

My Life with Life Grocery

By Linda Townsend

I was looking through some of my past articles and ended up taking a journey down memory lane. Life Grocery has been my main grocery and health store for nearly fifteen years, since I moved into the area (although, it is a 45-minute drive for me). I have been submitting articles to *The Life Line* for over twelve years. Much has changed during that time. Some changes have been very good. Life Grocery expanded and added a café during those years.

Other changes have been less than satisfactory. I guess we humans are into change and not all of them are good. I realized as my eyes scanned through a few old articles that my eating habits have changed a bit over the years. I have not been as strict with my diet as I used to be—shame on me! Tight finances in recent years put a strangle hold on buying supplements also. There were those sweet indulgences during the holidays. I could just throw up my hands surrendering to thoughts like I blew it, why bother, I am doomed! (Yeah, drama is kind of a thing in my family.)

Then I read one of my articles titled “Family Traditions” published in the Nov/Dec 2003 issue of *The Life Line*. Briefly, it was about how I had reconsidered the tradition of making cookies and candies as Christmas gifts to send to family members. You see, my family also has the “tradition” of the big four: cancer, heart disease, diabetes, and obesity. I could add problems with teeth, vision, arthritis, and memory to that list also. Trying to avoid my family’s traditional health problems has always been the greatest motivation for me to maintain a healthy lifestyle, but I am human and slip for short periods now and then, especially during the holidays.

Still, as I thought about the nine years I have

aged since writing that article, I began comparing my health from then to now. Believe it or not, I am the same healthy weight and have worn the same size clothes for all those years. I still eat mostly organic and natural foods. I began fasting one day a week four years ago. Lately, I have been adding more supplements back into my routine as our budget has eased up a bit. People still think I am ten years younger than I am, even with the graying hair. I do not have health problems and I have no need for medications. I still sit with my legs crossed on the floor free of joint pain and hop up steps two at a time in my fifties! I even had my first and only child when most women my age were rocking their first grandbabies. So, even though I indulge at times, I have not completely ruined my health. In fact, I am still in far better health than when I began this lifestyle commitment 25 years ago. I see the pay-off in the years passing. I am living it!

As I look ahead to the next ten years, I know that I will be at higher risk for health challenges. Aging is the one thing I cannot avoid, but I still believe in detoxing regularly, fasting weekly one or two days and periodically longer, drinking spring or highly purified water, eating more raw and organic foods, taking supplements, and exercising, which in my life includes gardening, yard work, and heavy housework. This is a worthwhile lifestyle revealing its greatest pay-offs as one ages. I know all this has made a highly desired improvement in the quality of my life as I have watched friends my age—those eating conventional foods—deteriorating in health, suffering with pain, and taking medications to

control the symptoms manifesting from their lifestyle choices. I have even younger friends aging faster than I am. (I am not writing this to brag, but to simply say that if I can do this, so can you! The sooner you start, the more life you will have to enjoy the benefits.)

The best part for me is that my daughter has started even younger than I did and she loves Life Grocery! Now eleven, she has heard me say for years that good-tasting foods are not necessarily good for her, although healthy foods are pretty tasty too. She is aware of the food-health and toxin-disease connections. She knows even with organic foods that toxins cannot be completely avoided so regular detoxing is important. She understands that it is normal to go through times of feasting, as well as famine (fasting), as long as both are reasonable time periods. My daughter has witnessed fasting from just a few meals, up to 40 days (yes, I have) and knows fasting does not mean one will starve, that it is actually a healthy and healing practice. Although I was very often ill as a child, my daughter rarely gets sick. She has learned about foods, supplements, and natural remedies not only from me, but from reading on her own and listening to the knowledgeable and helpful staff at Life Grocery.

I am thankful Life Grocery has been an integral part of the good health my family has been enjoying. Life Grocery is not just a grocery store or just a health store to us. It is one of our family traditions.

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



Spring Life Fest
and Member Appreciation Day
Saturday, 3/23/13
12:00-4:00 pm
members receive 10% off
all in-stock purchases 9 am-8 pm

Got Milk?

Reprinted from 2008

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

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

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

All nutrients, including calcium, must be in a chemical form called "cis" molecules. If a nutrient is artificially manufactured or heated above 118° F it will most likely be in a "trans" form, which is the opposite of "cis." It looks just like the "cis" form, only it is backwards in its shape. The body can only use "cis" molecules, "trans" molecules can clog up the places in your intestine where the nutrients are absorbed and prevent the good "cis" molecules from getting in. Most calcium supplements, as well as milk and other dairy products, such as cheese, are heated, rendering much of the calcium and other nutrients useless. Milk is heated, or pasteurized, in order to kill off the bad bacteria and other harmful substances. In the process, much of the good bacteria and nutrients are also destroyed. In fact, if you were to feed a baby cow pasteurized cow's milk, it would die in two weeks. This animal is designed to drink its mother's milk. When the heating occurs, it makes the milk a toxin, even to a baby cow.

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

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

Still another issue is the hormones found in dairy, both naturally occurring and injected by the dairy farmers. The one hormone that stands out is bovine growth hormone. This hormone is designed to help baby cows grow into adult cows. The problem is we are not cows! The bovine growth hormone causes the cow to produce another hormone called insulin-like growth factor. Interestingly enough, this is the only hormone ever discovered that is identical in every way in two species, cows and humans. Which means it will work exactly the same way in cows and humans. When you consume dairy products, you ingest insulin-like growth factor, which causes increased growth of cells, especially the cells in the mammary glands. The research now strongly suggests that this increase in growth of mammary gland cells is a major contributing factor in breast cancer.

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

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

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. Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!

**Check Out Our
Life Savers
Members Only
Specials!**

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 9 am-6 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:

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

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson
Proofreader: Chani Butler
Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heather Wilmoth
Contributors: Betsy Bearden, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, René Oswald, Dr. Kal Sellers, Dr. Bob Schumacher, D.C., Dr. Kim Strickland, Linda Townsend

Life Grocery Store, Inc.

Mission Statement

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

Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 My Life with Life Grocery
- 2 Got Milk?
- 3 These Annoying "_____ Aches"
- 3 New Grocery Products
- 4 Wonderful Winter Veggies
- 5 Tempeh, Anyone?
- 5 Purpose
- 6 All Salad Dressings Are Not Created Equal
- 7 Detox and Improve Your Health
- 8 Gut pH Part III: The Small Intestine and Food Reactions

These Annoying “ _____ Aches”

Dr. Bob Schumacher, D.C.

Do you have any annoying “ _____ aches?” Are they in your head, neck, back, or stomach? How about your eyes, ears, nose, or throat? How about your heart, bladder, or bowel? Annoying “ _____ aches” can reduce your quality of life dramatically. They can keep you from work and keep your children out of school. They can hinder your relationships and they can cause you more severe problems down the road as you age.

Too many people cover up their “ _____ aches” with dangerous prescription and non-prescription medication hoping that one more pill will fix the underlying cause. This rarely, if ever, happens. In fact, just the opposite is often true.

For example, chronic aspirin use can lead to ulcers. Acetaminophen, the active ingredient in Tylenol, can cause liver failure, especially when mixed with alcohol. NSAIDS, like Motrin and ibuprofen, can cause your kidneys to fail. This is especially true when you consider the impact of time on the habit of masking symptoms with drugs.

Fortunately, you have other options, better options, and the answer often comes from within. When your spine and nervous system is functioning properly, your body has the ability to heal itself from nearly every “ _____ ache” that you might feel. Your nervous system controls and coordinates the

function of every cell, tissue, and organ of your body. It is your body’s natural IT (information technology), system. When your natural IT system is functioning properly, your body gets the right messages to help you heal. The chemical balance can be normal. The adaptation responses can be appropriate. The healing response during times of injury or when there are “ _____ aches” is right on.

You will be amazed at your body’s ability to heal from the annoying “ _____ aches” that you experience when your IT system is balanced and aligned.

Beyond healing from injuries, aches and pains, if you keep your IT system functioning at its highest level long enough for your body to regenerate, you can expect a much higher level of health throughout your entire lifetime.

What makes this approach unique is that the goal is not to treat the symptoms by covering them up, manipulating your body chemistry or artificially altering the way you feel. By removing interference to your nervous system and balancing out your structure and spine, your body can repair itself on its own. You will be amazed at how much you have tolerated as “normal” once you see your body respond. Removing the interference leads to

spontaneous and long term healing. Before you take another drug to cover up the symptoms, research the medication on www.drugs.com. Learn as much as you can about it. Research the side effects over the long haul. The longer you take something, the more likely you are to experience the long list of side effects that you may not feel yet.

Living your ideal *100 Year Lifestyle* is not barely surviving, having to cope with suffering, or rotting away as you age. It is about living your best life every day and staying healthy throughout your lifetime. Believe in yourself and your ability to heal from those “ _____ aches.” Believe in your ability to function. Make the commitment to your health and invest in your immediate and long term well-being with chiropractic Lifestyle Care.

Dr. Bob Schumacher, a licensed affiliate of the 100 Year Lifestyle, has been a practicing chiropractor in the Atlanta area for 27 years. He is passionate about chiropractic and loves to teach people how to live the 100 Year Lifestyle. His patients range from newborns to senior citizens and include couch potatoes, weekend warriors, Olympic athletes, dancers, construction workers, and computer captives. You may call 770-685-5278 or visit his website at www.wildwoodchiropracticclinic.com.

New Grocery Products

Bulk Department

- Tri Color Quinoa
- Organic Quinoa Flour
- Bob’s Red Mill GF Muesli

Frozen

- Canyon GF Rosemary and Thyme Focaccia
- Annie’s Organic Rising Crust Pizzas

Perishables

- Simply Juice
 - Cranberry
 - Lemonade
 - Orange
- Brown Cow West Greek Yogurt

Grocery

- Arrowhead Mills
 - Organic Puffed Kamut Cereal
 - Organic Sprouted Multigrain Cereal
- Pamela Gluten Free
 - Artisan Blend Flour
 - Oatmeal Cookie Mix
 - Sugar Cookie Mix
 - Pizza Crust
- Nature’s Path Orgainic Qia Cereal
- SanJ Gluten Free Dressings
- Earth Balance Organic Infant Formula Sensitive
- Prince of Peace Ginger Honey Crystals Tea
- Wholesome Blue Agave Organic Raw Packets
- Blue Diamond Artisan Flax Seed Nut Thins
- Farm to Table Organic Oatmeal

Wonderful Winter Veggies

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

Happy New Year to All! This is the time of year for re-dedicating ourselves to another year of healthy eating. As you try to decide which foods to choose to fill your dinner plate, I wanted to highlight a few of the very most nutrient packed and healthy vegetables that are available during the winter season.

Brussels Sprouts: From healthdiaries.com

The high fiber content (over 15% of our RDA) of Brussels sprouts lowers our cholesterol by binding with bile acids that the liver produces from cholesterol for digesting fat. Because many of these bile acids are coupled with fiber, the liver is charged with producing more bile acid to digest fat, and therefore requires more cholesterol to do so, ultimately lowering the cholesterol amount within our bodies. Recent studies have shown that certain compounds in Brussels sprouts block the activity of sulphotransferase enzymes that can be detrimental to the health and stability of DNA within white blood cells. A host of antioxidant ingredients are found in Brussels sprouts, including Vitamins C, E, and A, as well as the mineral manganese. Furthermore, flavonoid antioxidants like isorhamnetin, quercetin, and kaempferol also serve well to protect against oxidative stress on the body's cells.

Glucobrassicin, a glucosinolate particularly abundant in Brussels sprouts, has been shown to fight inflammation on a genetic level once converted into the molecule indole-3-carbinol, or ITC. Furthermore, one and a half cups of Brussels sprouts contain about 430 milligrams of omega-3 fatty acids (about 1/3 of the daily recommended amount) that are an essential part of our body's anti-inflammatory messaging molecules. Finally, the wealth of vitamin K found in Brussels sprouts has been shown to effectively regulate our body's inflammatory responses. Glucosinolates in Brussels sprouts and their detox-activating isothiocyanates are shown to fight against and even prevent various cancers, including bladder, breast, colon, lung, prostate, and ovarian cancer.

Brussels sprouts contain the isothiocyanate sulforaphane made from glucosinolates. This powerful compound not only triggers anti-inflammatory activity in our cardiovascular system, but may also prevent and even possibly help reverse blood vessel damage. By regulating inflammation within the body, Brussels sprouts can fight against the onset of heart attacks, ischemic heart disease, and arteriosclerosis. Furthermore, the lowered cholesterol mentioned earlier may also lessen the possibility of arterial blockage. One cup of Brussels sprouts contains four grams (16% of the RDA) of dietary fiber, which can aid in digestion, prevent constipation, maintain low blood sugar, and check overeating.

The sulforaphane found in Brussels sprouts also protects our stomach lining by obstructing the overgrowth of *Helicobacter pylori*, a bacteria that can lead to gastric cancer. Brussels sprouts are especially high in vitamin K (one cup contains 273.5% of the RDA), which promotes healthy bones, prevents calcification of the body's tissues, serves as an antioxidant and anti-inflammatory agent, and is essential for proper brain and nerve function. The nutritional benefits of vitamin C (one cup contains over 161% of the RDA) found in Brussels sprouts ensures a healthy immune system, protects against hypertension, lowers blood pressure, fights lead toxicity, combats cataracts, and serves as a powerful antioxidant that prevents "cellular rust," which can lead to atherosclerosis, heart disease, stroke, and cancer. Brussels sprouts also contain over 20% of the RDA of vitamin A that boosts immunity, protects eyes against cataracts and macular degeneration, maintains healthy bones and teeth, prevents urinary stones, and is essential to our reproductive organs. Brussels sprouts also contain folate. A biochemical event called the methylation cycle relies on folate to properly transcribe DNA, transform norepinephrine into adrenalin, as well as transform serotonin into melatonin. Furthermore, folate suppresses the amino acid homocysteine that has been shown to contribute to heart disease. One cup of Brussels sprouts contains a healthy dose of folate (almost 25% of the RDA) and the health benefits associated with it.

Recipe from foodnetwork.com

Roasted Brussel Sprouts

from foodnetwork.com

1 1/2 lbs Brussels sprouts
3 T olive oil
1/4 t salt
1/2 t freshly ground black pepper

- Preheat oven to 400 degrees F.
- Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves.
- Mix them in a bowl with the olive oil, salt and pepper.
- Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside.
- Shake the pan from time to time to brown the sprouts evenly.
- Sprinkle with more kosher salt, and serve immediately.

Leeks: From Livestrong.com

Leeks are a rich source of vitamin A. One hundred grams contain approximately 33 percent of your daily recommended total. Vitamin A is also known as the anti-infective vitamin, according to the Linus Pauling Institute. It functions by maintaining the integrity and health of the mucosal linings of your nose, throat, urinary tract and digestive tract. Vitamin A also plays a key role in the development and activation of white blood cells. The leek has anti-bacterial properties.

Although not as potent as its cousin garlic, leeks contain a compound called alliinase. When the leeks are cut, alliinase reacts with oxygen to form a sulphur composite called allicin. Allicin's anti-bacterial effectiveness was successfully tested against staphylococcus in a 2004 study in the "British Journal of Biomedical Science." Another 2004 study in the "International Journal of Food Microbiology" also found allicin effective against bacterial strains of coli found in chicken. Allicin is inactivated by heat, so let a cut leek stand for about 10 minutes before cooking to enjoy its maximum benefits.

Leeks belong to a group of carbohydrates called oligosaccharides, which include inulins and fructo-oligosaccharides. In the lower bowel, these carbohydrates promote the growth of healthy bacteria by modifying the metabolic activity of harmful microflora into bifidobacteria. A 1999 article in the "British Medical Journal" noted several studies in which subjects were fed prebiotics in the form of fructo-oligosaccharides. The results showed a tenfold increase of bifidobacteria in the lower intestine. Fluid retention, or edema, is the swelling or accumulation of excess fluids in the interstitial spaces between your cells or in your circulatory system. Accumulation is usually most noticeable in the feet, ankles, fingers or face. Swelling is usually a symptom of an underlying condition or disease, such as pregnancy, allergies, kidney or liver disease or exposure to heat. The University of Maryland Medical Center suggests eating leeks to support medical treatment due to its diuretic properties. Always consult a physician before using any new treatment.

Potato-Leek Cream Soup

from doityourself.com

1 T olive oil
2 leeks with the root and dark green trimmed off; slice to 1/4-inch pieces
2 c diced onion
1/2 t salt
3 cloves of minced garlic
2 potatoes, peeled and diced into 1/2 -inch pieces
4 c vegetable stock, fresh rosemary.

Café Life

*Organic Vegan
Cooked and Living
Foods Café
featuring Healthy,
Wholesome, and
Healing
Dairy Free Food*

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

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

*Freshly prepared specials,
entrees, salads, sandwiches,
juices, smoothies, and desserts*

*Freshly baked from scratch
pastries and breads
including gluten free and
wheat free options*

*On-Site and Off-Site
Catering
Free Wi-Fi*

- Over medium heat, begin heating a medium-sized soup pot.
- When it's hot you can add the oil.
- Just before the oil begins to smoke, add the leeks, salt and onion.
- Sauté for 5 minutes until you notice the onion becoming translucent.
- Add the garlic and stir it all together.
- Cook for another minute, then add the stock and potatoes.
- Cover the pot and bring the contents to a boil.
- Reduce the heat to simmer and allow to cook for 20 minutes.
- Remove from the heat and use a submersion blender to puree the potatoes and leeks.

Beets : According to organicfacts.net

Ailments that may benefit from eating beets include anemia, digestion, constipation, piles, blood circulation, kidney disorders, skin care, dandruff, gall bladder disorders,

continued on page 6

Tempeh, Anyone?

By Betsy Bearden

I have just about gotten my family “all right” with tofu and they don’t joke about it too much anymore. In fact, just over the past five years, a few of them have actually become vegetarians, but are not quite the hard core kind where they are ready to embark on the soy train yet, but they are flirting with the idea of mostly eating veggies, beans, eggs, and cheese. So I think it’s time to mess with them a little bit, don’t you? I mean, they need to have a good source of protein and will need to have a little push in the right direction. Yep, it’s time to break out the tofu alternative lab kit and do some research on tempeh. Just when you thought it was safe to go back....

I’ll explain that last sentence in case you were wondering. Many years ago, back in the day when I was fast at work in my tofu laboratory creating tasty concoctions for my cookbook, I stumbled across the idea of making a pumpkin pie with tofu. You know, throw in some much-needed protein to go with those carbs and all. Pumpkin is actually good for you and it’s healthy, too, so wouldn’t a little block of tofu make it even better? Well, yes, I was genuinely pleased with the idea and also pleased with myself for coming up with it.

