast? I have him taking probiotics for infants. Is there anything else I can do?

Any help would be greatly appreciated. I hate for my baby to suffer from my bad decision to take antibiotics.

Thank you so much!  
T.

Dear T,

First, thanks for your kind words.

As a parent, I understand your concern for your child. As you are aware, I'm not a big fan of antibiotics unless they are absolutely necessary. Regarding the diaper rash, I might suggest you mix

some of the coconut oil with the equal part of your breast milk and rub that on the rash. Your breast milk is high in natural antibiotics this might help the rash. I'm glad to hear that you cut out the sugars. That is definitely the right direction you want to go in.

Regarding your first question, The American Academy of Pediatrics is currently recommending that if you can, continue breastfeeding for up to two years. At 13 months he should be ready for some solid foods. Avocados are very high in fat and usually an excellent choice for someone his age. Adding coconut oil to his food is another thing that I would suggest. Be sure that it's extra virgin and organic. Life Grocery has many different brands to choose from.

Giving him probiotics is a very good idea. I would suggest you give them to him first thing in the morning and then wait about a half-hour before giving him any food. When you eat food, it raises your stomach acid in the stomach; acid can kill off the probiotics.

I would also suggest we check out his nervous system because his nervous system controls the immune system. We want to make sure there are no pinched nerves that can be adversely affecting his immune system. I also find that in cases like this, sometime the stomach and colon are in spasm and I would need to show you some techniques that you can do to help relieve those spasms.

*Dr. Joe Esposito is a chiropractor, nutritionist, 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](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at **NO CHARGE!***

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Please seek the advice from your physician or other qualified health provider before utilizing any information, products, treatments, or therapies promoted in this publication. This information should not be used as medical advice, for prescription or diagnosis, as it is not a substitute for medical care or your doctor's attention.

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**Life Grocery and Café Life  
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# Get Fit With Raw and Living Food Smoothies

By Brenda Cobb

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

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

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

Energy drinks are the rage now, but if you look at the labels of these commercially prepared products

you'll see they are full of chemicals, additives, preservatives, caffeine, and a host of other unhealthy ingredients. Skip the commercial energy drinks and make your own raw and living energy drinks. Just blend up some raw and living foods to supercharge and nourish you at the cellular level. Get more energy and strength. Feel lighter and cleaner. Maximize your fitness. Create good health. It's all up to you. You are what you eat! Make smoothies of all types for a quick and easy refreshing treat that's chocked full of nutrients. Eat the best fresh food on the planet, organic raw and living foods, and be the very best you can be. Here are two recipes for super healthy and super delicious smoothies. Always use organic ingredients to get the full benefits of fresh produce.

## Super Charge Smoothie

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

- Put all the ingredients in the Vita-Mix and blend for 60 seconds.
- For a thinner smoothie, add more water.

You can't get much easier than this. Try different sprouts like broccoli, sunflower, buckwheat, clover, and radish or use a combination of several types.

These are your living foods. They have lots of enzymes, vitamins, and minerals!

## Gazpacho Smoothie

2 c very ripe tomatoes  
½ c celery  
½ c cucumber  
¼ c green onions  
½ c red bell pepper  
½ t Himalayan salt  
2 T fresh cilantro  
1 large clove garlic  
2 T fresh lime juice  
1 t cumin powder  
water if needed to make a thinner smoothie

- Put all the ingredients in the Vita-Mix and blend for 60 seconds.

*Brenda Cobb is founder of The Living Foods Institute and author of **The Living Foods Lifestyle**®, **101 Raw and Living Food Recipes**, and seven other books on raw and living foods and natural healing. She teaches a 10-Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute in Atlanta, Georgia. For further information, call 404-524-4488 or 800-844-9876 or visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

## Mom Esposito's Macaroni and Beans (Pasta Fagioli)

Servings: 6 to 8

1 (28 oz) can Italian plum tomatoes, slightly drained and mashed  
½ c virgin olive oil  
2 cloves garlic, minced  
¾ t red pepper flakes  
½ t oregano  
1 c diced celery (preferably leaves and stalks)  
1 (19 oz) can cannelloni beans (great northern white kidney beans)  
salt to taste  
12-16 oz ditalini pasta or any small wheat free pasta such as shells or twists

- Put olive oil, garlic, red pepper flakes, oregano, and celery in a Dutch oven or other heavy pot and sauté 10 minutes until celery softens, stirring occasionally.
- Add tomatoes; simmer about 45 minutes. If necessary, add some of the drained tomato liquid.
- Add the beans and simmer 5 minutes.
- Boil the pasta according to the package directions. When draining the pasta, put a receptacle under the strainer to catch some of the water; do not drain too thoroughly, leaving a little water in the pasta.
- Combine the pasta and tomato-bean mixture. For a moist soup, add reserved pasta water to your taste.

*This recipe is very easy, fast and economical. My friends, family, and I grew up on this and it is still a favorite when we all get together.*



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# Sourdough: Starter to Slice-Part 3

By Linda Townsend

How to make sourdough starter and then the sponge were described in my last two articles. Now you are ready to make the bread dough. Before you begin, you must remember that any sourdough recipe needs to be adjusted. The moisture content of the sponge and added flour varies, as will the moisture in the air—yes, even the weather will make a difference and I like making my dough on rainy days best. So, any recipe is just a guide and you will have to adjust how much flour to add accordingly. Remember not to use all of the sponge, as what is leftover is your starter.

The most basic authentic sourdough recipe is as simple as just adding flour to the sponge until it mixes with the dough consistency you need.

- 1½ c sourdough starter
- 2 c bread flour
- ¾ t salt

This recipe should make an authentic sourdough bread loaf with a hard crust and a chewy middle. Personally, I make sourdough *everything* from regular bread loaves to hamburger buns to pizza crusts to sweet rolls and even bird seed loaves. I usually prefer a softer crust and moist, spongy middle for my regular bread. This is my basic recipe.

- 2 c sourdough starter
- 3 c whole wheat flour
- 1 t salt
- ½ c of warmed milk
- 2 T of melted butter (or oil)
- 2 T of honey

I warm and stir the last four ingredients in a small sauce pan before adding them to make the bread dough. For sweeter bread, I double the honey. You can use half whole wheat and add another kind of flour like rye or combination of flours to make up the other half, if you wish. Should you wish to add seeds, do it during the kneading stage.

After you have chosen the recipe you wish to use and mixed the ingredients together, the steps are much the same. I use a mixer with a dough whip adding less flour than the recipe suggests and mixing the ingredients just to the point that dough is not sticking to the bowl, but still sticky to the hands, because I prefer moist bread. As I knead for five to ten minutes, I add only enough flour to make it workable. If it is not sticky enough, I wet my hands to knead in extra moisture. However, if you have mixer with a dough whip, you can use it instead of hand kneading. When I am kneading, I am looking for a certain consistency, where the bread will tend to stick a bit to my wooden kneading board if left to rest just a few seconds.

I then pour a generous amount of oil to coat the bottom of a bowl that is large enough to allow the dough to double. Then I place the dough in the bowl

turning it over to coat it completely with the oil. I place waxed or parchment paper over the bowl and a towel on top or you can use a damp towel. How long it takes the dough to rise depends on the air temperature. It usually takes two to four hours at regular room temperatures, but you can place the bowl in a warmer (not hot) place to encourage the yeast to be more active, so the dough rises faster.

Once the dough has doubled, you should knead it again for five to ten minutes. Then mold the dough to the desired shape and place on a bread stone, cookie sheet, or a bread pan. I usually coat it with oil so the dough surface does not dry out as I allow the dough to double again. This time it should take about one to two hours.