I went to work creating the perfect pumpkin and tofu pie and tested it on Steven. We both loved it. I even replaced the sugar with honey, giving it yet another healthy boost. Genius! My family was sure to embrace this delectable tofu creation and realize that tofu was actually pretty good after all. I would finally win them over.

It wouldn’t be easy, because, in all sincerity, back in those days they would rather eat dirt than tofu. No kidding. The mere mention of tofu around two of my three brothers and their families would put a look of fear on their faces as if they had just seen a pack of zombies coming after them. The idea of consuming it was so remote to them that my brother Pat said, and I quote, “I had rather eat toe gum instead of to-fu.” Oh yes he did.

Anyways . . . ever since I can remember, I had been in charge of making the pumpkin pies for the holidays. Since we have a big family, I would typically make between six and eight pumpkin pies each holiday. One particular year, I decided to make four regular and two pumpkin tofu pies. I thought I was going to have to call the poison control center

once they found out they had eaten tofu. No kidding. Well, from that day on, I was banned from making pumpkin pies anymore. Never mind the year I forgot to put sugar in the “real” pies and wound up poking holes in the pies and pouring molasses over the tops of them. Oh, that was just fine, but not the tofu. Sigh . . .

It got to the point that each casserole I brought to family gatherings, caused everyone to huddle around it, poke at it and say, “But what’s in it?” In all fairness, thanks go out to my son, Eddie, my sister-in-law Margaret, my brother Jimmy, and my Mama. At least they have always been good enough to enjoy some of the tofu veggie dishes.

Now I am reduced to bringing my uber delicious baked Macaroni and Cheese, Pineapple and Cheese casserole, corn bread dressing, green beans and red potatoes, and rosemary corn. No tofu. It’s time, people, it’s time. My creativity is begging to be let loose upon my family once again. Tempeh!

Is it any easier to say or does it at least sound more appetizing than tofu? It’s probably a lateral move, at best. I am just in the beginning phases of discovering tempeh. We tried it a few years ago, and did not really embrace it, but it’s time to move on from tofu for a while and try something new and exciting. So, the next question is, how does tempeh compare to tofu?

Both start with the mighty soy bean, but from there, any similarity ends. Tofu originated in ancient China and is made from the liquid “milk” that soybeans are cooked in, to which a coagulant is added such as magnesium chloride that congeals the milk, and it’s then formed into the little squishy white cakes in the tubs you will find most anywhere. But to ensure you are getting the best non-gmo, organic tofu, it’s best to trust Life Grocery in Marietta. Per three ounce serving, tofu has the following: 90 calories, 9 grams of protein, and 1 gram carbohydrates. It’s bland in taste, but takes on the seasonings or sauces in which it is prepared: it’s extremely versatile and gluten free.

Tempeh originated in Indonesia, and is a main source of protein for the majority of the population. It has now become widely produced in the United States. It is made from whole cooked soybeans for the most part, but there are numerous varieties where the addition of other beans such as garbanzo

beans, white beans, and black beans are included. To this, you can add whole grains or brown rice, making tempeh a viable source of complete protein.

Once the beans are cooked, a starter culture such as *Rhizopus Oligosporus* is added to begin the fermentation process and this also aids in better digestion. A bonus for tempeh is that if it’s left unpasteurized, it will contain more live, beneficial probiotics. Tempeh has a mild, nutty flavor if you are buying unflavored. There are different manufacturers that add delicious flavorings. Per three ounce serving, tempeh has the following: 160 calories, 13 grams of protein, and 12 grams carbohydrates. It’s naturally low in sodium and gluten free.

As with tofu, tempeh can be added as a meat substitute to just about any meal or sandwich. I just made a stir fry last night with tempeh, broccoli, cauliflower, green beans, carrots, some fresh garlic, and teriyaki sauce. I served this over brown rice and it was quick, simple and delicious.

Life Grocery has several different varieties of tempeh from which to choose. I like the fact that the Turtle Island Brand is already pre-cut, and comes in yummy flavors. All you have to do is sauté it on each side for about a minute, and you are ready for just about anything. While you are at Life Grocery, don’t forget to partake of the Café Life. When it comes to eating a nutritious meal, it’s a no-brainer. The food is fresh, organic, and 100% delicious.

Check back next time, and I’ll update you all on how well (or willing) my family was about embracing tempeh. I am sure I will have another witty quote to share with you from my brother Pat. Meanwhile, is there a tempeh pumpkin pie in the future? Well, due to the texture of tempeh, probably not. It’s a little harder to “hide” it in stuff, but I’ll get back to my laboratory because I think I may see the great possibility for a nice pecan pie laced with some really good tempeh in the works.

*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**. Email her at betsybearden@bellsouth.net or visit her website where she offers professional writing services at www.creativewrites.net.*

Purpose

By Kim Strickland, ND

If you want to be fulfilled, happy, content, and experience inner peace and ultimate fulfillment, it’s critical that you discover your purpose. Without a purpose to guide you, your life may or may not fulfill you. It’s like going on a trip with no destination in mind – how do you know in which direction to drive?

I believe that each of us is born with a life purpose. Some of us know what that is from a young age. For me my purpose was clear to me from a young child, although I didn’t recognize it until I was a teenager. As a child I played teacher and nurse. I loved to draw on a chalkboard and show people or dolls how to do something. I also loved pretending to make things well. I have been teaching since I was 15 years old and I now have a doctorate degree in natural health.

Some discover their purpose as a young adult and still others wonder if perhaps they really have a purpose. I assure you that there is a purpose for you – unique to you. Identifying, acknowledging, and honoring this purpose is perhaps the most important action you can take in your life. Successful people take time to understand what they’re here to do and then pursue that purpose with passion and enthusiasm. I want you to be successful in your purpose.

For some people, though, it’s not as easy to identify a passion. Alternatively, you may enjoy what you do, but on deeper exploration, discover that you’re passionate about something altogether different than what you do. Others have

a passion and can’t see how that can possibly be their purpose. There are several processes that I’ve found to be extremely helpful in discovering – and living – your passion. I’ll share them with you and then we’ll take some time to do them.

Jack Canfield describes in his book **Success Principles** an exercise that takes about ten minutes to complete that may help you. The process involves answering three questions:

1. “What are two qualities I most love expressing in life?”
2. “What are two ways I most love expressing those qualities?”
3. “What would the world look like if it were perfect right now, according to me?”

Now ask yourself these two questions – “On a scale of 1 to 10, how actively am I living this passion, or how actively am I living this purpose?” If less than a 10 see the next question. “What would I have to do to make it a 10?”

What are your natural talents – things that you do well or want to spend your time doing but don’t remember specifically being taught? I believe these are gifts given to you to fulfill your purpose. This comes from **What Color is Your Parachute** by Richard N. Bolles.

I am a person who has had these experiences _____.

I am a person who is skilled at doing these things _____.

I am unusual from others because I _____.

I like to work in these kinds of environments _____.

I like to work with people with these qualities _____.

Not down knowledge you’ve learned outside of work _____.

Life Grocery’s purpose includes providing healthy food and supplements, as well as educating the community about health. I have watched Life Grocery change and grow throughout the last 16 years so that it can better fulfill this purpose. Many times they expanded and rearranged things so it could provide more for its members. I am so grateful for the place Life Grocery has had in my life.

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.

All Salad Dressings Are Not Created Equal

By René Oswald

The first thing many people do when they start eating healthier is to eat more salads.

Did you know that many people don't initially lose weight when making this dietary change because of the high oil content in most salad dressings? That's why I'm sharing this fast and easy salad dressing with you today.

There are no oils in it and it's high in nutrient-dense ingredients, so you can eat lots of it without the worry of excess calories!

Carrot Tahini Salad Dressing

— From "Transitioning to Living Cuisine" by René Oswald

1 medium cucumber, cut into 1½" pieces
3 carrots, cut into 1½" pieces

¼ c walnuts, soaked in water for 30 minutes
½ c sesame seeds, soaked in water for 8-10 hours
¼ c fresh lemon juice
½ t Himalayan salt
1 clove of garlic
1" fresh ginger
1 t onion granules

- Place all ingredients in a high speed blender and blend on high speed until smooth.
- Add water if necessary to reach desired consistency.

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. You can find her on Facebook at Raw Food Rene and she also has several free videos and an informative blog that you can check out at her website at <http://RawFoodRene.com>.

continued from page 4

Wonderful Winter Veggies

cancer, and heart disease. Beets or beetroots, as they are called, belong to the Chenopodiaceae family. Health benefits of beet roots can be attributed to their richness in nutrients, vitamins, and minerals. They are a source of carotenoids and lutein/zeaxanthin. Beets are also rich in dietary fiber, vitamin C, magnesium, iron, copper, and phosphorus. They are a source of beneficial flavonoids called anthocyanins.

They are very low in calories, but have the highest sugar content of all vegetables. It is used to make refined sugar. Beetroot is also added as an ingredient to salads, soups, and pickles, and also used as a natural coloring agent. Even though beets are available throughout the year, they are still seasonal vegetables. Beet fiber helps to reduce cholesterol and triglycerides by increasing the level of HDL. High level of triglycerides increases the risk for heart related problems. The presence of the nutrient betaine lowers the levels of homocysteine in the body which can be harmful to the blood vessels. Thus, consumption of beetroot helps to prevent cardiovascular diseases.

Beets are good for pregnant women since it is a source of B vitamin folate which helps in the development of infant's spinal column. Deficiency of folate could lead to the condition called neural tube defect. Studies revealed that beets are good in preventing colon cancer, as it contains the pigment betacyanin, which counteracts cancer. Nitrates used in meats as preservatives, cause the production of nitrosamines compounds in the body resulting in cancer. Studies reveal that beet juice inhibits the cell mutations caused by these compounds. Researchers in Hungary have also discovered that beet juice and its powdered form slows down tumor development. Betaines contained in the beet juice stimulates the functions of liver.

Beetroot is a source of vitamin C which helps to prevent asthma symptoms. The natural beta-carotene in beetroot also helps to prevent lung cancer. Beetroot contains a significant amount of carbohydrates that provides fuel for energy and

prolonged sports activities. The presence of beta-carotene (vitamin A) helps to prevent age related blindness called cataracts. The flavonoids and vitamin C in beets help to support the structure of capillaries. The beta-carotene present in beetroot avoids macular degeneration. Low levels of potassium in the body increases the risk of stroke. So potassium-rich beetroot is recommended in that aspect. The presence of the mineral boron in beetroot juice helps in the production of human sex hormones. In ancient times beetroot was used to cure fever and constipation. In the Middle Ages, beetroot was also used as a remedy for digestive disorders. Beet leaves are also good for curing wounds. Precaution: Beets contain oxalates, which when eaten in excess, can cause body fluid to crystallize. So people with kidney or gallbladder problems should avoid beetroots.

Beet Salad

from eatingwell.com

2 lbs beets, (5-6 medium)
¼ c extra-virgin olive oil
2 T sherry vinegar or white-wine vinegar
½ t Dijon mustard
½ t honey
½ t salt
freshly ground pepper, to taste
1 stalk celery, finely chopped
1 large shallot, finely chopped

- Preheat oven to 400°F.
- Divide beets between 2 pieces of foil; bring edges together and crimp to make packets.
- Roast until the beets are just tender when pierced with the point of a knife, about 1¼ hours.
- Unwrap the beets and let cool.
- Whisk oil, vinegar, mustard, honey, salt and pepper in a small bowl to make dressing.
- When the beets are cool enough to handle, slip off the skins.



Beginning
January 2, 2013
Café Life Hours:

Monday-Saturday
11am-6pm
Sunday
11am-5pm

To place your order for pick up
after café closing,
call 770-977-9583 ext. 122
at least
30 minutes prior to café
closing or choose from the
large selection of Café Life's
Grab & Go items

- Cut into ½-inch cubes and place in a large bowl.
- Add celery, shallot and the dressing; toss to coat well.
- Serve at room temperature or chilled.
- Cover and refrigerate for up to 2 days.

I wish you all wellness in this New Year and hope you enjoy these seasonal nutritional delights!

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

Detox and Improve Your Health

By Brenda Cobb

The health of Americans has declined to the point that we are now one of the sickest nations in the world, and in part this is due to toxicity. Even though we spend more money on health care than any other nation, we are near the bottom of the list in actual good health. Besides being toxic, many people are extremely deficient in enzymes, vitamins, and minerals to the point that they are losing mental capacity along with good health.

Brainpower has diminished because of deficiencies. It isn't that we don't have enough to eat, the quantity of food is there, but a lot of the real nutrition is missing. As dollar burgers, shakes, and fries have become more prevalent at the typical fast food restaurants and people have become less willing to prepare their own food at home, the health of the nation has suffered.

A lack of iron can lower a child's IQ by an average five to seven points and an iodine deficiency can cut it by 13 more points or more. This isn't happening in a third world country. This is happening in epidemic proportions in one of the richest countries on the earth, our own United States where food is abundant but often times very unhealthy. The vitamin and mineral deficiency has weakened us physically, mentally, emotionally, and spiritually and the toxicity has clogged every cell and tissue.

A variety of symptoms and diseases including immune and hormonal dysfunction, neurotoxicity, psychological disturbances, cancer, heart disease and many other common diseases are a result of toxicity and deficiency. Industrial and petrochemical toxins continue to accumulate in the human body faster than they can be eliminated and many people have a lethal mixture of chemicals, pesticides, food additives, heavy metals, anesthetics, pharmaceutical drugs, legal drugs (alcohol, tobacco and caffeine), and illegal drugs (heroin, cocaine, and marijuana) clogging up their systems. With all of these toxins in the body it is no wonder that we are facing more diseases and illnesses than we have ever known before.

We are much more exposed to chemicals than previous generations. In virtually every city most drinking water contains over seven hundred different chemicals and excessive levels of lead, mercury, fluoride, and chlorine. Over 3000 chemicals are added to food and over 10,000 chemical solvents, emulsifiers, and preservatives are used in food processing and storage. These toxins not only remain in the body for years, they can cause serious damage.

Gasoline, paint, household cleansers, cosmetics, pesticides, and dry cleaning fluid pose a serious threat to human health because the body cannot easily break down these pollutants. This negatively affects the kidneys, liver, pancreas, heart, lungs, and other organs and glands.

The ecological changes in the environment have come so fast that the human body has not been able to adapt quick enough. As the earth has become more polluted, so has the average person.

If you have a healthy immune system, with efficient organs of elimination and detoxification, and a sound circulatory and nervous system, you

may be able to handle more toxicity than the average person. If your body has been damaged from chronic exposure to environmental pollutants and is deficient from the lack of real nutrients, your bodily functions could be impaired. Excess animal proteins, fats, caffeine, alcohol, sugar, and chemicals inhibit the optimum function of the cells and tissues of the human body. When you clean out these toxins and waste products, you can restore optimum function and vitality.

Following a healthy diet is important, but it alone isn't enough. Putting good food on top of a toxic body doesn't solve the toxicity issue; however, there are certain foods and superfoods which can help to detoxify the body while simultaneously nourishing it.

Green foods, such as dark green leafy vegetables, including kale, mustard greens, collards, chard, spinach, celery, cucumbers, sunflower sprouts, and buckwheat lettuce when juiced or blended in the Vita-Mix or other high speed blending machine, offer a wonderful nutritious, healthy, and detoxifying drink. The good thing about green juice and blended green drinks is that they can simultaneously detoxify the body while nourishing it.

If there are heavy metals present in the body, a combination of liquid cilantro herb, which is a highly concentrated cilantro tincture, or a full 10 ounce glass of fresh cilantro juice, mixed with celery and kale juice consumed with eight to ten high potency chlorella capsules three times a day for several weeks can help to cleanse the body of toxins like mercury, aluminum, and lead.

Undertaking some form of detoxification periodically is extremely important as it helps you to clear the waste products and dead cells from your body. You can revitalize your body's natural functions and healing capacities by detoxifying the body and building it back up with nourishing organic raw and living sprouted foods.

Besides using specific green foods to cleanse and detoxify the body, there are also detoxification powders like zeolite. Zeolite is a mineral found in volcanic rocks which has a negative charge and a molecular cage structure. Zeolite acts like a magnet to pull toxins from your body and trap them into the zeolite's cage which then safely carries them out of the body as waste. Since your body is never exposed to the withdrawing toxins there are virtually no adverse side effects. Zeolite is safe and extremely effective in the detoxification process. Zeolite will also help balance the pH of the body and help boost the immune system.

There are so many benefits to detoxification such as increased energy, greater mental clarity, improved eyesight and hearing, stress reduction on the immune system, increased vitality, reduced blood pressure and blood fats like cholesterol and triglycerides and a sense of well-being from the inside out.

It is important to detox for maintenance of normal bowel function, integrity of the intestinal flora, to enhance the natural ability of the body to resist infections, to lower and eliminate allergies,

and to clear up skin disorders. If you want to reduce and eliminate symptoms and diseases, to feel mentally and physically rejuvenated and energized, then you must detoxify.

You know that it is time to detox when you feel fatigue, confusion, aggression, mental disorders, and low energy levels. Further, when you experience headaches, allergy symptoms, joint pain, respiratory problems, back pain, food allergies, insomnia, mood changes, arthritis, constipation, hemorrhoids, sinus congestion, ulcers, psoriasis, and acne it's time to detox. When you are diagnosed with any disease or illness you must detox.

Diseases like diabetes can be virtually healed by detoxing the body first and then adopting a healthy lifestyle and good eating and exercise habits. People usually tend to turn to drugs to treat a disease like diabetes, but drugs do nothing more than add to the toxicity and create even more problems. Other diseases like cancer, arthritis, and heart disease can be improved and eliminated by detoxing and rebuilding the body.

Colonics and enemas will help tremendously with detox symptoms which can include headaches, nausea, aches, pains, brain fog, cloudy vision, distorted hearing, stomach pains, diarrhea, insomnia and depression. If you will clean out your colon you will see how the detox symptoms "magically" disappear. Implanting wheatgrass juice into the colon after an enema or colonic can help tremendously in the detoxification process. Wheatgrass juice also has many vitamins, minerals, and enzymes which can help to rebuild and nourish the body.

It is very important when detoxing to put back the beneficial bacteria into the colon. When you clean out the colon with enemas and colonics you are cleaning out the good bacteria along with the bad, so be sure that you are using a potent probiotic and fermented vegetables like veggie sauerkraut or a fermented beverage like rejuvelac.