Bake in a preheated oven set at 375°F for about 45-60 minutes for bread loaves and 15-30 minutes for buns, rolls, and pizza crusts. If you like a tougher or darker crust, bake at 425°F for the first 10-15 minutes and then reduce the temperature to 375°F for the remaining time. Remove from the oven and allow the bread to cool before placing in a plastic bag, if you do not eat it up first!

Now, my secret to having spongy, moist bread is to allow the bread to cool in the baking pan as it will bring in moisture and not let the bread cool too much before placing it in an air-tight container or plastic bag. I bag it while it is still a bit warm and then it goes into the refrigerator or freezer. We slice it when and as needed (which can make you appreciate why pre-sliced bread was such a big deal when it first came out).

Besides the personal rewards of making your own sourdough bread, it is a great addition to your holiday table and makes for a unique gift for your loved ones, too—oh, and always be prepared to share some of your starter and your experiences with making sourdough bread!

Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).

## Oldie But Goodie: Mori-Nu Pumpkin Pudding

- 2 cans pumpkin pie filling
- 1 carton Mori-Nu extra firm tofu, drained
- 1 package Mori-Nu Vanilla Pudding mix
- 1 T pumpkin pie spice

- In a blender or food processor, blend pie filling and tofu until smooth.
- Add pudding mix and pumpkin pie spice. Blend well.
- Turn into an oiled baking dish.
- Bake uncovered in a 350° F oven for one hour.
- Let cool in oven for 20 minutes.
- Refrigerate covered overnight or put into a baked pie crust and cover.

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# The Superhero of Antioxidants - Glutathione

By Susan Esposito, BS, DC, DACNB, FABES, FAFN

Recently, I attended a seminar by a renowned speaker in the world of research on health care and nutrition, by the name of Dr. Dan Murphy. One of the topics he spoke about was an important antioxidant for our health, which is called glutathione. Glutathione (GSH) is a linear tripeptide that is made up of the three amino acids L-glutamine, L-cysteine, and glycine. Technically N-L-gamma-glutamyl-cysteinyl glycine or L-glutathione, has a sulfhydryl (SH) group on the cysteinyl portion, which accounts for its strong electron-donating character. This negatively charged electron gives glutathione the power to neutralize a free radical's positive charge, which creates such devastating consequences to our bodies.

Glutathione is not considered an essential nutrient. This means it does not have to be obtained by eating food, but rather it is synthesized in our body from the three amino acids listed above. Dr. Oz spoke about glutathione on his television show in July 2011. He referred to glutathione as the superhero of antioxidants. Both Dr. Oz and Dr. Murphy extoll the virtues of glutathione proclaiming it to be the major endogenous (which means that it is made in our body) antioxidant that is produced by our own cells. In this capacity glutathione directly neutralizes free radicals and reactive oxygen compounds, as well as maintains exogenous antioxidants (which means coming from outside of her body, in this case because we have ingested them) such as vitamins C and E in their active forms. It is also used in many metabolic reactions such as making and repairing DNA, making proteins, making prostaglandin, transporting amino acids, and activating enzymes. It has a vital function in iron metabolism. Yeast cells depleted of or containing toxic levels of GSH show an intense iron starvation-like response and impairment of the activity of extra-mitochondrial enzymes, followed by death. Glutathione is considered an important component in anti-aging strategies and a critical player in detoxification. It is the major free radical scavenger in the brain. Glutathione deficiency states include, but are not limited to, HIV/AIDS, chemical and infectious hepatitis, myalgic encephalomyelitis chronic fatigue

syndrome ME/CFS, prostate and other cancers, cataracts, Alzheimer's disease, Parkinson's disease, and chronic obstructive pulmonary disease.

While it is clear that we must be diligent in maintaining sufficient glutathione levels as we age, oral supplementation of glutathione has proven ineffective due to its inability to absorb well in our digestive system. Delivery of glutathione is usually administered by an IV push for 10 to 15 minutes three times the week. Dr. David Katz, the director of preventive medicine research at Yale University, appeared on the Dr. Oz show that aired in July 2011, informing the audience that he had recently conducted a research study that showed the ability of IV glutathione administration to halt the progressive symptoms in patients with Parkinson's disease. He was quick to clarify that the symptoms that these patients were experiencing did not go away, however they did not progress any further.

According to Dr. Murphy, since we cannot successfully take glutathione orally to boost our glutathione stores, studies have been conducted that have shown successful usage of supplementing precursors to glutathione to help boost glutathione levels. Of the three amino acids mentioned above that our body uses to synthesize glutathione, the limiting factor, or the one that is shown to be most successful in oral supplementation to boost glutathione levels is cysteine. The best form of this amino acid for us to take is N-acetyl Cysteine or NAC.

He recommends a dosage of 2 tablets of 120 mg per day for children and 4 tablets of 240 mg per day for adults. These tablets are to be taken throughout the day and not all at once.

He also goes on to say: *"The natural protein with the highest biological value is whey protein. Whey proteins are found in the milk of all mammals, including humans. The processing of milk involves heat and mechanical agitation, which denature the whey proteins, reducing their bioactivity usefulness in building intracellular glutathione. Denatured whey protein loses its capacity to deliver glutathione precursors. Undenatured whey protein is a safe, dependable, effective way to raise and sustain glutathione levels."* The dosage he recommends is

one scoop per day of 7 grams for children and three scoops per day of 21 grams for adults. For those of us who like to put supplements in our smoothies, the benefits of whey protein will be diminished if you put it in a blender, so remember to just stir it into your drinks.

I hope you find this information helpful in amassing your arsenal against aging and your quest for optimum health. Be sure to stop by the supplement section at Life Grocery for quality supplements like NAC and undenatured whey protein. As always, I must add my caveat, which is to make sure you check with your doctor, before making changes to your diet and supplementation program. The dosages listed above are a general guideline that is used by Dr. Murphy and should not be interpreted as a personally recommended dosage for you. As with any supplementation, side effects, such as digestive upset or adverse reactions may occur.

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*Glutathioneexperts.com*

*Susan Esposito is a chiropractic functional neurologist and nutritionist, currently practicing in the Life Neurology Center at Life University.*



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# Believers

By Kim Strickland, ND

I recently saw Rev. Michael Bernard Beckwith speak at Unity North in East Marietta. He is the spiritual leader of the Agape International Center in California and Oprah's spiritual advisor. During his talk he explained what a believer is and what they do. Believers walk around waiting to find someone to convince, convert, and coerce. Someone who knows something in the very fiber of their being does not need to convince anyone of anything. Do you know who a believer is most trying to convince? Themselves!

Are you a believer when it comes to diet, nutrition, health, or exercise? Observe your behavior over the next several weeks. Do you need for others to believe what you believe or what you are saying or doing is the best way? What would happen if you put that energy into living the way you know is best instead of trying to convert others? The greatest impact you can have on others is to walk your talk, embrace it, and live it every day.

As we enter this holiday season why not completely embrace a healthy way of celebrating with family and friends. You can still enjoy the company of loved ones without having to give up on

all you try to live throughout the year. Encourage others to bring healthier dishes for the holidays. Any small change that you make within yourself creates a shift that makes it easier for other people to do the same. Enough individuals making small changes will create an epidemic.

In the history of man most epidemics were created by a few people making radical changes. At this time in evolution individuals making little changes will have the same impact. What does it matter if you compost, recycle, eat organic produce, eat free range meats, or eliminate preservatives from your diet in the grand scheme of things? It matters immensely! Be the change you wish to see in the world. With this I will leave you with a recipe that I know will be delicious and make you feel good!