Drink a lot of water during the detoxification process. Most people don't drink enough water on a regular basis and many diseases are caused because of dehydration. Drink a minimum of one ounce of water for every two pounds you weigh and for an even more intense detoxification process drink one ounce of water for every pound you weigh. If you use alkaline water you will also bring alkalinity back to the body.

Detoxifying your body seasonally and adopting better lifestyle habits to keep the body free of toxins on an on-going basis will be the best gift you could ever give yourself.

*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, call 404-524-4488 or visit www.livingfoodsinstitute.com.*

Gut pH Part III: The Small Intestine and Food Reactions

By Dr. Kal Sellers, MT, LMT

In the previous parts of this discussion on gut pH, we discussed the role of chewing and the role of the stomach. While those are the most important parts of the discussion, there is a key job that must be done here at the small intestine. Further, when it comes to understanding what your body is doing with inflammation, bloat and weak digestion, this discussion will prove helpful.

To begin with, let us discuss the chemistry of the small intestine a bit. There are two key relationships of interest:

1. The upper most small intestine, known as the duodenum, should be pretty sterile without any flora growing in it. If there is poor stomach action or if there is not enough bile flow, friendly flora may creep up in there. This can cause dysfunction of the sphincter of Oddi and can even get into the bile and pancreatic ducts causing liver and pancreatic malfunction.
2. The acidic contents of the stomach are neutralized by the most alkaline substance secreted by the human body: bile. This neutralizes the contents, but the bowel wall, mucus membranes and glandular tissues are all acidic when they are healthy.

One challenge that comes out of this information is what to do with a person whose flora is distressed but who has also a poor functioning stomach or bile secretions? The introduction of flora supplements may make the overgrowth in the duodenum worse, rather than better. Some are enterically coated and will only open in the large intestine. That would be one solution. In my practice, I usually recommend against flora supplements in the beginning, but I do occasionally recommend rejuvelac enemas. We will pause here to interject a basic rejuvelac recipe and then we will move on.

Rejuvelac may be made with any true grain (true grains grow on grasses). It is best if it is healthy grain that could sprout so that its chemistry is well to start with. I usually use millet, but any grain will work. For weak and thin people rye may be a better choice. I put one inch of grain in the bottom of a glass jar. This I cover with distilled water and let sit overnight either uncovered or with just a cloth over it on the counter.

In the morning, I pour off the water and discard it or water plants with it. Then I refill the jar with distilled water and I repeat, allowing it to sit this time 24 hours or until the following morning. By this time the water is smelly and bubbly. This is rejuvelac. This is the rejuvelac water that we generally use either as an enema or in a fruit and green leafy smoothie. Usually, only one cup is needed per day and the rest can be stored quite a while in the fridge.

After pouring off the water the first time, refill and repeat for the following morning. This you can do 3-5 times before the grain starts to fall apart so much that it is messy and kind of unpleasant. By the time you are done you will also have a pretty good stock in the fridge. I usually recommend a two week daily use to restore flora, no matter which end it enters. People with dangerously low immune response should use caution or not use rejuvelac.

Let me repeat, in the beginning of a healing program, I do not use rejuvelac by mouth or any other flora supplement except one. This one is specific for acidifying the small intestine. It poses no threat to the duodenum and will help prevent a variety of abnormal flora problems. This is a SP (Standard Process) product called, “Lactic Acid Yeast.” This product is a single yeast that has but one behavior. It eats carbohydrates and produces lactic acid.

There is a poor man’s way to produce lactic acid in the gut. That is with raw sauerkraut. The sour in sauerkraut is a lot of lactic acid. When I have a person who cannot get SP products for some reason, I have them chew up one tablespoon of raw sauerkraut with the midday meal only. This, in conjunction with plenty of raw vegetables, is a recipe for a more acidic gut lining. In healthy people living natural lives without unnatural stressors, we would make plenty of our own sauerkraut in the gut. That is not the world we live in, however, so we have to improvise.

This brings up the next point. When we are under high stress, the gut becomes alkaline and the blood becomes acidic. The digestion shuts down and the stomach stops working. Some people think that stress gives them too much acid, but acid reflux should not be confused with too much acid. The reverse is usually true. If there is enough acid in the stomach when food comes, there will generally be no acid reflux in most people. A few actually get the acid surge from acute stress, but if the stress persists the reverse will be the problem.

Computer time also alkalizes the gut and lowers stomach function. There are interesting technologies to help prevent this—interesting, but nowhere near adequate. There is just no way to fix the fact that humans have no part of their design that suggests they should be in front of a computer for hours on end.

Chewing is probably the single-most powerful way to keep the gut pH healthy. However, we also have yarrow tea, which is very helpful for the small intestine. This I give by the cupful one time daily.

When the gut is too alkaline and difficulty in digesting food occurs, problems may arise from poorly digested food fragments getting through the gut. The gut is susceptible to this leakage because it is not repairing properly per its high pH. Those undigested particles will invite immune involvement. This leads to inflammation and degeneration of tissues where the immune particles (called antibody-antigen complexes) settle.

Some foods seem to be not only hard to digest but hard to eliminate. Enter processed, white flour. Here we see a problem that can get bigger. The gluten, which is a gluey protein, can cause more persistent immune reactions at the gut. This can cause a breakdown of tissues that results in what is an allergen-dependent autoimmune disease. This is known as celiac’s disease.

In truth, all autoimmune diseases are allergen-dependent, it is just a cumulative effect, rather than a single allergen such as gluten in celiac’s.

Whenever there is a long-term, persistent inflammation, even if indirect, such as when antigen-antibody complexes settle in a weak or previously injured tissue, there will be eventual breakdown of the tissues. When the tissues are actually damaged, then an auto-immune disease appears where the body creates antibodies to clean up those dying cells so that the DNA does not go make those cells somewhere in the body that they do not belong (like a knee growing in your lung—that would be inconvenient!).

Repair, then, of the small intestine and maintenance of it, is very important. Enter low pH of the gut and the two options for making lactic acid in the small intestine we mentioned earlier.

A good many people struggle in frustration or have intense carbohydrate cravings for lack of low gut pH. Many are (against my express counsel, I might add) using pH strips all the time, checking and feeling frustrated at acidic blood again. This is the end result of the gut pH and there is really no way to fix this. It is true, you can alkalize the blood with supplements or a strict food regime, but this is manipulation and is more like drug therapy than natural healing. We want the body to do the healing and use its innate intelligence. It is much smarter than we are.

When there is a lot of immune reaction to particular undigested food particles getting through the gut, the body gets specifically sensitive to that food. The result is known as a food reaction. It is not a full-blown allergy, though it is similar in what happens with the immune system. The difference is that it does not cause closing of the throat or trouble breathing as allergies might. It does cause inflammation and bloat, however. It also causes the release of endorphins.

The truth about food addictions usually involved endorphins that the body releases to help your brain deal with inflammatory reactions. The “happy” part of feeling “fat and happy” after a good meal comes from the endorphins. The “fat” part comes from the inflammation at the gut. Feeling “fat and happy” after a meal is never a good thing and should be avoided at all cost. If any food will do it, the person might fast on water for a bit, maybe a few days or more. Then the person can try a very low inflammation, very simple diet that they chew well.

The small intestine absorbs the overwhelming majority of our nutrition. Proteins can be absorbed in the stomach and a few minerals and trace minerals may also be extracted from the sigmoid colon (only if it is raw vegetable matter in there), but the overwhelming majority of the nutrition we need comes through the small intestine. Thus, instead of a bag of supplements, it is always superior to simply adjust the diet to one that is less inflammatory, is simpler, and is chewed better. In my consults, I teach a low or zero inflammation diet. I have also talked about this on my radio show, the *Mad Herbalist Show*, which can be found online.

I frequently take people off of their bag of supplements and I never see deficiency from it, but quite the reverse. Complexity is the enemy of our day, not the shortage of supplements or some miracle nutrient. Such hastening to buy the newest exotic nutrient, as I see so often in my practice, is unwise and unbalanced and does not ever produce real health.

So we have covered the pH of the small intestine. Next time we will talk about the actual dietary choices that we need to follow to produce healthy pH of the gut and healthy gut function in our modern world.

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

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

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Jan/Feb 2013

Two Months of Super Savings

Life Savings



- **Seasonal Immune Support**
30 vcaps \$13.99
- **Daily Immune Support**
60 vcaps \$26.99
- **Sinus Support**
30 vcaps \$9.99



**Biochem
Sugar Free
Whey Protein**

- **Vanilla**
- **Chocolate**

15 oz

\$19.99



**PGX Softgels with
Free PGX 15 singles**

120 softgels

\$29.99

**KYOLIC®
Aged Garlic Extract™**

**All Garlic
Formulas**

25%

**Aged garlic extract
helps support
cardiovascular health**

off



Vegan Fish Products

8.8 oz

\$4.49



All Chia Products 20% off



Evamor Water

64 oz

\$1.65



All Flora Cold Pressed, Unrefined, Organic Cooking Oil

20% off



Conserves All Flavors

10 oz

\$3.79



All Tea

25% off



Steel Cut Quick Oats

22 oz \$2.49

Steel Cut Oats

24 oz \$2.49

Oats Rolled Thick

32 oz \$2.99



SOL Sunflower Milk

- Original
- Unsweetened
- Vanilla

\$2.19



7 Ancient Grain

3.5 oz \$1.99

Multigrain Crackers

Multiseed Crackers

4.5 oz \$2.49



NEW! Runa Tea All Flavors

16 count \$4.99

14 oz \$1.79



NEW PRODUCTS!

Maximum Vibrance

703 g \$56.99

Coco Vibrance Single Packets

12 \$29.99

LifeExtension®

**All
Life Extension
Products**

20% off

VITANICA®

- **Womens Symetry**
90 vcaps \$13.99
- **Womens Symetry**
180 vcaps..... \$22.99
- **Femecology**
30 vcaps.....\$15.99

VITA LOGIC

Vitamins that make sense

- **Blood Pressure Formula**
90 tabs\$16.99
- **Stressed Out**
90 tabs\$17.99

Jarrow FORMULAS

- **Vision Optimizer**
90 caps\$23.99
- **Vitamin D 5000 IU**
100 softgels\$8.99
- **IP-6 500 mg**
120 caps.....\$11.99

New Products!

Supplements

- Youtheory Collagen Line
- Garden of Life New Probiotic Line
- Garden of Life Fucosin Green
- Natural Health International Maca Line
- Genesis Green Coffee Bean Extract
- Vega Nutritional Shake Line
- Orgain Ready to Drink Shakes for Kids

Health & Beauty

- Mrs. Meyers Hand Soap Refills 33 oz Size (Assorted Scents)
- Giovanni Avocado/Olive Oil Shampoo/Conditioners
- Jamaican Black Castor Oil
- Herbatint Hair Color Line



**All
Ultimate
Omega
Products**

25% off



**All
Products**

25 % off

**AUBREY®
ORGANICS**

**All Rosa
Mosqueta
Products**

20% off



- **Holy Basil**
144 softgels...\$43.99
- **Zyflamend**
144 softgels...\$47.99
- **Turmeric Force**
72 softgels...\$23.99



- **Liver Health**
60 vcaps.....\$17.99
- **Thyroid Support**
60 vcaps.....\$17.99
- **Chia Daily Fiber**
7.5 oz\$11.99

FLORA

**All Udo's
Probiotics**

20% off



**All
Products**

20-25% off

GREENS+

**All
Greens
Plus Powder**

25% off

Bluebonnet

**All
Vitamin B
Products**

25% off

Yerba Prima

**All
Products**

20% off

Any Way You Splice It

By Betsy Bearden

It has come to my attention that more of my family and friends seem to be eating less meat these days. Some have completely given it up, and I am talking about those who used to make fun of me because I didn't eat meat. Bygones will be bygones, and for whatever reason they have chosen to jump on the veggie wagon, I am onboard with them. Too bad they have chosen a time when veggies are becoming more and more genetically altered by huge corporations such as Monsanto, and less and less approved by the FDA. Money goes a long way in some cases, but then, as usual, I digress. Nonetheless, eating veggies on a regular basis—even though the morphing of them is happening on a regular basis right under our very own noses—rather than eating meat that is morphed and pumped full of hormones, antibiotics, and other nasty stuff makes consumption of the GMO veggies the lesser of two evils—right? Even the animals consuming these GMO products and being tested with them are getting sick.

What is GMO? GMO is a genetically modified organism as a result of genetic engineering. DNA molecules are taken from different sources and are combined to create new genes. The DNA molecules are applied to an organism, rendering it modified. One example of this is taking a strain of a certain bacteria and injecting it into corn, whereby the corn is now able to generate its own insecticide. We consume this, and we are the guinea pigs, because no long-term testing or studies have been done on humans. The evidence available through research shows GMO corn (or any GMO product for that matter) is not good for us, and it proves time and again that GMOs are simply not safe.

Genetic engineering was made possible through the discovery of DNA and the creation of the first recombinant DNA molecules by Paul Berg in 1972. The first commercial cultivation of GMO crops was in 1996. But all of this goes far beyond grains, fruits, and vegetables. Nothing is impervious to gene splicing . . . nothing.

Many of you may have heard of what is happening to fish such as tilapia and trout, but salmon in particular. Just when you thought it was safe to go back in the water, think again. Aquaculture (fish farmers) can't keep up with the demand anymore, so instead of waiting and using conventional methods for salmon to become mature, they are fed growth hormones and pellets that change their pale flesh to a robust pink like the

salmon caught in the wild, so it's more appealing to the consumer. Never, ever, ever purchase Atlantic farmed salmon, or any kind of farmed fish for that matter, please! But as if this isn't gross enough, listen up.

How many of you have heard of Frankenfish? A company called AquaBounty has actually created a Frankenfish. It is Chinook salmon and ocean pout (an eel-like fish). The ocean pout receives a gene from the salmon and *voilà*: you have the new and improved AquaAdvantage Salmon. This hybrid will grow faster and will mature at an accelerated rate over "real" salmon. Also interesting, the ocean pout contains antifreeze-like properties that will allow the GMO salmon to survive colder water temperatures. I guess this gene spliced pool of fish won't bother many people, but here's the deal: what if the GMO fish gets out in the wild, and mates with other salmon species. Bye-bye to salmon as we know it. This Frankenfish is slated to be available to consumers by the end of 2013. After doing all this research, I went to my kitchen, opened the refrigerator door, looked at all the food in it, and said to my husband, Steven, "What the heck are we eating?"

Not all markets offer certified organic and non-GMO products, but the day is coming when they will. If you can find, and if you can afford, organic and non-GMO foods, then that is the best way to get the proper nourishment you need without causing or stirring up unwanted health problems. I know one place where you can always find non-GMO and certified organics, and if you live anywhere near (or even not so near) the Big Chicken (a famous landmark in Marietta) then at least you stand a chance for having a healthier life by shopping at Life Grocery which is only minutes away from this famous landmark.

Life Grocery is always stocked with plenty of organic and non-GMO foods. Where else can you go in the metro Atlanta area and enjoy freshly prepared organic vegan food, along with raw and living foods, and have numerous options of gluten-free foods? You can dine in a relaxed setting, or take it with you wherever you need to go. If you shop and dine there on a regular basis, you might just find that you are getting healthier and healthier all the time! How easy is that? It seems we all know what we need in order to get healthier, but it's a struggle to streamline it to fit into our plans each week. By going to Café Life just two or three times a week, you are well on your way to an effortless journey to better health and nutrition.

We really need to get in touch with members of Congress and let them know how we feel about GMO foods. We, the People, have power. Yes we do! This messing around with our food has to stop now before it gets to the point of no return.

In closing, I will leave you with this food for thought. You know, there is a funny segment in one of my favorite movies, *Christmas Vacation*, where Chevy Chase's character, Clark, was asked to write up a report on a non-nutritive cereal "varnish" and to put it in laymen's terms. It was basically this: "It's a non-nutritive cereal varnish. It's semi-permeable. It's not osmotic. What it does is it coats and seals the flake, and prevents the milk from penetrating it." I think you get the point.

GO NO GMO!

References:

http://en.wikipedia.org/wiki/Ocean_pout
http://en.wikipedia.org/wiki/AquaBounty_technologies
http://www.naturalnews.com/035734_GMOs_foods_dangers.html
http://en.wikipedia.org/wiki/Genetically_modified_organism

*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**. She offers professional website writing services to businesses and individuals, and you can reach her betsybearden@bellsouth.net or visit her company's website at www.creativewrites.net.*



**Spring Life Fest
and Member
Appreciation Day**

**Saturday,
3/23/13**

12:00-4:00 pm

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

Fibromyalgia and Chronic Fatigue Syndrome: It's Not All In Your Head

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

Hardly a day goes by in my office when a patient does not come in and tell me they have been diagnosed with fibromyalgia or chronic fatigue syndrome. In both these conditions, the causes are not really known. Many times these conditions are misdiagnosed as hypochondria, flu, depression, premenstrual syndrome, and other disorders. The diagnosis of fibromyalgia and chronic fatigue syndrome is often only given by ruling out other health and psychiatric problems. In fibromyalgia, there are nine pain points that are used to help diagnose this condition. They are the lower neck, the second rib, upper thigh bones, the middle of the knee, the base of the skull, the upper back, the middle back, the side of the elbow, and the upper and outer buttocks. Some possible factors which may contribute to these conditions are mercury toxicity, especially from mercury fillings in the teeth, anemia, hypoglycemia, hypothyroidism, candida, and parasites. It is important to address these factors, not only concerning these conditions, but for general health. Fibromyalgia and chronic fatigue syndrome are not phantom conditions; they are the result of a stressed nervous system.

All health conditions are made worse by emotional and lifestyle stress. When beginning to resolve any health condition, we must ask ourselves some basic questions. Are there relationship or financial problems in the family? Has there been a death, a move, or other dramatic change? Do I really take enough time out for the things I really enjoy? I am not a psychiatrist, but I do know that these questions must be addressed and resolved in order to rid ourselves of unwanted health issues.

Biochemical stress, if not the main cause, is at least a complication. Your body can only work as well as you feed it. Some food compounds interfere with the body's chemical processes. This can cause nerve interference and damage. Nerve interference and damage can cause illness, pain, and dysfunction. As with most conditions, there are seven major food categories that must be avoided. Those categories include alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. Any of these foods can cause or aggravate fibromyalgia or chronic fatigue syndrome. Even if you don't have either of these conditions, these foods will adversely affect your health. Another major reason for these conditions is food allergies. The most common food allergies are milk and all dairy products, wheat, chocolate, yeast, and in some cases, even corn, oranges, and eggs. When the body has an allergic reaction, it takes a lot of energy to get the immune system working in overdrive to combat the allergen. In order for the body to have all this energy, it calls on the adrenal glands to produce adrenaline. By constantly exposing yourself to these foods that cause allergic reactions, you are constantly draining your natural supply of adrenaline. The adrenal glands can only be stressed so far until they start to burn out and malfunction. They will stop producing as much adrenaline as they should and this will cause you to be in a constant state of fatigue. This will also have an adverse affect on your mood and your motivation. If you are constantly fatigued, it is a sign something is wrong and it should not be ignored. It is even worse if you try to artificially stimulate the body with things such as caffeine or drugs. This will only cover-up the symptoms of fatigue and make the problem worse in the long run.

It is not only food that can cause allergic reactions. Chemical allergies and sensitivities also must be addressed. Things such as perfume, air fresheners, cleaning products, soaps, shampoos, and deodorants

can also cause allergic reactions. I strongly suggest you do not expose yourself to perfume, air freshener, or any artificial scents. Use only natural chemical free cleaners and natural products on your body to avoid having allergic reactions.

In order to treat chronic fatigue syndrome and fibromyalgia, we must start by giving the body the proper nutrients that it needs in order to heal. If you have gotten yourself to a state of disease, you have depleted your body of important nutrients. The first step is to rebuild the stores of vital nutrients needed to have the body function properly. We can rebuild these lost stores of nutrients by eating a diet consisting of mainly raw fruits, raw vegetables, raw nuts, and raw seeds. Always be sure to eat as much of these foods as you can in the organic form. Organic foods are not exposed to pesticides and dangerous chemicals, which can actually make your problem worse. Organic foods are also higher in nutrients, which is what we need to get the body back to normal function. If you eat any cooked foods, they should only make up about 20% of your diet. They must be fruits, vegetables, whole grains, nuts, and seeds. Water is also an extremely important part of this program. Distilled water is the best, filtered water is the next best. The way to determine how much water to drink is to take your weight in pounds and divide it in half. That is how many ounces of water you need to be drinking every day. For example a 200 pound person would need to drink about 100 ounces of water each day.

The physical aspect of health must also be addressed. It is important that the body get plenty of rest so that it can heal itself. Improper spinal bone alignment will interfere with nerves causing low muscle and organ function. The way the body works is the brain sends messages down the spine, out the nerves to every cell in the body. No function in the body can occur unless the brain sends a message along a nerve that part of the body and tells the body what job it needs to do. If the nerve is being pinched it cannot carry the proper message from the brain to the body and thus the body will not function at 100%. This, as well as all health issues, are directly related to how well your nervous system is functioning. There are many books and articles concerning proper nutrition for these and other conditions. However, I have yet to find anything written concerning spinal misalignment and how it will affect these conditions. The reason most programs only addressing nutrition have a very low success rate is the nervous system cannot be ignored. By following the nutritional guidelines that were just presented, and by correcting pinched nerves, the body will be able to begin the healing process. If only part of the advice is followed, you will only get partial results.

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 common place. 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!

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 9 am-6 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:

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

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson
Proofreader: Chani Butler
Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heather Wilmoth
Contributors: Betsy Bearden, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, René Oswald, Dr. Kal Sellers, Traci Sellers, Dr. Kim Strickland, Dr. William Richardson, MD, Dr. Bob Schumacher, Linda Townsend, Nisla Whetstone

Life Grocery Store, Inc. Mission Statement

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

Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson,	770-977-9583
Operations Manager	
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 Any Way You Splice It
- 2 Fibromyalgia and Chronic Fatigue Syndrome: It's Not All In Your Head
- 3 The Amazing Chia Seed
- 3 Cucumber Comedy
- 4 Real Answers to Heart and Artery Disease: Clogged Arteries, High Blood Pressure, & High Cholesterol
- 4 Drugging Our Children
- 5 The Eye-Liver Connection
- 5 Spring Cleaning
- 6 Make a Delicious Change for Improved Health
- 6 Gut pH Part IV: Dietary Choices
- 7 Raising the Grade
- 8 A Tale of Two Pregnancies

The Amazing Chia Seed

By Brenda Cobb

Chia seeds are one of the most powerful and nutritious super-foods in the world. They are an excellent source of fiber, packed with antioxidants, full of protein, loaded with vitamins and minerals, and the richest known plant source of omega-3 essential fatty acids. Everyone from children to senior citizens can benefit from the wonderful nutritional qualities of chia seeds.

Chia seeds have more omega-3 than Atlantic salmon, more antioxidants than fresh blueberries, more fiber than bran flakes, five times the calcium of milk, two times the amount of potassium as bananas, three times more iron than spinach and more protein, fiber, and calcium than flax seed. Adding just two tablespoons of chia seeds to your daily diet will give you approximately 7 grams of fiber, 4 grams of protein, 205 milligrams of calcium, and a whopping 5 grams of omega-3. Chia seeds include phosphorus, magnesium, manganese, copper, niacin, and zinc.

Chia is an ancient super-food that is very similar to flax, but without the estrogen and phytoestrogen element. It is a great source of B vitamins including folic acid. Chia has 3 to 10 times the oil concentration of most grains and 1½ to 2 times the protein concentration of other grains. The oils are the essential oils the body needs to help absorb the fat soluble vitamins A, D, E, and K.

Chia seeds are energizing and give a boost of energy that lasts, providing stamina and endurance. A single tablespoon could sustain Aztec warriors for an entire day. Chia seeds reduce cravings. Because chia seeds absorb so much water and have high soluble fiber levels, they help release natural, unrefined carbohydrate energy slowly into the bloodstream. Chia seeds are easily digestible. Unlike flax seed, chia seeds do not have to be ground up before you ingest them. The human body can easily digest chia seeds, and with about 7 grams of fiber

per serving, they actually help digestion. Chia seeds are convenient and versatile. You can eat them straight from the bag, mix them with your favorite drink, add them to your cereal or salad, and just about anything else. Chia seeds last for years in the refrigerator.

Chia seeds do good things for the body, like keeping blood pressure and blood sugar under control. The omega-3 fatty acids in chia protect against inflammation and heart disease. Chia seeds come from the desert plant *Salvia hispanica*, a member of the mint family that grows in southern Mexico. In pre-Columbian times, chia seeds were a component of the Aztec and Mayan diets and the basic survival ration of Aztec warriors. They even played a role in religious ceremonies. Supposedly, one tablespoon of the seeds could sustain a person for 24 hours. The Aztecs also used chia medicinally to relieve joint pain and skin conditions. It was a major crop in central and southern Mexico well into the 16th century, but it was banned after the Spanish conquest because of its association with the Aztec pagan religion. Over the past few decades, commercial production has resumed.

Insects hate the chia plant, so it's easy to find organic seeds. Unlike flaxseeds, chia seeds can be stored for long periods without becoming rancid and don't require grinding. You can enjoy chia seeds' nutlike flavor by sprinkling ground or whole chia seeds on cereal or salads, blend them in a smoothie, juice, or water, or create healthy, delicious dehydrated crackers or cookies. Eat a handful of whole seeds as a snack or make your own chia smoothie.

Chia seeds have many anti-aging properties. The seeds fight free radical damage. Aging happens when damaged cells are replicated. Chia antioxidants act to neutralize the free radicals that cause premature aging and flush out age-accelerating toxins. Chia seeds help

a person regain youthful exuberance, skin elasticity, enhance hair, skin and nails, lubricate joints, reduce inflammation and muscle soreness, and speed rejuvenation, as well as lowers lactic acid buildup in muscles.

Chia provides 97% of its calories from high quality plant protein and lipids with very few calories from carbohydrates. The carbohydrate portion of chia is predominantly insoluble fiber, which is beneficial to digestion in that it passes through the gastro-intestinal tract undigested resulting in a non-caloric effect to the body. Gram for gram, chia is the highest source of protein, bar none.

Banana Coconut Chia Pudding

2 ripe bananas
1 c fresh coconut water
2 T chia seeds

- Grind the chia seeds in the Vita-Mix or other high speed blender. (Be sure the container is dry before grinding them.)
- Add the bananas and coconut water and blend until creamy.
- Take the mixture out of the blender and allow it to thicken.
- Enjoy this nutritious, delicious, and easy treat.

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, call 404-524-4488 or visit www.livingfoodsinstitute.com.

Cucumber Comedy

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

If you find yourself in the midst of the ennui and depressive effects that can descend upon even the most lighthearted of souls at the end of the winter season, then keep reading, because laughter is often the best medicine to cure whatever ails you! So keep a smile on your face and enjoy a few corny jokes about fruits and vegetables (this is *The Life Line* after all) to share with your kids and all those who appreciate corny jokes about consumables!

First of all, if you were wondering how the expression "CORNY" came to be applied to silly jokes... One story says this expression began in the 1890's. Companies selling seeds sent their catalogs to farmers. Jokes and riddles were added to the seed catalogs, but the jokes were obvious and trite. They became known as corn catalog jokes, then corn jokes, and eventually the adjective "corny" was born. So here we go, and remember, you can't have a veggie joke that's not "corny!"

- Why is it not wise to tell secrets in a cornfield? . . . There are too many ears!
- Do you know who the father of all bad jokes is? . . . Pop Corn!
- Have you heard about the garlic diet? . . . You don't lose much weight, but from a distance your friends think you look thinner!
- What did the lettuce say to the celery? . . . Quit stalking me!
- Which vegetable did Noah leave off the Ark? . . . Leeks!
- What is Noah's favorite fruit? . . . Pears (pairs)!
- Did you hear the joke about the watermelon? . . . It's pitiful!
- What happens when you sit on a grape? . . . It gives a little wine!

- Why did the man at the orange juice factory lose his job? . . . He couldn't concentrate!
- What is small, red and whispers? . . . A hoarse radish!
- How do you fix a cracked pumpkin? . . . With a pumpkin patch!
- What vegetable might you find in your basement? . . . Cellary!
- What is green and goes to a summer camp? . . . A Brussels' scout!
- Why did the tomato go out with a prune? . . . Because he couldn't find a date!
- How do you fix a broken tomato? . . . Tomato paste!
- Why was the tomato blushing? . . . Because it saw the salad dressing!
- What is a vampire's favorite fruit? . . . A necktarine!
- Why aren't bananas ever lonely? . . . Because they come in bunches!
- Why did the corn stalk get mad at the farmer? . . . He kept pulling its ears!
- How does a ghost eat an apple? . . . By goblin it!
- What do you get when you cross a potato with an onion? . . . A potato with watery eyes!
- What do two bananas do when they meet each other? . . . A banana shake!
- What is King Kong's favorite food? . . . Apercots!
- What do you call an apple that plays the trumpet? . . . A tooty fruity!
- What room can be eaten? . . . A mushroom!
- What is a ghost's favorite fruit? . . . Booberries!
- Why did the people dance to the vegetable band? . . . Because it had a good beat!

- What kind of vegetable is jealous? . . . A green bean!
- Why were the apple and the orange all alone? . . . Because the banana split!
- What school subject is the fruitiest? . . . History – because it is full of dates!
- What did the apple skin say to the apple? . . . I've got you covered!
- What kind of shoes are made from banana peels? . . . Slippers!
- Why did the banana go to the doctor? . . . Because it wasn't peeling well!
- What did the banana in the sun say to the other banana in the sun? . . . I don't know about you but I'm starting to peel!
- What key do you use to open a banana? . . . A monkey!
- What's a tailor's favorite kind of vegetable? . . . A string bean!
- How do you make a strawberry shake? . . . Put it into the freezer until it shivers!
- What's green and sings? . . . Elvis Parsley!
- How do you make a peach into a vegetable? . . . Step on it and make it squash!
- Why did the orange stop running? . . . It ran out of juice!
- You know how to make gold soup? . . . Add 24 carrots!

And last, but not least...

A mushroom walks into a bar. The bartender says, "We don't serve vegetables!" The mushroom responds, "But I'm a fungi!"

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

Real Answers to Heart and Artery Disease: Clogged Arteries, High Blood Pressure, & High Cholesterol

By William Richardson, MD,

One early morning in the winter of 1980, I served as an intern assistant to a surgeon during emergency replacement of a patient's main artery, the aorta. The aorta loops up from the heart towards the neck and then runs through the chest into and through the abdomen, supplying oxygen and nourishment throughout the body. Often times, because of hardening of the arteries (atherosclerosis), the portion of the aorta running through the abdomen leaks or ruptures, necessitating emergency surgical repair. I found myself witnessing such an occurrence.

During the emergency surgery, I observed that the inside of our patient's aorta was consumed with loads of fatty, greasy gristle-like material. This experience was so amazing to me that the next day, I conducted library research and checked out a bunch of books to find out what causes this disease that affects 85% of Americans over 40 to 50 years of age. It must be noted that hospitals and other medical institutions did not and still do not effectively stress the prevention of atherosclerosis. I have been on a campaign against heart and artery disease ever since.

**Athero – Artery
Sclero – Hardening
Osis – Too much of**

For the most part, atherosclerosis is caused by fatty deposits, cigarette smoking, and uncontrolled chronic diseases such as high cholesterol, diabetes, and hypertension. Examples of disease causing foods include most animal products like cheeseburgers, fried chicken, and fatty meat cuts, as well as, refined grain products. Atherosclerosis has been proven to be reversible and

preventable by controlling high cholesterol, hypertension and diabetes, smoking cessation, and eating a more plant based diet comprised of whole foods. The great thing is that significant reduction in atherosclerosis can be accomplished without drugs.

There is a new weapon against atherosclerosis and the heart and artery diseases it causes. The treatment is called IV-Chelation (pronounced "key-la-tin") Therapy. During this therapy, a vitamin and mineral laden intravenous bag with a man-made amino acid called EDTA (ethylenediaminetetraacetic acid), is slowly infused (for three hours) into the patient. Recent studies such as Chelation Therapy Assessment by NIH (National Institute of Health) show some benefit to patients with heart disease and even more benefit to those with diabetes.

In our own experience, when chelation is combined with a disease reversal program (involving strong detoxification and other diseases reversing methods), the clinical improvements in patients with heart and artery diseases (clogged arteries-coronary artery disease, high blood pressure, high cholesterol, etc.) is truly awesome.

Look for our upcoming article on *Why Heart and Artery Disease Treatments Don't Work Well*.

Dr. William Richardson, MD, is the Medical Director of the American Clinics for Preventive Medicine, Inc. in Marietta, Georgia. For further information on disease reversal treatment for heart and artery disease, Chelation Therapy, or other information in the field of preventive medicine, visit www.acpm.net or call 770-419-4471.

Drugging Our Children

Dr. Bob Schumacher, D.C.

If you or someone you know has a child who is being considered for psychiatric drugs, here is some important information that you should consider. It is from the chapter contributed by Gwen Olsen in the book, *Drugging Our Children*. Gwen is also the author of *Confessions of an Rx Drug Pusher* and was a top-selling pharmaceutical sales representative for more than a decade. Her personal experience and unique insider's perspective is both eye opening and mind boggling. Can you handle the truth?

"The pharmaceutical industry is continually on the lookout for expansion markets. Our children are recognized by the pharmaceutical industry to be the most lucrative, long-term expansion market currently available to them.

Fear created in parents can send them racing to the doctor's office and/or pharmacy in an attempt to protect their children. After all, isn't that what all good parents do?

Children are a lucrative expansion market for any drug, particularly one that requires lifelong maintenance therapy once initiated. Psychiatric diagnoses are highly subjective and based primarily on third-party interpretation

of maladaptive behaviors, rather than medical diagnostic tests such as blood or urine tests, or PET and CAT scans.

So, increasing psychiatric drug sales is primarily contingent upon increasing the number of psychiatric diagnoses and public awareness of the various diagnoses that will, in turn, result in the expansion of new patient populations to be treated.

The challenge that exists when marketing psychotropic drugs for children is that the pharmaceutical industry cannot market directly to the end consumer. In the case of children, doctors, parents, teachers, counselors, administrators, caretakers, and legislators must be persuaded that these medications are both necessary and beneficial to children.

To meet this goal, it is necessary for the pharmaceutical industry to insidiously exert its influence in every aspect of pharmaceutical development, research, reporting, regulation, funding, advertising, promotion, and distribution. They do indeed! The end result is a stealth marketing campaign that can wear many hats and disguises as it manipulates and promotes its self-serving agenda unilaterally throughout the entire health care system."

Café Life

*Organic Vegan
Cooked and Living
Foods Café
featuring Healthy,
Wholesome, and
Healing
Dairy Free Food*

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

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

*Freshly prepared specials,
entrees, salads, sandwiches,
juices, smoothies, and desserts*

*Freshly baked from scratch
pastries and breads
including gluten free and
wheat free options*

*On-Site and Off-Site
Catering
Free Wi-Fi*

The side effects of psychotropic drugs are scary. According to *Drugs.com*, just a few of the side effects of Adderall, for example, are nervousness, restlessness, trouble sleeping, confusion, new or worsening mental or mood problems, aggression, agitation, anxiety, delusions, depression, slurred speech, uncontrolled muscle movement, and tiredness. Adderall is an amphetamine with addicting properties that make it difficult to stop.

It is important to consider every alternative before you let fear drive you to medications. The body's innate intelligence can become clouded by medications and their side effects. Prior to committing to take these potentially addictive drugs, review all of your options including the benefits of Chiropractic Lifestyle Care. You and your loved ones deserve to enjoy a healthy drug free life.

Dr. Bob Schumacher, a licensed affiliate of the 100 Year Lifestyle, has been a practicing chiropractor in the Atlanta area for 27 years. For further info, visit www.wildwoodchiropracticclinic.com or call 770-685-5278.

The Eye-Liver Connection

By Linda Townsend

Many years ago, when I was mapping the bioenergy patterns of the body and how they associated to one's blood type, I noticed certain connections between parts of the body as well. Some of these connections are well documented in medicine, such as a subluxation of a vertebra which places pressure on a nerve to a particular organ, or yellow tinged skin and whites of the eyes indicating excess bilirubin in the blood caused when the liver is malfunctioning. However, many other connections are not well known.

One of the conditions of the eye that is often thought to be common as one ages is the grayish-blue to white opaque band in the periphery of the cornea commonly called cholesterol rings, as well as sodium, salt, or even calcium rings. The medical term is *arcus senilis*. Since it does not cause any obstruction in the vision, it is often just considered a common cosmetic flaw that most people get as they age, like wrinkles in the skin.

I used to think this also, until one of my friends, a man then in his sixties, decided to do a liver-gallbladder flush. He had listened to my ideas of the eye-liver connection. He also had heard about liver flushes causing the whites of the eye to brighten, and even cause eye fatigue to be relieved, but he was the first person I knew to do a liver flush with nearly full circle ring on the edge of his cornea. I saw him several times before the flush. Just a few days after it, instead of nearly a full circle ring, I saw the one quarter of the ring remaining. This change happened immediately after the liver flush.