## Chocolate Chip Pumpkin Loaf

3½ c Arrowhead gluten free baking mix  
1½ c turbinado sugar  
2 t baking soda  
2 t cinnamon

1 t nutmeg  
4 eggs  
½ c oil  
½ c applesauce  
1 can pumpkin  
½ bag of chocolate chips

- Preheat oven to 350° F.
- Grease two loaf pans with canola oil spray.
- Sift dry ingredients together and place in large mixing bowl.
- Beat eggs, oil, water and pumpkin together.
- Make a well in dry ingredients and add wet ingredients to center of well. Do not over mix. Fold in chocolate chips.
- Pour into 2 greased loaf pans and bake at 350° F for 1 hour or until toothpick inserted comes out clean.

Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.

# Staying Satisfied and Sane Over the Holidays

By René Oswald

Did you know the average American gains 2-12 pounds over the 6-weeks from Thanksgiving to New Years? This weight gain is often their major weight gain for the entire year. Unfortunately, for most, these excess pounds never go away; they just accumulate over the years. This fact can make the holiday season a very stressful time for many. Here are some tips to get you through this season with ease and you may even lose weight in the process!

- When at a party with an "all-you-can-eat" buffet, try to visit with your friends far away from the food table. This will reduce the temptation to keep grabbing food as you talk. You'll eat less and feel better later.
- Go for the fresh fruit and vegetable platters while refraining from the high-fat dishes.
- Avoid starving yourself before going to a party. This will reduce your temptation to overeat. Eat healthy foods before you go and you'll be less tempted to indulge in unhealthy choices.
- Limit alcoholic beverages, they are high in calories without the nutrients. Alcohol stimulates your appetite and diminishes your self-control. Have a drink of Kombucha tea as a celebration drink. The

fizz may give you that familiar feeling of champagne. You'll still have fun without the morning after hangover!

- Stick with your usual exercise routine and if you have to change your usual regimen because of winter weather be sure to schedule your activities ahead of time and take the time for yourself every day.
- Refrain from telling your loved ones anything negative about the foods they are eating. Live by example and they will take notice of the positive energy you emit and they may even ask you what you're up to.
- Check out the *Living Cuisine for Happy Holidays eBook* and build your confidence in the kitchen, making these easy and tasty holiday favorites for both your health-conscious and not-so-health-conscious acquaintances.

René Oswald, RN, APH, and author of *Transitioning to Living Cuisine*, *Juice Feasting for Life*, *Living Cuisine for Happy Holidays*, and *Wholesome Cooked Creations*. She travels around the country teaching her *Transitioning to Living Cuisine Program*. She has several free videos and an informative blog that you can check out at her website at <http://RawFoodRene.com>.



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# Fifty Shades of Blonde

By Betsy Bearden

I can tell you without a doubt that if I had to bring in my hairbrush for a DNA test (and I can't think of any good reason at all for that at the moment) it would most definitely contain fifty shades of blonde. I am willing to bet you that you could find *at least* fifty shades of blonde or more, in my Jeep, in the carpeting, on my clothing, etc. I admit it . . . I am a hair color junkie. (I am also a potato chip junkie, but that's another story for another time.)

I came into the world in the late fifties as a true, natural blonde; really, I did. However, as I grew into my teens during the '60s and '70s, I would read publications such as *16 Magazine*, *Teen Beat Magazine*, *Glamour*, and the not so age-appropriate at the time *Cosmopolitan Magazine* that I would sneak and read. This drew me in to what we call today a state of self-conscious body image phobia and peer pressure to look *just so*, and it made me realize I was not exactly the right shade of blonde.

To make matters worse, growing up in Atlanta back then and having a true Southern Mama, I wasn't allowed to do anything about my appearance other than the routine stuff like having my hair fried each summer before going back to school with a tight-frizzy perm and feeling like I just stepped off the stage production of *Annie*. But you see, as a girl who wanted to fit in and be popular, I learned that there were ways around those things, heh-heh. I discovered lemon juice+water on wet hair+sunshine=blonder hair. I was hooked . . . hooked, I tell ya, and I wanted more.