This could have been coincidental, but after his ring was completely gone, he told his friends. One woman with a very pronounced full ring tried the liver flush. Hers faded considerably all the way around immediately afterward. Although she complained at first that she would never do this flush again—ever!—she changed her mind by that afternoon after going out with friends who remarked on how her eyes looked so bright and her

skin seemed to glow. I saw her the day after and her eyes had definitely improved, but the change in her complexion was far more noticeable. The most interesting thing about this woman is that she had owned and operated an herbal shop for several years, but had never heard of a liver flush before.

Please understand that I am not suggesting that any eye conditions, including arcus senilis, can be reversed by using a liver flush. I am only relating what I have personally witnessed which was attributed to the liver-gallbladder flush, which suggested to me that some conditions seen in the eyes could be indicators of conditions of the liver.

I used to do liver flushes two to four times a year for detoxification, but I admittedly had not done one in many years. Previously I never had such dramatic results with a liver flush as my friends did, but I was younger and probably had less toxins built up in my body. Recently, I began having a strange problem with my vision, and I was reminded by loved ones that symptoms with my eyes may be an associated manifestation of liver congestion. I am now doing a series of liver flushes, because I did notice a difference in my eyes immediately after the first one, suggesting to me that I really need to do some more and to continue them as part of a regular health routine.

There are different formulas and regimens, but all require a large amount of oil and an emulsifier. The favored oil is organic, virgin, cold pressed olive oil, but for those who find the taste of olive oil overwhelming, walnut oil could be a better solution with less taste. (My husband did a liver flush once and could not stand the smell of olive oil for weeks afterward, so he does better with a different oil.) Emulsifiers are necessary also and, depending on the protocol you choose to do, they can range from natural citrus juices to a carbonated cola to apple juice with added apple vinegar or lemon juice or

citric acid. The preparation protocol can be one day to a week and can involve fasting or just eating normally with the addition of drinking apple juice or taking apple cider vinegar daily until the night of taking the formula. Many drink the entire formula down in just a few minutes, but some protocols involve taking just a few ounces every 30 minutes until it is gone starting in the afternoon. Cleansing the colon prior to the flush may also be suggested. Laxatives are recommended, again, depending on the protocol, it can be Epsom salts, which can be too harsh for some, or a herbal laxative to facilitate relaxing ducts to improve the flush, but some people do not use a laxative at all.

I personally have done a few different ones, and I have a favorite that is a protocol of my own making with the use of an herbal laxative and a formula of ¾ to 1 cup of olive oil, ½ to ¾ cup of cola, and the juice of one medium to large fresh squeezed lemon, drunk in just a few minutes. I also do one to three days preparation by drinking apple juice with apple cider vinegar or citrus acid added, but I do not do this prep when I drink mostly apple juice all the time. Then I lie down on my right side with my knee close to my chest for at least 30 minutes, but often I just go to bed for the night. This flush is one that I tolerate well and is effective. Basically, I have found which flush formula works best is a personal choice kind of thing, so I encourage you to do some research if you are interested in a liver-gallbladder flush. Here is one good reference: <http://curezone.com/cleanse/liver/>.

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

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

Spring Cleaning

By Kim Strickland, ND

When signs of spring come such as the daffodils or the buds of newly forming leaves on trees, I naturally want to cleanse and prepare for the new growth that is coming. I see dandelions shoots in the grass and want to gather the greens to put in a salad or a simple vegetable sauté.

Many of us think of spring cleaning as cleaning out closets, clothes, sweeping under the furniture, maybe cleaning the drapery. Those are all great endeavors and I will give you some tips to do this throughout the year so that you no longer need to have a season for detailed cleaning. You can make it a daily habit and then live in a clutter free environment that supports the spiritual growth which you are seeking.

Two years ago I radically transformed my daily habits. A few small changes at a time and presto a new me in just a few years. I made a commitment to spend just fifteen minutes a day decluttering, cleaning, and removing the things in my house that I didn't use, love, or need. Why the time limit? Most of us dread cleaning because it will take all day. Who wants to spend all day doing something you don't love? I have small children and used to put off moving their clothes that no longer fit as it would take me hours to sort through the mess. I would get lost in my closet for an entire day in the fall and spring switching my winter and summer clothes in and out. I might get on a cleaning rampage and forget about other things for a few days.

Now it's like a fun, quick-paced race. How much can I get done in fifteen minutes? I used to use a timer when I started this new habit so that I would stop after fifteen minutes. Now I only do small tasks at one time. In the past when cleaning a drawer that would lead me to the closet and then the bathroom cabinets and then the pantry and then the day was gone. Now I do one drawer for the day. Tomorrow I'll do another drawer until all of the kitchen drawers are clean. Today my task was to clean the inside and outside of the garbage can and the recycling bin. That was it. Nothing more. Tomorrow morning I will clean the outside of the fridge, dishwasher, stove, and microwave. The next day I will clean the inside of the microwave and the dishwasher – along the edges and the hinges and the bottom there will be gunk and food particles – check yours! Then it will be the front of the cabinets. After that will come the inside of the fridge. This may take several days unless I have a few more minutes to devote to the task in one day. Just do a shelf at a time or a couple of drawers. Never do so much that you feel overwhelmed. When the kitchen is detailed I will move to a bathroom, then a bedroom and so on until the entire house has been decluttered and cleaned in detail. Now I am just maintaining this and I am so much more aware of what I allow to come into the house. If I get new clothes I look to see what I can donate.

For all of this cleaning you will need some products that are good for the environment as well as your health. You can always use lemon juice and baking soda. That will work for most things. If you prefer buying ready-made cleaners, Life Grocery has a variety of products to choose from. So here's your challenge. If you don't have healthy cleaning products rush to Life Grocery right now and pick up some and then get rid of your unhealthy cleaning products. The very next day set a timer for fifteen minutes and do just one focused task. At the end of the year you will have spent 91 hours cleaning and decluttering and I guarantee you will feel so much better.

Reference:
www.flylady.net

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. She is also creating curriculum for and leading a women's spiritual boot camp for the year of 2013. If interested in learning more please email her at dr.kimstrickland@gmail.com.

Make a Delicious Change for Improved Health

By René Oswald

My motivation for changing my eating habits was survival from a rare, incurable disease, but the additional health improvements kept me coming back. I hope your astonishing results will keep you on track and focused on making this voyage fun!

The best way to start on a dietary change is to add healthy foods to your life without denying anything from your usual diet. A fun way to start is with a daily quart of green smoothies. The majority of people who make this one change experience amazing health improvements in just 30 days. Weight loss, increased energy, and lower cholesterol top the list.

Smoothies are an easy, gentle way to make the transition to healthier eating. By using a high-speed blender, foods are broken down to the cellular level, which helps with digestion and the assimilation of the vital micronutrients. In order to break our food down to this level with our teeth, we would need perfect dental alignment and

approximately ten hours a day devoted to chewing. Using a blender is much more efficient.

Many changes occur in the body when we initiate a dietary adjustment. One that the majority of the people I've worked with have noticed is an increase in gas accompanying the increase in the intake of fruits and vegetables. Find comfort in knowing that this too shall pass (usually within 30 days).

Another change to look for involves our desire for food. When people first start on green smoothies, they notice an increase in appetite for the first two to three months. This initial hunger is the way our body communicates a need for nutrients to us. When we make a change to healthier foods, our body starts craving these nutrient dense foods. This is a good time to start carrying green smoothies and fresh fruit and vegetables with you when you are away from home. It can often be a challenge to find healthy alternatives in many work places, so it pays to plan ahead.

Enjoy your new health journey!

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 free videos and an informative Blog that you can check out at her website at <http://RawFoodRene.com>. Her books are available for purchase on her website.

Gut pH Part IV: Dietary Choices

By Dr. Kal Sellers, MT, LMT

What we eat is as important as how we eat. Previously we have discussed gut pH and its relationship to chewing, stomach function, and small intestine function. We have uncovered the relationship of the pH of the gut to food reactions and to blood pH. In this article, we will discuss the actual dietary choices that lead to healthy gut pH.

What we eat today is way too processed. We do not eat fresh food from our gardens or even freshly ground seeds. We have milled products and pressed unstable oils that have been sitting around going bad. Even our produce has been washed and transported across the country or the world. Many people are not wise enough to eat produce at all. They are eating from packages and fast food places.

The consequence of these choices is we are deficient of many whole food nutrients. We do not have metabolic acid nutrients because they are the most yang and the most volatile. Yang is more volatile than yin. We end up unable to carry on acid processes because we are deficient in them. The resulting imbalance has predictable physiological outcomes. We have already noted how high gut pH (and by this, we really mean that there is a shortage of acid-forming nutrients from healthy, fresh food) leads to allergies to foods. Additionally, absorption of protein, calcium, and a good many vitamins goes down. Digestive distress and resultant systemic inflammation is a real problem for the alkaline gut person. The gut does not repair itself properly if it is too alkaline, leading to leaky gut. Debris that should be kept fluid and would be easily removed in an acid environment will accumulate in the lymphatic system of the gut. This we will specifically address in the next article. Tooth decay and mineral deficiency results from the alkaline gut. The immune system, the kidneys, and cerebral spinal fluid are all acidic by nature and fed by an acidic gut. The person who seems to have a proclivity to self-allergies and auto-immune disease will invariably have an alkaline gut.

The most important matter is eating fresh, whole food 100% of the time. Even things I usually recommend against are okay if they are fresh and whole. If you grind your own flour and use it immediately to make bread you will eat in a few days that will probably keep your

gut acid, even if you are sensitive to it. I do not recommend it, but it is possible to consume with minimal damage.

Seventy-five percent of every meal (or more) should be raw. This is the minimum standard as far as I can tell. Each bite should be well chewed. This will help the body extract the nutrients it should get from the food you eat. Finally, each meal should be very simple. Complexity is never your friend. Simplicity is how you heal.

Now we can talk about specifics. Generally, acid residue foods are seeds, grains, and beans. We germinate them to make them more balanced, but they are inherently a good source of acidity. Greens, which always alkalize our blood, are actually good sources for healing in the gut. Just because something has an alkaline or acid ash does not mean your body cannot extract the opposite to use where needed.

One of the finest sources for returning gut pH to normal is salt. *Herbs of Light* has a Pink Himalayan Crystal Salt product in capsules. This helps as much for gut pH as it does for other things it is promoted for. In addition to this salt, my recommended trace mineral formula is very helpful. It is a good source of gut acids, as well as trace minerals. It is equal parts of alfalfa, barley grass, kelp, and Raw Meal powder from Garden of Life. I usually have patients take one to two tablespoons of the mixture twice daily to restore whole body nutrition. It supports return of the gut to healthy. Standard Process has a few products for acidifying the gut. One of my favorite foods of all is raw sauerkraut and raw pickles, both are available under the brand name *Bubbies*.

Most fruit will produce an alkaline body, not an acidic one. Especially guilty of this are citrus fruit. Apples, however, are helpful to restoring the gut to normal, in addition to figs and raisins. This is not to say alkaline ash foods are bad for us. Blood pH, however, has very little to do with the ash we take in, but whether we are eating whole foods and digesting them well. Undigested debris in our system will always result in acid pH and no remedy exists that is sufficient to fix the problem.

The biggest problem we face today is the consumption of processed and refined food. In this



Café Life
Organic
Vegan
Café

Café Life Hours:
Monday-Saturday
11am-6pm
Sunday
11am-5pm

*To place your order for pick up
after café closing,
call 770-977-9583 ext. 122
at least
30 minutes prior to café
closing or choose from the
large selection of Café Life's
Grab & Go items*

article we have introduced the restoration of normal gut pH and normal health. In the next article, we will discuss the finer art of controlling the immune response through healing the gut and also draining the cisterna chyli. The exact process of how to minimize the accumulation of lymph in the cisterna chyli as well as the process of manually draining it will be covered.

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

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

Raising the Grade

If you were given a grade for the food choices you made, would all of the things you chose today be “Grade A?” As we learn about better food choices, it is heartening to know that we don’t have to be a straight “A” eater to enjoy good health. I like to share the following scale to give encouragement, especially to those of us who tend to categorize everything into only two categories: “healthy” and “not healthy.” The danger of the two category approach is that we start thinking if we are going to get off the wagon we might as well go for the gusto because bad is bad. In food choices, it is not black and white . . . there are many shades of gray, and when we are in a social setting that calls for less than our best, we can make more informed, better choices from what is available.

Sweeteners

- Worst (F): Artificial Sweeteners/ Nutrasweet, Sweet ‘n’ Low, Equal, aspartame, sucralose etc. *May cause brain tumors and make you hungry for more sweets!
- Bad (D): Hyper sweeteners/high fructose corn syrup.
- Mid-Grade (C): Refined sweeteners/sugar, brown sugar, beet sugar, fructose (not from fruit, from corn).
- Better (B): Minimally processed sweeteners/ evaporated cane juice crystals (organic sugar), Sucanat, molasses, maple syrup, agave nectar.
- Best (A): Unprocessed sweeteners/honey, dates.

Fats and Oils

- Worst (F): Hydrogenated oils and partially hydrogenated oils/margarine, shortening, peanut butter.
- Bad (D): Lard (pork fat) tallow (beef fat).
- Mid-grade (C): Chemically extracted oils/ soybean oil, corn oil, canola oil.
- Better (B): Naturally extracted oils/olive oil, sesame oil, coconut oil, butter.
- Best (A): Whole foods high in fat/avocados, nuts, seeds.

Meats

- Worst (F): Highly processed and nitrate preserved/hot dogs, bologna, lunchmeats, ham, sausage.
- Bad (D): Mechanically processed (usually breaded and fried)/chicken nuggets, chicken patties.
- Mid-grade (C): Processed meats: could include dyes, heavy fats, and other mystery ingredients/ground beef, hamburgers, barbeque mixes.
- Better (B): “Real” cuts of meat (still retains original form)/roasts, steaks, chicken breasts, whole birds, fish fillets.
- Best (A): Organically raised or wild game meats.

Dairy

- Worst (F): Highly Processed artificial products/American cheese, Cheese Whiz, nacho cheese, easy cheese, Velveeta.

By Traci Sellers

- Bad (D): Chemically processed dyed and preserved/most ice creams, ice cream bars, and novelties. Dyed yellow cheeses, dyed yogurt, Ultra pasteurized products. Some cottage cheeses, sour creams.
- Mid-grade (C): Traditionally raised and pasteurized products/milk, un-dyed cheeses, daisy sour cream, some cottage cheeses (check label), Breyer’s Ice Cream, un-dyed yogurts, eggs.
- Better (B): Organic butter, cream, milk, eggs etc.
- Best (A): Raw organic home raised dairy or plant based substitutes/fresh nut milks, nut and seed cheeses, coconut butter, nut butters, flax-eggs.

Grains

- Worst (F): Bleached refined flour products/ white flour, white crackers, white pasta.
- Bad (D): Refined grain flour products with some whole grain blended in to make it seem better. Multigrain breads, pastas, crackers etc.
- Mid-grade (C): Processed whole grain products/whole wheat or brown rice breads and crackers and pastas.
- Better (B): **Sprouted** whole grain flour products/breads, crackers, and pastas.
- Best (A): **Sprouted** whole grains not ground into flour.

Fruits

- Worst (F): Dyed and hydrogenated corn syrup sweetened fruit snacks, fruit “flavored” drinks, corn syrup sweetened fruit juice “cocktails” or juice blends, dyed dried fruit (you’d be surprised what is dyed!)
- Bad (D): Sugar sweetened dried fruits, dried fruits with preservatives, bottled fruits in syrups, sugar sweetened smoothies, sugar sweetened jam.
- Mid-grade (C): 100% fruit juices, fruit juice, or naturally sweetened preserves.
- Better (B): Whole fresh fruits, naturally dried fruits, unsweetened or fruit juice sweetened dried fruits, fresh fruit juice.
- Best (A): **Organic** whole fresh fruits, farm fresh fruits, raw fresh squeezed juices, organic dried fruits.

Cooking Methods: (For Vegetables, Beans, Nuts, Seeds and Legumes)

- Worst (F): Deep Fat Frying.
- Bad (D): Frying.
- Mid-grade (C): Sautéing, stir-frying.
- Better (B): Steaming, baking.
- Best (A): Raw and fresh: chopped, blended, or dehydrated.

Feeding More than Me: The “Add” Strategy for Families

After raising the grade so as not to be “failing,” we can take our personal health choices up a notch, while at the same time not making our families feel threatened or adverse to our “healthy” food. The easiest way to do this is to continue serving familiar

family favorites and just add to the meal the things we are learning about or wanting to incorporate into our meal plan. For example, if families are accustomed to cereal or pancakes for breakfast, still serve them, and add a green smoothie to what is prepared. For lunch, if sandwiches are the usual option, still serve them as usual, and add a fresh veggie platter with dip. For dinner, if spaghetti is the norm, serve it as usual, and add a side of steamed broccoli and a fresh green salad. When snacks are set out, make sure there is a familiar choice and add some natural granola, nuts and raisins or kale chips.

Introducing New Foods: Secrets for Success

The way we talk about or introduce new foods to our families has a huge impact on how they are received. The language we use around food can affect others’ opinion of it. Talk about your veggies like they were a decadent dessert. Reminisce about how good they were after the meal. Discuss them when not eating, like when making out a grocery list. Make a priority out of making sure the language used around food is always positive or at least neutral.

When introducing a new dish, make just enough for one and enjoy it immensely. The next time around, this same dish can perhaps just be sampled by other adults at the table, or less picky children. If these samplers have positive language responses to the food, others will more likely be willing to try it and more likely to have a positive response.

Making new foods outside of a meal setting is effective also. Children (and adults) are more likely to like a new item if they try it in the middle of the afternoon when not super hungry, as opposed to an established mealtime when comfort favorites are high on the priority list.

When something is not a success, don’t get discouraged. That item can be reserved for your personal repertoire to add to a meal. It can also be re-introduced later when taste buds have had a chance to change and adapt to the delicate flavors of fresh foods.

Tastes Change

Great news about our taste buds, they become more sensitive and will enjoy fresh foods more the longer they are eaten. Much of the hype foods on the market today have artificial flavors and flavor enhancers added, which dull our senses to the natural goodness in fresh foods. The longer we persist in eating the fresher selections, the better they will taste. A note on children: When children experience major developmental changes (around 5-6 and 11-12) their tastes also change. Explain this to your kids and encourage them to try new things and old dislikes during this time to see if they have made a change.

*Traci Sellers started learning about healthful eating because her life was threatened. When all that the medical profession had to offer had failed, healthful eating saved her life. She has been studying health and creating recipes that follow healthful eating principles for the last twelve years. She specializes in making healthful alternatives to classic comfort foods. For more information on healthful eating and to purchase her e-book, **Traci’s Transformational Health Principles**, visit www.bestfoodist.com.*

A Tale of Two Pregnancies

By Nisla Whetstone, Gluten Free Lifestyle Coach

When I was pregnant with my daughter thirteen years ago, I had no idea what a truly healthy pregnancy was. I thought I ate a well-balanced, healthy diet. I had the mistaken belief that many of the annoying symptoms of pregnancy were normal, and I just had to learn to deal with them. Fast forward to this past year when I was pregnant with my son and I began to compare the two pregnancies. Granted, every pregnancy is different, and women carry boys differently than girls, but all that aside, even though I'm thirteen years older, this was a completely different experience.

First, I didn't realize that I was even pregnant until I was almost through the first trimester. I experienced none of the annoying morning sickness to tip me off that there might be a little bambino on the way. I did miss a couple of cycles, but that had happened before, so I just figured my body was starting to go through peri-menopause.

Second, I didn't gain a lot of weight. I never changed my diet. I simply continued to eat the way I had been eating for the past ten years. You see, when my daughter was almost three years old, I was diagnosed with Celiac Disease and was forced to change my diet at that time.

Third, I was able to work up until the week before my son was born! With my daughter, I was put on bed rest towards the end of the second trimester, and my daughter was born over a month premature due to pre-eclampsia.

What do I attribute the differences to? Well, I think the biggest factor is the gluten free diet that I am on. After I was diagnosed with Celiac and changed my eating habits, I initially lost about 120 pounds. (I have since lost over 150 pounds total.) With my daughter, I gained over 80 pounds, and instead of losing the pregnancy weight, I just got fatter. This time around, I gained less than 30 pounds; as of this writing, my son is almost six months old, and I have lost over 35 pounds without trying! (So I'm five pounds UNDER my pre-pregnancy weight!)

Okay, so I hear you saying "but I don't have Celiac Disease, how can this possibly apply to me?" I don't know. I'm not a doctor. It just feels important for me to share my experiences with you in the hopes that this might help someone else. Prior to conceiving my daughter, I had several devastating miscarriages, and my doctors really didn't have an answer as to why I couldn't stay pregnant. During this time, a very dear friend of mine shared with me that her mother had Celiac Disease, and a lot of the symptoms I had sounded like her mom. I decided to try the gluten free diet without a firm diagnosis, and found myself pregnant again. I was so frightened that I would lose this baby, but I stayed on the gluten free diet through the first trimester until I admitted to my doctor that I was on the gluten free diet. I kid you not, the man told me it was all in my head and to go back to eating gluten because it was bad for the baby to be gluten free!

After that statement, I listened to the doctor and started to eat gluten again and that was precisely when I started having complications with the pregnancy. Hindsight being 20/20, I now know I should have trusted my instincts and stayed gluten free, but I guess I'm stubborn, and I have to learn my lessons the hard way. By the time my daughter was two, I was having major digestive issues, seizures on a daily basis, and I was suffering from severe post-partum depression. I was heavily medicated and had been told I had fibromyalgia. By the time I was accurately diagnosed with Celiac Disease, I was morbidly obese but I was suffering from severe malnutrition.

Lesson learned. I've now been gluten free for ten years, and I'm healthier than I've ever been. Going through a pregnancy at forty three years of age was interesting to say the least, but I feel like this time around was a breeze! Because my daughter is also gluten intolerant, and neither one of us tolerate dairy well, we've already decided that my son will be raised without gluten or dairy in his diet. I'm looking forward to finding new ways to prepare healthy gluten and dairy free foods so that my kids don't feel different from their friends!

I was concerned about feeding my son pre-made baby foods, as I'd heard too many stories of recalls and there are too many questionable ingredients in most of the store bought baby foods. You can buy organic, healthier choices but these can be quite costly, and if your family is on a tight budget like mine, it's pretty much a no brainer to make your baby food yourself.

Here are some simple recipes for home made baby's first foods:

Banana Puree

1 ripe organic banana (no brown spots), peeled
¼ c filtered water

Avocado Puree

1 ripe organic avocado, peeled and pitted
¼ c filtered water

Sweet Potato Puree

1 organic sweet potato, peeled and boiled until soft,
cut into 1 inch pieces
1 c filtered water

Green Peas

1 c fresh or frozen organic peas, steamed or boiled
until soft
¼ c filtered water

For each recipe, place ingredients in blender or food processor and puree for at least 15 seconds. Make sure there are no lumps. Serving size for 4-6 month olds 1-2 tablespoons. Freeze in ice cube tray then store in freezer safe containers. Use within 30 days. Thaw in refrigerator one day before use. (tip: invest in single serve BPA free storage containers for thawing baby food in refrigerator.) Never heat baby food in microwave, as this not only destroys the nutrients, it can create hot spots and burn your baby.

Nisla Whetstone was a licensed massage therapist for over 16 years, she is now a full time mom, independent marketing consultant, and a gluten free lifestyle coach in private practice. Nisla can be reached at nislacwhetstone@gmail.com.



**Spring Life Fest
and Member
Appreciation Day**

**Saturday, 3/23/13
12:00-4:00 pm**

members receive

10% off

all in-stock purchases 9am-8pm

**Check Out
Our Life
Savers
Members
Only
Specials!**

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Mar/Apr 2013

Two Months of Super Savings

Life Savings



**All
New Probiotics**

35% off



**Vegan D³
5000 IU**

**30 veggie
softgels**

\$14.99

**natural
Factors**



- **Quercetin Complex**
60 caps **\$11.99**
- **Quercetin Complex**
90 caps **\$16.99**
- **Lung, Bronchial and Sinus**
90 tabs **\$17.99**

**KYOLIC[®]
Aged Garlic Extract[™]**

**All Garlic
Formulas **20%****

**Aged garlic extract
helps support
cardiovascular health**

off



• **Roasted Seaweed Snacks**

• **Roasted Seaweed Crumbles**

15% off



Gluten Free All Purpose Flour

Unbleached Organic White Flour

44 oz

\$5.79

5 lbs

\$4.99



• **Acai Juices**
• **Protein Drinks**
• **Smoothies**

15% off



Bobo's Oat Bars

all varieties

3 oz

15% off



Chocolate Bars

All Flavors

10% off



Organic Oatmeal

• **Ultimate Whole Grain**
• **Ancient Grain**

• **Pure Oatmeal**
• **Apple Raisin**

18.5-21 oz

15% off



• **Gluten Free Cookies**
• **Gluten Free Baking Mix**
• **Gluten Free Whenever Bars**

15% off



Boulder Chips

• **Malt Vinegar and Sea Salt**
• **Totally Vinegar**

5 oz

\$1.99



Planet Paper Products



15% off



sibu BEAUTY

All Products

20%



7-Sources Oil

8.5 oz \$13.99

17 oz \$24.99

(New Vegan Blend Oil)

All Flor-Essence Products

25% off



Vitamins that make sense

• **Bio C 1000**

90 tabs \$14.99

• **Allergy Formula**

60 caps \$13.99

• **Antioxidant Formula**

60 caps \$18.99



A M E R I C A

• **ImmuProbio 50 bill**

30 vcaps \$27.99

• **ImmuProbio 50 bill**

60 vcaps \$49.99



• **Jarro-Dolphilos**

200 caps \$21.99

• **Prostate Optimizer**

90 softgels ... \$23.99

• **NAC Sustain**

100 tabs \$18.99



ANDALOU
Naturals
FRUIT STEM CELL SCIENCE

All Products

20-25 % off



Nordic Berries

120 gummies... \$17.99

All Omega 3 Ultimate, Complete, and Omega 3 softgels

25% off



All Green Products

20 % off



All Facial Products

20% off



• **Krill Oil**

30 softgels... \$12.99

• **Activated K2**

60 vcaps \$10.99

• **Red Yeast Rice**

60 vcaps \$12.99



• **Supreme Cleanse kit**

..... \$19.99

• **Rejuve Gentle Fiber**

110 gr. \$9.99

• **Liver Health**

60 vcaps \$17.99



All Life Extension Products

20% off



All Resveratrol Products

25% off



All Greens Plus Products

25% off



Select Variety of Multi Vitamins

25% off



All Vitamin C Formulas

25% off

Breakfast in the Raw

By Linda Townsend

I have this saying that makes my daughter roll her eyes: if I can chop it up and put it in an extractor, blender, or a salad, I am quite happy. Knowing the benefits of raw foods is a powerful motivation for my husband and me, however I think my daughter came to appreciate the side advantages when she was given after-meal-clean-up duties.

Last summer we began having smoothies for breakfast. Smoothies are quick to make and quite tasty. Depending on the ingredients, there may not even be any need for chopping so a smoothie can be made by an older child from start to finish. My husband began enjoying our new summer breakfast meal, but was at a disadvantage when he travels. He now has a powerful mixer that is just the right size to make single portions and packs well.

Having made juicing a priority and a daily meal in our lifestyle, I decided to arrange our kitchen for the functionality it was missing in this area. We now have a 3' long juicing bar on the counter between the stove and the wall. There are two (three when my husband is home, because he prefers using his own) juicers sit ready to be used. One is an extractor that can extract wheat grass juice and the other is a high power mixer. In front of them is a cutting board that stays there at all times. We gave up on our slushy smoothies for a few months as we keep thermostats low in winter and we did not need the extra chill, but we were still juicing. Now we are back to our cooling

smoothies, which brings up one other advantage; less heat in the kitchen during the hot months.

Smoothies are so easy and versatile that no recipe is really needed. I actually do not measure when I am making a smoothie, I just put in the ingredients I want and thin by adding juice to the consistency I desire. However, I will share a favorite base for our concoctions here. We mostly use frozen fruit, although fresh fruit works very well. But since I have a large freezer, I can buy in bulk when items are on sale and store the fruit. I also make my own yogurt which is not quite as thick as store-bought kinds.

*1 c organic yogurt
3/4 c frozen or fresh organic fruit and/or
berries of choice
1 fresh or frozen banana
8-12 ice cubes (can be frozen apple juice or
lemonade if you like it sweeter)*

- *Add the yogurt, berries, and banana to the blender. Place the blender lid on tightly.*
- *Puree until it is smooth and creamy. I like my smoothies thick, but if you prefer a thinner smoothie, you can add a little apple juice or milk, dairy or non-dairy.*
- *Have two or three people ready to enjoy!*

I also like to use powdered supplements, which adds nutrition in addition to flavor. One of my favorites is one full serving of Greens+® Organics Wild Berry because it adds the benefit of grasses and it's organic. My daughter likes Nature's Plus SPIRU-TEIN® Vanilla for the added flavor, but I like it for the added protein and I use about half of a serving. I am not one to add a sweetener for my smoothies, but some like adding honey or agave. Other things such as sunflower, flax, or chia seeds can also be added. You can even slip in a little omega-3 oil and probiotics without children knowing. It is fun to experiment with different combinations for health benefits and flavor.

Taste is what makes it for children, but I have noticed that when my daughter eats boxed cereals, she has to eat so much more than the suggested serving to keep from being hungry again in just two hours. A smoothie for breakfast lasts with her well until lunch time and she can concentrate better during her lessons. That is important to a homeschooling mother with a highly imaginative child who does not like math. I can see the difference in her performance each day after breakfast. If benefits are so immediately noticeable in a child, perhaps the long term benefits of a morning smoothie for everyone would make it worthwhile too. You do not have to be limited to mornings only because smoothies make excellent meals at any time of the day!

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



**Summer Life Fest
and Member
Appreciation Day**

**Saturday, 6/8/13
12:00-4:00 pm**

members receive

10% off

all in-stock purchases 9am-8pm

**Check Out
Our
Life
Savers
Members
Only
Specials!**

Cleansing and Detoxifying Your Body Systems for Better Health and More Energy

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

Lately, it seems like more patients are asking me about detoxification diets. The principal behind a detoxification diet is to get accumulated toxins flushed out of your system. In our modern society, we are exposed to toxins from all angles. When it comes to exposure to toxins, most people think of food as the way we are poisoning our bodies. It is a lot more than just food. We are exposed to toxic chemicals in the air we breathe, the water we drink, the air fresheners we use in our homes, and in the shampoos, perfumes, lotions, and toothpastes we use on our bodies.

There are a few basic rules you need to consider when it comes to detoxifying your body. First, you need to stop exposing your body to these toxins. Your body has amazing healing capabilities, and as soon as you stop adding the junk to it, it starts to get the junk out. Your body uses your skin, your bowels, your kidneys, and your lungs as routes of detoxification, so it is important that these organs be capable of doing their job to the best of their ability.

The first thing you want to look at is the nerve supply to these detoxification organs. If you have a pinched nerve, which is usually caused by bones in the spine moving out of place, it can block the messages from the brain from getting to the organs and this can cause the organs to malfunction. As a chiropractor, I always look to the spine to see if there is nerve interference, because if there is nerve interference that is not corrected, all other treatments do not work as efficiently as they can. If you have a pinched nerve, 10% of the time it will hurt, however, 90% of your nerves do not feel pain. So you can have a pinched nerve adversely affecting the function of an organ and not even know it.

Regarding food, you want to cut back or cut out alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. These are the seven deadly sins of nutrition that, over time, will build up toxins. Experts agree that you can get all the nutrients you need to live a long and healthy life by eating a plant based diet consisting mainly of fruits, vegetables, nuts, and seeds.

Although I don't recommend it, if you are going to eat animal products, I strongly advise eating organic. Commercially processed, dairy products and eggs have a tendency to be high in chemicals such as steroids, hormones, antibiotics, pesticides, and herbicides. It is best to eat at least 30% of your diet raw. I recommend you eat as much organic food as possible, especially if you are going to eat soy or corn, because over 90% of corn and soy are genetically modified. Long term studies are now coming out on the use of genetically modified foods and the results are very scary. Reactions to genetically modified foods include, but certainly are not limited to, allergic reactions, decreased brain function, and sterility. By eating a more plant-based diet, you can avoid much of the toxic exposure most folks are getting from a more animal-based diet. Also, you are increasing your fiber intake, which will help your bowels work

normally and help to detoxify the waste from your body. *Note: Normal bowel function is two to three times a day, not two to three times a week, as many people experience!* For more information on eating a more plant based diet, please see my book ***Eating Right For The Health Of It***, available at Life Grocery in the book department at a 20% discount.

Water is another important aspect that must be addressed when discussing detoxification. When you are an infant, there is a part of your brain that controls hunger and there is another part of your brain that controls thirst. As we become toddlers, those two parts of the brain grow together and we have a tough time distinguishing between hunger and thirst. Many times we think we are hungry, but we are actually thirsty. One good way to tell if you have had enough water is to see that your urine is clear, clear enough to read a newspaper through. (Now, I do not recommend you try this!) Water will help all the organs of detoxification do their jobs more efficiently. I would suggest distilled or reverse osmosis water.

When it comes to topical products such as shampoo, perfume, toothpaste, and even laundry soap and dryer sheets, I would suggest you only put something on your skin that you would be willing to eat. Your skin is a sponge and anything you put on your skin will be absorbed into your system. So, a good rule to follow is, if you cannot eat it, do not use it!

Dr. Joe Esposito is a chiropractor, nutritionist, the author of "Eating Right For The Health Of It," the show host of the syndicated radio show HEALTH TALK ATLANTA, and the director of Health Plus Wellness Center. He is committed to making healthy living common place. 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!

Café Life Hours

Monday-Saturday
11am-4pm
Sunday 11am-3pm

To place your order for
pick up after café closing,
call 770-977-9583 ext. 122 at least
30 minutes prior to café closing or choose
from the large selection of
Café Life's Grab & Go items

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 9 am-6 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:

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

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson
Proofreader: Chani Butler
Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heathere Wilmoth
Contributors: Jeani-Rose Atchison, Betsy Bearden, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, René Oswald, Dr. Kal Sellers, Dr. Kim Strickland, Dr. Bob Schumacher, Linda Townsend, Nisla Whetstone

Life Grocery Store, Inc. Mission Statement

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

Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson,	770-977-9583
Operations Manager	
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 Breakfast in the Raw
- 2 Cleansing and Detoxifying Your Body Systems for Better Health and More Energy
- 3 Magnificent Magnesium
- 3 Avoiding Everyday Health Traps
- 4 Gut pH Part V: Controlling Immune Response, Draining the Cisterna Chyli
- 5 Self Love
- 6 The Scoop on Chia Seeds
- 6 Steps to Greater Health - Walking Versus Running
- 7 "What's for Dinner?"
How About a Nice Plate of Transgenic Food Animal
- 7 Cocoa Chews
- 8 There But For The Grace of God Go I

Magnificent Magnesium

By Brenda Cobb

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and helps with energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines and excreted through the kidneys.

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant.

Lack of magnesium can cause hyper excitability, muscle weakness, and sleepiness. Deficiency of magnesium can occur in people who abuse alcohol, have low blood levels of calcium, and problems absorbing nutrients from the intestinal tract. Symptoms due to a lack of magnesium can include anorexia, apathy, confusion, fatigue, insomnia, irritability, muscle twitching, poor memory, and reduced ability to learn. Magnesium deficiency can cause rapid heartbeat, continued muscle contraction, delirium, numbness, seeing or hearing things that aren't there (hallucinations), and tingling.

Foods that are rich in magnesium include whole grains, nuts, seeds, leafy green vegetables, and beans. Leafy green vegetables, such as spinach and kale, are good sources of magnesium because the center of the chlorophyll molecule, which gives green vegetables their

color, contains magnesium. Wheatgrass juice is especially high in magnesium, as well as many other minerals.

Some legumes, such as black beans and garbanzos, have a lot of magnesium. When you sprout the beans before eating them it increases the nutritional density and enzymes which makes them easier to digest. Nuts, such as cashews, almonds, and Brazil nuts contain magnesium, but it is recommended to soak nuts in filtered water overnight and drain them before eating. Soaking helps to release enzyme inhibitors, plumps the nuts, and because of the added water content, makes them easier to digest. It is very important to chew nuts completely to get the maximum nutrition from them.

Seeds like chia, pumpkin, sunflower, sesame, and flax are also high in magnesium. They can be used to make smoothies or butters like raw tahini and pumpkin butter which is good when combined with fresh vegetables like celery and carrots. Whole, unrefined grains are also good sources of magnesium. Refined grains are generally low in magnesium. When white flour is refined and processed, the magnesium-rich germ and bran are removed. Bread made from whole grain wheat flour provides more magnesium than bread made from white refined flour. However, be careful eating wheat, which includes gluten, as many people have allergies to wheat, and it can cause health and digestive issues for some.