Fast-forward about six years—I enrolled in a beauty college where I could further feed my addiction to hair color and all things girly. I used, abused, and suffered the consequences of the hair color fix. The glistening ash blonde was something reminiscent of cheap pine paneling (a name Steven gave it on one occasion), the light ash blonde turned out to be some sort of fungal green, and the golden sunshine turned out to be a cross between orange peel and mud. Did I ever for one second think about the fact that other than damaging my hair, this might be bad for my overall health? Never, because to me, it was fun!

From gray to green to blue to burnt toast, I had gotten in so deep that I was out of control. Yes, Lord, I was so out of control that I was using two or three times within a weekend and driving for miles just to find a joint, I mean drug store, that was open after 6:00 P.M. on a Sunday night. I got so down and out that I would have my best girl friend or my own mother (who tried to warn me, mind you) go out and buy hair color for me because the last fix was so unbearable. Sigh. . .

Fast-forward again some thirty-years later (ahem). Hair color has come a long way. There are more natural shades to choose from, and there are better choices and alternatives as the use of certain dangerous chemicals and chemical compounds in hair dyes were banned after 1980.

Yet, there is a smoking gun to this, or should I say a smoking scalp to this and it is the looming question: ***How safe is it to color your hair?***

What I am about to share is based on my own personal preferences, and choices, and this is in no way meant to persuade you to follow my habits or example, but merely to share my thoughts and my own personal take on things with you in an effort to entertain you while giving you some food for thought.

From my own research on the safety of using hair color over extended periods, this is what I have found: use it under your own discretion. If you feel it's okay, then do it; if you feel it isn't okay, then don't. And if you are pregnant, always ask your doctor!

Again, I have never associated the use of hair color with cancer, although I have read certain articles on the subject (and these are not from the hair color manufactures, by the way) about how hair dyes or hair colors are "generally safe." However, they do contain a myriad of chemicals; many things all around us do, so my best advice is to just become an educated consumer. That is all I have to say about that.

There are natural ways to darken or lighten your hair. The use of chamomile, turmeric, coffee, tea, henna, lemon juice, and beet juice are a few. Some of these techniques were used as far back as the Roman Empire and even before. I mean, as long we girls want to keep up appearances, face it, we will find a way!

Life Grocery has all the natural and organic herbs and spices you need to create your own unique hair color. But, if you are not really into that, they also sell hair color that is premixed, boxed, and ready to go. The products contain natural chemical compounds and ingredients that are ammonia free and more likely to be better for you than the conventional concoctions.

Why not treat yourself to a more natural product if it makes you feel better about yourself. You can read all about it while enjoying a delicious meal at Café Life in a relaxed, comfortable setting. After that, pick up a box of Tofurky, go home, and color your hair while the Tofurky is baking in the oven, (you'll have time—trust me, I know) and then sit down to a nice wholesome dinner and wow your family with your healthy new look. What a great way to ring in the holidays!

Gone are the days of hair color that should have been named things such as: Swamp Thing Green, Federal Blue Button-Down, Drama Queen Aubergine, Flaming Magenta Sky, Orange You a Carrot, and Undecided Me. Hmm, now that I think about it after my trek through midtown the other day, maybe those days aren't gone?

Happy Holidays to all and to all—Enjoy Life!

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# Gut pH Part II: Acidifying the Stomach and Chronic Disease

By Kal Sellers, MT, LMT

The stomach must be acidic. It should be at a pH of about 2. It is at the stomach that health really begins its dance—in or out of the stage of our lives. Certainly, as addressed in the last article, the subject of chewing is very important, but one possible side-effect of the stomach failing is that the teeth also do this and this makes chewing itself a problem. In this article, we shall discuss the cascade of health or disease that begins at the stomach, and, of course, discuss the healing process.

Several preparations for digestion occur in the stomach. In addition to this, the stomach is also a place where some nutrients are absorbed exclusively. When the stomach does not work right, the body first responds by stimulating secretions all at once, which causes acid reflux. If this does not work, the stomach starts to fail and becomes susceptible to infection and disease.