Spices like coriander, tarragon, cumin, dill, and basil have significant amounts of magnesium and enhance the flavor in your recipes. Eating a wide variety of legumes, nuts, whole grains, and vegetables will help you meet your daily dietary need for magnesium. Side effects from increased magnesium intake are not common because the body removes excess amounts. Magnesium excess almost always occurs only when magnesium is supplemented as a medication.

Green Seed Salad

½ c sunflower seeds
½ c pumpkin seeds
2 c spinach
2 c kale
½ t cumin
1 T fresh basil
2 T sesame seed raw tahini
3 T fresh lemon juice
1 T chickpea miso
1 T sesame seed oil
¼ t Himalayan salt
2 T filtered water

- Soak the sunflower seeds and pumpkin seeds in 2 cups filtered water overnight and drain.
- Chop the spinach and kale into bite size pieces.
- Combine the cumin, basil, tahini, lemon juice, miso, sesame oil, water, and salt in a blender into a smooth, creamy dressing.
- Toss the greens, nuts, and seeds with the dressing and coat all the greens well.
- Eat right away or let marinate for a few hours to tenderize the greens.

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute*, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies. For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.

Avoiding Everyday Health Traps

Dr. Bob Schumacher, D.C.

Do you sit at a computer and talk on the phone all day? Do you wedge the phone between your ear and shoulder while you write? Is your desk, chair, keyboard, or monitor too high or low? Do you text, surf the internet, or watch movies with a hand held device? If you've answered yes to any of these questions, then pay attention to this article and learn how to avoid these everyday health traps.

The health traps above cause repetitive strains that can have a similar effect on your body as a car accident, only it takes longer. Where a car accident takes a split second to cause injuries and health problems, repetitive strains may take a week, a month, six months, a year, or more. The effects on your body can even lie dormant for decades without giving you any notice of a problem. Or, they can become sudden and dramatic.

Repetitive strains can cause vertebral subluxations in your spine that interfere with the function of your nerve system and affect your health on many levels. Headaches, neck pain, low back pain, and herniated discs are just a few of the problems that can arise. Because your nerves control everything in your body, your organs and systems may be affected also. These symptoms and injuries can hamper your career and cost you a lot of unnecessary expense, time, and suffering. Here are three simple things you can do to avoid and prevent these everyday health traps:

Fix Up Your Workspace

Don't wait for your company to do this for you or for a crisis to force you to do it. Back pillows, wrist rests, and headsets are not very expensive and can make a big difference.

If you buy them yourself, you can take them with you if you change jobs or work from home. If you use a laptop, try standing at a counter instead of sitting at your desk. Move around your workspace instead of sitting during a call. Don't underestimate the value these small changes can make on your body. Do them immediately.

Stretch and Watch Your Posture

By stretching your neck, shoulders, and back periodically during the day, you will keep tension from building up in your muscles. Have you experienced soreness after a workout? The same lactic acid buildup that causes soreness after exercise causes muscle fatigue and weakness from these health traps. When texting and working with your handheld device, straighten up and be conscious of your posture, raising the device to eye level. If straightening up is uncomfortable, then you are way overdue for a chiropractic check-up.

Adjust Your Lifestyle

Avoiding everyday health traps can be as simple as adjusting your lifestyle. Having the awareness that you

are doing things on a daily basis that may deteriorate your health and quality of life as you age will help you make changes in the moment that are good for you long term.

How long have these unhealthy everyday health traps been a part of your lifestyle? How many months or years of these unhealthy habits have you accumulated? If your answer is more than 30 days, then now is the time for a chiropractic check-up. Whether you have symptoms or not, you can prevent underlying health problems from becoming permanent by taking these appropriate action steps right now.

Dr. Bob Schumacher, a licensed affiliate of the 100 Year Lifestyle, has been a practicing chiropractor in the Atlanta area for 27 years. He is passionate about chiropractic and loves to teach people how to live the 100 Year Lifestyle. His patients range from newborns to senior citizens and include couch potatoes, weekend warriors, Olympic athletes, dancers, construction workers, and computer captives. You may visit his website at www.wildwoodchiropracticclinic.com, or call 770-685-5278.

Gut pH Part V: Controlling Immune Response, Draining the Cisterna Chyli

By Dr. Kal Sellers

In previous articles, we have discussed the problem of gut pH and the effect it has on blood pH and overall health, allergies and so forth. We have discussed these subjects in a holistic way with some practical application. In this article, we will conclude this discussion. The overload of the gut becomes a chronic syndrome after the cisterna chyli becomes engorged and enlarged and cannot drain. In the following article, we will discuss how this occurs and what to do about it.

In the beginning (as far and deep as this discussion takes us, anyway), the gut began to be overloaded with unnatural food and weakened from the subsequent depletion. Over time, subtle changes took place in the gut and in the body where the immune system was activated to deal with the unhealthy gut. This put an added stress on the body but probably still went unnoticed. Later, because improper diet and living and too much stress continued, the body began to have more difficulty managing things. Toxicity began to accumulate and be pulled out of the gut into the lymphatic system which drains into the collecting duct called the cisterna chyli. Even later, the gut became so weak that a permanent immune system army was placed in and around the tissues of the gut to attack the constant stream of debris leaking through the gut that could not repair itself. This immune army is called “granular tissue.” At this time, all the yang (acidic) stores and reserves were completely exhausted. The adrenal glands were called upon to help manage the inflammation and remineralization of the body to help return things to normal. More cholesterol was produced to protect and buffer the body. As the habits of modern life continued, the adrenal glands became exhausted. At this point, symptoms began to become obvious and impossible to ignore. Two generations or more of children were born already deficient and weak before parents recognized that they had some sort of life-altering problem that troubled them all the time.

Perhaps early on, some symptom management with drugs was effective. Later, however, this became almost a joke, and people were being put on a cocktail of chemicals that never healed. But this only made things worse and worse as time went on. One day, this human representing today’s human awoke to discover that he or she was angry, depressed, frustrated, fraught with addictions, weak, tired, and lost. He or she noticed that life had lost its luster and he or she was compelled by artificial supplementation through movies and unseemly behaviors and conversations. The ability to really love was gone. Drugs were taken freely, perhaps, but at best these drugs could only mask the very edge of angst about the loss of life’s pure and true pleasures! The tasteless life, the empty, pale façade no longer deceived this person into thinking they were enjoying the real thing. Artificial replacements, if he or she could even hold on to those, only gave the most temporary of relief.

To heal this person, who is all around us and probably within us, we have to take a special kind of journey. This journey takes us back to natural living, to natural, fresh and real food in its whole form, to repair of the depleted, toxic and in every way weak and

unbalanced body. This journey includes accepting that the luster that appeals to us now is not the actual luster we seek, but is an outcome of very unnatural living for a very long time. We cannot trust ourselves or our peers to give us any light except artificial light, which also governs us. We cannot trust our tastes, our drives, our interests, our aspirations. We have to be willing to relinquish the very anchor we have come to depend on as our path to happiness. We must defend true happiness against the ever-encroaching synthetic replacement for life.

In the remaining portion of this article, we shall discuss restoring the gut and the lymph drainage from it to get the immune system back to normal and to get the body in a healing mode.

As long as the gut is weak, the cisterna chyli will be overloaded. The liver is also involved because it must process the lymph drainage from the cisterna chyli and may be the reason for the actual change in the behavior of the lymph collecting duct from returning that lymph to letting it pool. Therefore, we will not forget our need to repair the liver function. As long as the gut is weak and the lymph is full, the immune system will be in hypersensitive mode. This will only be really noticeable if the adrenal glands have crashed and failed so we need to consider repairing the adrenal glands.

To begin with, we need to restore the health of the gut. We have to restore both pH and the nutritional base of the gut. For this, we use a variety of options that may prove more or less effective for each individual, prompting a change to a different option. The simplest way to get the gut acidic is to sip apple cider vinegar and honey mixture all day (3 cups water, ½ cup each of apple cider vinegar and honey) and to eat raw sauerkraut each day at midday meal. For some this will not be adequate and options mentioned in previous articles may be more suitable.

To replenish the nutrition of the gut may take a variety of supplements before we are done, but the author’s Trace Mineral-Based Complete Nutrition formula is the best foundational support for the whole weakened body that we have found in all these years of practice. It is available through Wind River Herbs, which makes a few of the author’s products. It is made of alfalfa, kelp, barley grass and Garden of Life’s Raw Meal powder. In the case of a person who may be deficient in testosterone, there is a testosterone formula mixed into the blend to help them.

Once this foundational nutrition and pH regulation is in place, we can move next to the liver to get it ready for the load of lymph. Castor oil massage over the liver and even over the stomach and spleen across the whole upper abdomen under the ribs is a time-honored way to immediately improve the function of that most vital region of digestion and detoxification. In addition to this, a variety of liver formulas may be used. The one most recently studied by the author is a simple tea of Oregon grape root-5 parts, cardamom pods-1 part and caraway seeds-3 parts. This tea tastes good and a cup twice per day seems to do the job of regulating and activating the liver.

The next step is to heal the adrenal glands. Frequently, the Trace Mineral formula mentioned earlier

will take care of the adrenal glands, but where it does not, we use a good restorative aid like Dr. Christopher’s Adrenal Formula or Wind River Herbs’ ADR blend. Most recently, the guidance given on this operation is to take a dose of one of these every time tiredness, irritation, or weakness is noticed throughout the day. This seems to work very well and indeed a good deal better than any approach we have used so far.

Finally, it is imperative that we understand that the body is not restored just by good choices, but in conjunction with them. Exclusively whole food is required. A large part of this should be fresh seeds, ground right before each use, produce harvested locally and not trucked around, nothing ever from a package, etc.; at least 75% of it should be raw. Habits dividing us from nature and from connecting with the planet should be mitigated. Synthetic smells, sprays, detergents, dryer sheets, and the like should be strictly eliminated without hesitation. It should be safe to walk through the grass without fear of chemicals seeping through the soles of bare feet. Time with nature and exacting balance in one’s life must be set aside as a rigid directive.

With this in place, we can discuss the actual drainage of the cisterna chyli. This procedure is best done with castor oil as a lubricant on the skin and with some awareness of human anatomy. A straight hand is pushed into the abdomen at about the level of the navel on each side. If heartbeat is felt, stop entry and move slightly. Do not work on top of the artery.

Once inside about to the spine, there will be a tender area (tender if it needs drained) and this can be gently but firmly massaged upward toward the head for 10-15 seconds.

In addition to manual massage, the cisterna chyli is drained with bouncing exercise. This is one reason some people lose inflammation with exercise. Other people who constantly take in material that is toxic for them will actually gain weight when they exercise because they are pulling more toxins out of the bowel with the bouncing and end up also generating cortisol in the blood and making themselves worse.

Some action to drain the cisterna chyli should be done daily in conjunction with a whole healing program as described here.

In this article we have discussed healing the gut pH and the immune response as it relates to the cisterna chyli accumulating excess lymph. We discussed how to use a whole, fresh food diet, healthier lifestyle (connected with nature and the earth), liver and adrenal repair, and drainage of the cisterna chyli to restore complete health. Throughout this series on gut pH, we have discussed a wide range of related aspects as they interact with the pH of the gut, including the fact that pH of the blood, while it can be manipulated directly, is actually an outcome of the pH and health of the gut, which should be acidic.

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

Self-Love

By Kim Strickland, ND

Here is a test for you to take for yourself. On a scale from 1–5, rate yourself with a “1” being not at all and a “5” being very true.

- _____ I know who I am.
- _____ I accept myself as I am without judgment.
- _____ I am kind to myself.
- _____ I am lovable.
- _____ I feel lovable.
- _____ I let people love me.
- _____ I am a worthy person.
- _____ I am true to myself.
- _____ I take responsibility for myself.
- _____ I trust myself.
- _____ I know what my strengths are.
- _____ I use my strengths.
- _____ I am living authentically.
- _____ People know the “real” me.
- _____ I exercise regularly.
- _____ I eat foods that are healthy.

Many of us are taught to love ourselves as our neighbor. The implication is that you completely love yourself and thus are really able to love your neighbor. Think about it, if you loved yourself more you’d probably be kinder to yourself and others, spend your time and energy doing things that bring you pleasure, say no to things you really don’t want to do, say yes to the little voice inside that begs you to listen, give from your heart instead of from guilt and obligation, attract great experiences and opportunities into your life, take good care of your finances and your health, and surround yourself with people who respect and adore you.

I invite you to begin a process of befriending yourself—the inner self that often remains hidden or unnoticed. When we judge ourselves we cannot see who we really are. The idea is to change our perspective so we can see our inherent goodness. The way to do this is through kindness and forgiveness. The more you judge yourself, the less you can love

others because you will be judging them as well. The real work is to stop trying to be someone you think you should be and become the person you already are.

I have spent YEARS trying to improve myself—reading, writing, visualizing, taking classes, etc. The goal is to stop working so hard at improving yourself. Unfortunately, so many of us have internalized a seemingly bottomless ocean of negative messages telling us we’re just not good enough and so we work ourselves to the bone, plagued by a feeling of not being good enough. Still, underlying so much of it, is this implicit message that we are not enough – that we always have to be working on ourselves, getting better, thinking better, doing more juicing, stretching, journaling, therapy, etc. If you desire to improve yourself, because YOU want to, that’s awesome, but not because you’re not good enough, or because it’s how you’re going to be loved or accepted by others. You are perfect as you are, with your flaws, your strengths, and your weaknesses. You are unique and you are not an accident; you are on PURPOSE. There is nothing about you that needs to be “fixed.” You are not broken.

What is within you seeking to emerge as you? The goal is to reconnect to your true authentic self—your true nature—and there you will find creativity, energy, inspiration, and all else you need. I am starting from the place that we are great right here, right now. And we just keep getting better and better. I am worthy. You are worthy. Everyone is worthy. I invite you to join me today by accepting and loving yourself exactly how, where, and who you are. Are there things you want to change, learn, and do? Sure. Are you always growing? Of course you are, but you are moving forward and will learn how to do it from a place of full self-love, not self-contempt, judgment, or worse, loathing.

Accepting yourself means being completely honest with yourself. It means listening to yourself over others. It sometimes means going against the crowd. As part of your exploration, I am recommending mirror work to do at home. What you will do is spend time in the mirror

intentionally talking to the “real” you, to your soul, until you are heard. How will you know when you have been heard? There will be some sort of release of feeling. This may take days or weeks. Look into your eyes and repeat with as much feeling as you can, “I accept you the way you are. I love you just as you are.” Whenever you pass a mirror stop and say something nice to YOU! Do it until you really feel accepted and loved.

Here are eight steps to loving yourself:

- 1) Stop all criticism toward yourself and others. PERIOD.
- 2) Be patient, gentle and kind with yourself – always. (See number 1)
- 3) Praise yourself frequently.
- 4) Practice good self-care through healthy food, exercise, fresh air, lots of water, and plenty of quality sleep. Life Grocery carries healthy food and quality water. If you are not sleeping well, look in the supplement department for something to help you. Personally, I love skullcap.
- 5) Act on what you really need deep within - not what you want on the surface.
- 6) Forgive yourself daily!
- 7) Show gratitude and appreciation for your challenges.
- 8) Surround yourself with supportive people. Life Grocery has lots of speakers and events where you can meet supportive, knowledgeable people.

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.



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



Café Life Hours

Monday-Saturday
11am - 4pm

Sunday
11am - 3pm

To place your order for pick up after café closing, call 770-977-9583 ext. 122 at least 30 minutes prior to café closing or choose from the large selection of Café Life's Grab & Go items

The Scoop on Chia Seeds

By Rene Oswald

Many health food advocates are now encouraging the consumption of chia seeds. They are a great addition to the diet, since they are high in protein, calcium, and Omega-3 and Omega-6 fatty acids. However, there is a very important fact that many people aren't aware of. Chia seeds absorb up to 9 times their volume in water, therefore it is important to hydrate them before consuming. If eaten dry they will absorb the fluid in your intestinal tract, which can lead to problems especially if you are dehydrated.

Chia gel helps to keep your body hydrated and provides 90% soluble fiber. When chia gel is eaten with carbohydrates, it causes a slower release of those carbohydrates in the body. This is very helpful in controlling blood sugar levels in diabetics. This slow release of carbohydrates also causes a full feeling, acting as a natural appetite suppressant.

When consumed with other foods, chia gel helps you assimilate the nutrients in the other foods and improves elimination. It also works as a thickener in recipes and can be used as a fat substitute.

Chia gel can be added to any food or drink since they have no distinct taste. It is recommended to eat up to two tablespoons three times a day for better assimilation and digestion of your food. The gel also helps alleviate indigestion. If you are eating a plant-based diet that is high in fiber you may only need one to two tablespoons of the gel per day. You will know how much you need by how well your digestion is regulated.

To make chia gel, place two cups of filtered water in a one quart glass jar. Slowly add ¼ cup chia seeds while stirring briskly with a stainless steel whisk. Let sit for 4 minutes and whisk again. Let sit for an additional 10 minutes and the gel is ready to use or refrigerate. Chia

gel will stay fresh for up to two weeks in the refrigerator when stored in a container with an airtight lid.

To view the video on making chia gel and its benefits, search *Rene Chia Seeds* on *bing*, *google* or *youtube*.

Rene 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>.

Steps to Greater Health - Walking versus Running

By Susan Esposito, D.C., D.A.C.N.B., F.A.B.E.S.,

Running versus walking has been a source of conversation for many years, with strong arguments on both sides in determining which is the preferred and most beneficial method of exercise. A new study by Paul Williams of Lawrence Berkeley National Laboratory, in California, and Paul Thompson of Hartford Hospital, in Connecticut, published on April 4, 2013, in the American Heart Association journal *Arteriosclerosis, Thrombosis and Vascular Biology* has found that in terms of reducing some of the major health risks, walking is just as good, if not superior, to running. They studied 33,060 runners taking part in the National Runners' Health Study and 15,045 walkers in the National Walkers' Health Study. They measured their blood pressure, blood sugar, and cholesterol at the beginning, and then watched for six years to see who got diagnosed with high blood pressure, unhealthy cholesterol, or diabetes.