The stomach seems to be sensitive to a variety of stressors in life and diet. Eating sugar seems to directly deplete the stomach and weaken its ability to secrete digestive juices, to mix and to maintain its integrity. Bread, chocolate, peanuts, soy, and a seemingly innumerable army of synthetic substances and chemical isolates are very irritating to the stomach and can send abnormal signals to it to secrete or not secrete, move and mix or fail to do so. Meals that are too complex may simply overload the stomach, as with overeating or eating at inappropriate times.

To understand the stomach, we will start with the age-old analogy of a washing machine for washing clothes. This analogy is not mine and predates me by a lot, but it is a very good analogy, teaching a list of true principles.

When I first started washing clothes on my own (I grew up having my mother do all of that stuff), I was lazy and in a hurry and I just put everything together in the washer. I was paying for the load at a Laundromat and so I overloaded the load to try to get everything in there. I had no idea how much soap to use, so I just poured it in there, thinking extra would be good since I was overloading the machine. I finally got the poor machine going and about 25 minutes or so in (when it was on a rinse cycle) I noticed that I had left a very filthy article of clothing out under my regular laundry bag. I quickly tossed it in, thinking it would get clean enough with the rinse cycles.

Well, you can imagine the mess! Being a bachelor and working road construction at the time, I did not worry too much about it, but my whites were no longer white and even some other light colors were kinda “greyed” from the process. There were bits of oil and asphalt on everything, probably from that last article of clothing I threw in on the rinse cycle. Several stains I thought would come out did not. It is hard to say whether this was because I did not even know pre-treating wash existed or if it was simply from overloading the machine. For my work clothes this was no big deal, but my dress clothes were also tainted. I also noticed that one of my nice shirts had a “soap stain” where the soap had not been rinsed out and was visible. Several articles of clothing had a strong soap smell and irritated my skin! Fortunately, I was making pretty good money for a kid and I was able and willing to go buy new clothes. They were not as inexpensive, however, as washing them right in the first place!

So, what do we learn from my experience? Well, several things are important and pertain to eating. We will compare pre-treating wash to get the stains out to chewing well. We will compare laundry soap to digestive secretions. We will compare the variety of clothing types to the complexity of the meal and variety of foods. We will compare the complete cycle of the wash to . . . well, the complete cycle of digestion.

Here is an itemized list of what we can learn from washing machines and what we must learn if we hope to have any chance at lifelong health and healing today:

1. Pre-treat your food by chewing it well.
2. Do not overfill. The excess soap (burst of acid) that seems to be required may not turn out to be pleasant.
3. Extra soap (digestive secretions) does not compensate for something very difficult to wash (digest) (learned during my second attempt at washing my own really dirty clothes).
4. Put only like things together and not too many of them.
5. Fewer items get cleaner (better digested) than many items.
6. Wait to add more until you have moved things out into the dryer (large intestine).

This list is hard to overemphasize. It does strike at the foundation of many peoples’ diets, however. Pizza, for example, cannot be worked into this program anywhere without breaking a rule, unless the pizza crust is sprouted grain, there is no cheese, and only vegetable toppings. Many things we call food are simply too difficult to digest and should be either minimized and eaten alone or avoided altogether. This is true of most processed food, modern commercial dairy, really hard seeds (until sprouted), and most animal products.

Here is a specific instruction list:

1. Chew well (big surprise).
2. Wait 30 minutes after fruit, 2 hours after raw vegetables, 3 hours after anything cooked, 5 hours after any animal products before eating again. Do not even chew your fingernails (not literally, but to emphasize, eat nothing at all in the sacred digestion window).
3. Keep proteins, fruit, and starches away from each other.
4. Sprout legumes and grains (at least germinate the seed) or leave them alone. Never eat large quantities of them unless there is hard physical labor to perform all day.
5. Keep animal flesh to a minimum and only at midday. It is recommended that it be taken no more often than 2 times per week, less is better. No shellfish, no bottom-feeding fish, no pork, and no chicken.
6. Keep protein to midday.
7. Keep the evening meal light, simple, and early to the max. Eat by 6:30 pm or go lighter and simpler the later you go.

Food in the stomach is “marked” for lack of a better word, as food and not an invader if there is adequate mixing of it with the stomach secretions. It is also sterilized from any significant overgrowth of any flora.

Food is also warmed in the mouth and in the stomach. Most, if not all of the symptoms that persist through or are generated by the switch to raw food come from food not being warm and life-giving. This is not because it is not cooked, but rather because it is not warmed in the stomach and the mouth through proper chewing and through support of the stomach during the transition to raw food.

It seems appropriate in this discussion to also point out what steps might be taken to heal the stomach in the event that it is very weak or has been damaged from bread, sugar, and processed food and inhibited from dairy use. There are basically three considerations in healing the stomach:

1. Improve secretions using herbs that are called, “carminative.” That is what the word means, it improves digestive secretions. These are used before meals or sipped during meals and are herbs like cayenne pepper, cardamom, fennel seed, ginger, cinnamon, caraway, dandelion, Oregon grape root. Raw apple

cider vinegar and a number of other vinegars are also carminative. Carminatives also cleanse the stomach.

2. Nourish the stomach with chlorophyll (or green juices or smoothies) and comfrey leaf tea or fresh comfrey juice. The stomach also requires plenty of trace minerals, for which we use kelp and alfalfa together in pretty big doses. Sometimes it is 1 to 1 ratio for people who seem low in iodine or in other people we recommend 1 to 3 or 4 ratio. We recommend up to 2 tablespoons per day.
3. Stimulate healing of the stomach with comfrey, licorice, aloe vera and/or cabbage juice.

In addition, all the rules of eating, such as avoiding EM radiation during meals, chewing well, and relaxing all pertain to the stomach and the upper small intestine.

In not just many, but most cases I find that without a specific protocol to restore normal pH of the stomach (and in the next article the small intestine) that people simply do not recover. For this purpose, in addition to healing stomach anatomy and function, we do specific routines for the pH of the stomach. The acidity of the stomach can be healed using raw apple cider vinegar and honey drink. My version of this old remedy is 3 cups of water, ½ cup of raw apple cider vinegar, and ½ cup of honey. Dissolve and sip often throughout the day every day for many weeks or even months.

Not uncommonly, the stomach is so bad that additional help is needed. For this, a Standard Process product named, “Zypan” is used, 2-4 tablets with each meal. If the three steps above are used concurrently with either the vinegar drink or Zypan, the duration during which Zypan is needed will be limited. I keep it around my own house, however, because sometimes I am under more stress or there is more environmental stress (like when I travel) and additional help is needed to maintain normal function during those times.

In many cases, the Zypan or the apple cider vinegar drink have proven to be a miracle in the healing process. People with really bad stomach function have so many problems with inflammation, arthritis, teeth, gums, and vision. They do not get better on a raw food diet either. The stomach must be repaired and new habits established to keep the stomach well throughout life.

Finally, I would like to mention that there is a connection between the adrenal health and the stomach health. There is also a connection between adrenal health and controlling inflammation, which means controlling pH of both the gut and the blood. When I put a person on my healing protocol, which includes a specific, detailed diet and healing program, I always watch carefully for signs of exhaustion. If I see that, I will assess their health further, but usually I end up putting them on Dr. Christopher’s Adrenal Formula as follows: When they feel tired at the wrong time of day, they take 2 capsules as soon as they notice it. This is done each time they feel abnormally tired. This may be once or 5 or more times per day. This works well to support the adrenals when they are most hungry for support.

In this article we have continued our discussion of gut pH. I find this subject to be supremely important in the effort to restore health. In the next article in this series, we will discuss the health of the small intestine and the subject of food reactions and food sensitivities.

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

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