The two activities were compared in reducing risks by the following percentages:

- First-time hypertension: Running 4.2% Walking 7.2%
- First-time high cholesterol: Running 4.3% Walking 7%
- First-time diabetes: Running 12.1% Walking 12.3%
- Coronary heart disease: Running 4.5% Walking 9.3%

The study's conclusion is: "Equivalent energy expenditures by moderate (walking) and vigorous (running) exercise produced similar risk reductions for hypertension, hypercholesterolemia, diabetes mellitus, and possibly CHD."

According to an article on abouthealth.com, "This study compared energy expended. Walkers take longer to expend the same number of calories as runners do in a workout. It's the distance and your weight that are the biggest factors, with speed adding a little boost for the runners. But walkers can burn as many calories as many runners do each day. If they do, the study suggests that they get just as great of a reduction in their health risks."

According to Maggie Fox from NBC news, "They used a measurement called a MET. "One MET is how much energy you expend when you are sitting," Williams said. Walking at a brisk pace burns 3.8 METS, or 3.8 times as much energy spent sitting for the same time. Running burns anywhere between 7 and 12 METS.

One MET of walking is roughly equivalent to a kilometer, or just over half a mile, Williams estimates. But

running is less efficient than walking, so runners do tend to burn more calories over the same time.

"A person would need to walk 4.3 miles at a brisk pace to expend the same amount of exercise as running 3 miles, and it would take about twice as long (an hour and 15 minutes by walking instead of 38 minutes by running)," Williams says.

In general, the runners were younger and fitter than the walkers were. The male runners were 48 on average, versus 62 for the walkers; female runners were about 41 on average versus 53 for the walkers. The runners were 38 percent less likely to develop high blood pressure, 36 percent less likely to have high cholesterol and 71 percent less likely to develop diabetes than the walkers.

But this all seemed to be because the runners actually exercised more than the walkers did, Williams said. "We have sort of known this all along," said Dr. Gerald Fletcher, a cardiologist at the Mayo Clinic in Jacksonville, Fla., who was not involved in the study. Running can burn more calories in a shorter time, so it's good for people who are crunched for time. "But walking is certainly easier than running," Fletcher said. "As long as people get out there and do it."

The Institute of Medicine and the American Heart Association says that people should try to get at least an hour of moderate exercise such as brisk walking every day to stay healthy.

Calories per Mile for 160 Pound Person

Walking	Running
2.0 mph - 91	
2.5 mph - 87	5.0 mph - 116
3.0 mph - 85	6.0 mph - 121
3.5 mph - 83	7.0 mph - 119
4.0 mph - 91	8.0 mph - 123
4.5 mph - 102	9.0 mph - 121
5.0 mph - 116	10.0 mph - 131

Runningplanet.com reports:

Researchers at Syracuse University conducted a study in December of 2004 for the purpose of comparing the energy expenditure of walking and running with equations that predict energy expenditure. As a part of that study the researchers needed to determine whether differences exist in energy expenditure of walking

versus running. The researchers measured the calorie burn of 12 male and 12 female subjects as they both ran and walked for 1600 meters on a track and a treadmill. Each subject ran at one specific pace and walked at one specific pace. The scientists, headed by Jill A. Kanaley, PhD in the Department of Exercise Science, found that the women expended about 105 calories while running versus only 74 when walking. The men had similar results of 124 calories when running compared with just 88 calories burned while walking. (*Med Sci Sports Exerc.* 2004 Dec; 36 (12):2128-34). That seems like a big difference, but it is actually even larger. To get the true number of calories burned from exercise, you must subtract the calories you would have consumed at rest. After taking away those 'resting' calories, the net calorie burn for the women was 91 running versus 43 walking. For the men the net calories burned was 105 running versus 52 walking. So, in reality, the subjects were burning more than twice the calories when running versus walking.

So the preponderance of evidence seems to show that their are equal benefits to be had whether you decide to walk or run. It basically comes down to whether you want to protect your joints from the compressive impact of running and thus choose to walk, or if you're pressed for time and choose the expedient exercise of running, whereby you can obtain the same health benefits in a shorter amount of time.

In the next issue I will provide you with a list of interesting places to walk or run in the metro Atlanta area. In the mean time, enjoy the beautiful Atlanta spring/summer weather with some healthful ambulatory activity!

Resources:

Paul T. Williams, Paul D. Thompson. *Arterioscler Thromb Vasc Biol* 2013; first published on April 4 2013 as doi:10.1161/ATVBAHA.112.300878.

<http://www.About.com/walking>

<http://www.Todayhealth.com>

<http://www.NBC.com>

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

“What’s for Dinner?” How About a Nice Plate of Transgenic Food Animal

By Betsy Bearden

Many of you may have read the article I wrote for *The Life Line*'s March/April Newsletter on the pending and creepy emergence of the “Frankenfish” a.k.a. Transgenic Food Animal, to be politically correct. It is being created in a lab at this very moment, by a company called AquaBounty Technologies and is slated for release for human consumption in December of 2013. AquaBounty touts this the “first food from a transgenic animal application approved by the FDA.”

To follow up where we left off, as of March 2013, several large grocery store chains have stepped forward to say that they will not be offering this (lab created species) in their stores for their customers. Bravo for those who have stepped up. However, I can say with confidence that I know that Life Grocery in Marietta, Georgia, shall pass on this one, as well, and in Life Grocery, we can trust.

From researching AquaBounty Technologies, I have learned that this fish is supposed to be relatively safe as it will never even see an ocean. The fish is created, farmed, raised, and readied for market in land-based facilities. The purpose for this, so they reason, is that the company can build facilities closer to the population therefore reducing the overall carbon footprint of ship to train to truck transportation that creates many levels of pollution in our atmosphere.

AquaBounty says this: “AquaAdvantage® Salmon (AAS) will ONLY be raised in FDA-approved land-based facilities equipped with multiple physical containment measures that will make it impossible for the salmon to escape. In addition, these fish will have the bio-security enhancement of being sterile, female populations that are incapable of breeding amongst themselves or with native fish.”

Hmm, “...impossible to escape...” That statement alone tells me there is much more to fear than not. With

everything else we have to worry about in this world today, we now have to worry about salmon escaping from their land-based hatcheries and ending the salmon population as we now know it. “C’mon Maude, we’re bustin’ outta here at dawn! Get the word out to the other transgenics.”

I don’t know about you, but this is beginning to sound a teensy bit like something out of the movie *Jurassic Park* where the old fail safe “Lysine Contingency” was implemented. We all know how that one turned out, don’t we. “God created dinosaurs. God destroyed dinosaurs. God created Man. Man destroyed God. Man created dinosaurs. Dinosaurs eat man... Woman inherits the earth.” – Michael Crichton, *Jurassic Park*.

Just to recap what this Frankenfish is: It is Chinook salmon and ocean pout (an eel-like fish with natural anti-freeze properties). The ocean pout receives a gene from the salmon which creates the AquaAdvantage Salmon. This hybrid will grow faster and will mature at an accelerated rate over “real” salmon.

What does this mean for people who will consume the product? Since no testing has yet to be done, we won’t know for many years to come. The results, however, will show up in our children. Just as GMO fruits, vegetables, and hormone and antibiotic fed meats from animals have had an effect on recent generations, so will the hybrid salmon.

The following is a paragraph taken from AquaBounty Technologies Annual General Meeting Report. “Congressional Activity: AquaBounty was the target of congressional activity during the year. On 24 May 2012, the US Senate defeated an amendment that would have required the National Oceanic and Atmospheric Administration to conduct an additional study into the environmental and economic impact of

AAS before the FDA could grant approval. The Company believes the rejection of this amendment has demonstrated the Senate’s support for the FDA’s well-established process for dealing with applications.”

This really makes me sleep better at night, how about you? Sigh.... There will be more to come in following publications of *The Life Line*, trust me.

Meanwhile, let’s all remember to visit Life Grocery in Marietta, Georgia, where you can always find it stocked with organic and non-GMO foods. While you are there, dine-in or take-out freshly prepared organic vegan food and raw, living foods at Café Life. Looking for gluten-free? You’re in luck! Stop by today, but don’t worry, you won’t find anything that even remotely resembles something called a transgenic food animal there. No way!

References:

<http://www.aquabounty.com/PressRoom/>
<http://www.aquabounty.com/documents/press/2013/20130418-PreliminaryResultsfor2012.pdf>

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. She offers professional website writing services to businesses and individuals, and you can reach her at betsybearden@bellsouth.net or visit her company’s website at www.creativewrites.net.

Cocoa Chews

By Jeani-Rose Atchison

Kid friendly, super easy and quick, these awesome little treats are a hit with everyone!

½ c peanut or cashew butter
½ c almond butter
⅔ c brown rice syrup
½ t vanilla
3 T carob or cocoa powder
1¼ c oats

- Mix the nut butters, syrup, vanilla, and cocoa until creamy
- Combine all but oats until mixed well.
- Work in oats and roll into small balls.
- Eat now or store covered in refrigerator.

Rice malt syrup is processed by fermenting and/or sprouting techniques and is only about a third as sweet as cane sugar. It has many of its nutrients intact, as well as complex sugars that take much longer to digest than simple sugars. These sweeteners are primarily composed of maltose and are less destructive to the body’s mineral balance. I love the taste of rice syrup and our family spreads it on toast with “butter” and cinnamon or on pancakes or mixed in some of our favorite unbaked cookie recipes such as the one above. If a sweeter taste is desired I may stir in a few drops of stevia liquid.

*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. Visit www.healthyfoodhealthylife.com.au/ for more information.*

There But For The Grace of God Go I

By Nisla Whetstone, Gluten Free Lifestyle Coach

We all have that one person that comes in to our lives that when we see them, we just want to run the other way. Not because they are a terrible person, or we don't like them, but because they remind us so very much of ourselves. They inadvertently point out to us that which we don't like about our own nature. This is not a judgement call, this is simply a visceral reaction to someone that by their very being, points out to you your very own infallibility.

I was faced with that person for me very recently. She reminds me that the choices I have made, and the path I have taken, could have gone so very differently, and in my eyes, so very badly. My heart hurts when I see the pain and suffering that she goes through, because I know just how I would feel in that very same situation. This reminds me of a scene from the Star Trek The Next Generation movie "Nemesis" where Captain Picard figures out how to beat his nemesis because he knows exactly how he is going to respond.

Why am I telling you this, and how does it relate to health? Well, my choices, my path so to speak, were dramatically influenced by my celiac diagnosis ten years ago. I could have ignored the symptoms, ignored the changes that I needed to make to save my life and restore my health, but I didn't. I made the tough choices, I did the hard work of learning to change my entire lifestyle, and in the process, I discovered a me I didn't know existed. I discovered this passion for teaching others about health and I can only hope that my journey will help even one person.

To me it is simple now. I avoid all gluten and dairy, I have learned what other foods my body does not tolerate well, and I have adjusted my lifestyle to accommodate this. My children will be healthier than I was (and hopefully most of their peers) and maybe our experiences will help others to make the difficult choice to change their own lifestyles. You know certain things are bad for you, yet you continue to do them. Why? Why do you think it is that even though you know you shouldn't eat that fried chicken or depend on drive through meals to feed your family, or pizza delivery, you do it anyway. Because you think it's easy? You think it's less expensive than eating healthy? Do you think that you just don't have the time to learn to eat healthy or feed your family healthy food? Let me tell you that you are DEAD WRONG! It is more expensive in the long run to eat junk food. It is more time consuming in the loss of energy, and days missed due to poor health. It is easy to eat healthy. It's a lot easier than you might think to follow a gluten and dairy free diet. Sure it requires some rethinking of what a meal is, and it requires educating those around you as to why you follow "that crazy diet" or why you don't eat "normal food."

People, that "normal food" is what is killing us. It is what makes us fat, what causes diseases like diabetes and heart disease. It's not difficult to make a meal from scratch, to eat a banana or an apple, to make a salad, to bake your own delicious gluten and dairy free breads, cookies, cakes, etc. You just have to make the conscious decision to listen to your body and to make the changes it's asking for!

I do believe that everyone needs to avoid gluten and dairy. Celiac disease is just the tip of the iceberg when it comes to the problems that arise from a diet high in gluten. Wheat is not a healthy grain, contrary to popular belief. It has been genetically altered and modified so much over the past 50 years that it is not even the same plant anymore. Some people will be able to tolerate spelt, as it is closer to the original form of wheat, but if you are a celiac, spelt is no good. As human beings, we are not designed to consume milk after we are weaned from our mothers, and we are most certainly not designed to consume cows milk or any products derived from it.

(Yes cheese is derived from cows milk-believe me, I was reluctant to give up my cheese too.)

For me, I am thankful that ten years ago I made the decision to do what needed to be done to get healthy, and now when I see my own "nemesis" I am reminded that I am never, ever going back there. I will never be that same person. Hopefully you too, will make the decision to do what needs to be done to improve your life. I wish you well!

Here are a couple of my favorite "go to" meals

Fruity Salad

This is a delicious, fruity salad that will feed a family of four easily. It is hearty and filling enough to be the main course.

Romaine lettuce
spinach
spring mix
1 tangerine peeled, de-seeded and cut up
1 c dried cranberries, or 1 c fresh cut strawberries
sunflower seeds, roasted, unsalted
1 apple, cored and cut up
1 avocado, pitted and cut up
baby portobello mushrooms

Dressing

Equal parts balsamic vinegar and extra virgin olive oil

- Mix all ingredients together in a large bowl.
- Drizzle dressing over salad and serve.

Honey Sesame Stir Fry

(Use frozen and fresh vegetables in random proportions)
broccoli
cauliflower

squash
mushrooms
bell peppers
bok choy
snow peas
onions
any other vegetables that you like in a stir fry

Sauce

½ c raw honey
¼ t ginger
¼ c San J Gluten Free Soy Sauce
1-2 cloves fresh garlic, minced

Topping

sesame seeds

- Mix all vegetables together and stir fry over med-high heat in large pan or wok with sesame oil.
- In a separate sauce pan, combine sauce ingredients and heat over medium, stirring often.
- When the vegetables are cooked to your preference, remove from heat and add the sauce.
- Mix well. Liberally sprinkle sesame seeds all over and serve over your favorite rice.

Nisla Whetstone was a licensed massage therapist for over sixteen years, she is now a full time mom, independent marketing consultant, and a gluten free lifestyle coach in private practice. Nisla can be reached at nislacwhetstone@gmail.com.



**Summer Life Fest
and Member
Appreciation Day**
Saturday, 6/8/13
12:00-4:00 pm

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



LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

May/June 2013

Two Months of Super Savings

Life Savings



- **NEW! Raw Protein Vanilla Chai**
23 oz \$27.99
- **NEW! Raw Meal Vanilla Chai**
2.5 lb \$36.99
- **NEW! Raw Fit**
16 oz \$31.99



- CoEnzyme B Complex Advanced**
60 vcaps \$22.99
- CoEnzyme B Complex Advanced**
120 vcaps \$35.99



**Women's
Health Month**

All Women's Sense Products

30% off

\$3 off Coupon Available

MegaFood™

**Entire
Line**

15% off



Wafers
All Products

15% off



Runa
Tea

All Flavors
14 oz

\$1.79

18 RABBITS

NEW!
All Flavors

- **Granola Bars**
 - **Bunny Bars**
- 15% off**



Vegan Cheese
Alternative
All Varieties

Eat Smart. Live Happy.

15% off



Coconut Water

330 or 500 ML

Buy One Get One of Equal
or Less Value FREE



NEW! Raw
Cheesecake
Slices

- **Carob Mousse**
- **Strawberry**
- **Blueberry**
- **Cherry**

15% off



Saltines

15%

- **Original**
- **Rosemary**
- **Tomato**

8.8 oz

off



Pumpkin Large Bar

24% off

Super Cookie,
Granola, Chocolate,
and Large Bars

20%
off



All Wafer
Cookies

15% off



NEW! Meyer's
Cleaning Products

15-20% off



Collagen Booster

60 caps. \$27.99

Keratin Booster

60 vcaps. \$29.99

Cocoa Well

60 vcaps. \$22.99

Saf-slim Products .. 25% off



• **Gaba Ease**

60 vcaps. \$12.99

• **Women's Symmetry**

90 vcaps. \$13.99

• **Women's Symmetry**

180 vcaps ... \$23.99

• **Adrenal Assist**

90 vcaps ... \$16.99



Vitamins that make sense

• **Women's Formula**

60 tabs \$12.99

• **Stressed Out**

60 tabs \$14.99



• **Chlorella**

300 tabs \$14.99

• **Carnitine**

16 oz \$15.99

• **Red Yeast Rice/CoQ10**

120 caps. \$19.99



• **Allertonic**

1 oz \$7.99

• **Deep Sleep**

1 oz \$9.99



**New Line!
All Products**

20% off



**One A Day Men's
& Women's**

72 tabs

30 % off



**All
Products**

20-25% off



**All Vitamin B
Supplements**

20% off



• **Milk Thistle**

60 vcaps \$19.99

• **Adrenal Health**

60 vcaps \$18.99

• **Turmeric Supreme**

60 vcaps \$18.99



**All Life Extension
Products**

20% off



**All Garlic
Formulas**

20% off



**All
Greens Plus
Powders**

25% off



**Selected
Multivitamins**

20% off



**All Vitamin B
Supplements**

25% off

GMO—Do YOU Want to Know?

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

On May 25, 2013, over 2 million people participated in the “March Against Monsanto” protest. According to protest organizers, the march was a monumental success, far exceeding all expectations. Founder and organizer Tami Canal said it was literally a global protest, since protests were held in 436 cities in over 52 countries, a solid indication of the public’s sentiment about GMO’s. Despite the size of the gatherings, Canal said she was grateful that the marches were uniformly peaceful and that no arrests had been reported. “We will continue until Monsanto complies with consumer demand. They are poisoning our children, poisoning our planet,” she said. “If we don’t act, who’s going to?”

Monsanto, based in St Louis, said that it respects people’s rights to express their opinions, but maintained that its seeds improve agriculture by helping farmers produce more from their land while conserving resources such as water and energy.

Although the protest was focused against the multinational corporation Monsanto, it was truly more generally against GMO’s and for GMO-labeling. It was a loud public outcry demanding GMO labeling and greater transparency about where food comes from and what’s in it.

GMO stands for genetically modified organisms. Wikipedia defines genetic modification as: “*Genetic modification involves the mutation, insertion, or deletion of genes. When genes are inserted, they usually come from a different species, which is a form of horizontal gene transfer. In nature this can occur when exogenous DNA penetrates the cell membrane for any reason. To do this artificially may require attaching the genes to a virus or just physically inserting the extra DNA into the nucleus of the intended host with a very small syringe, or with very small particles fired from a gene gun. However, other methods exploit natural forms of gene transfer, such as the ability of Agrobacterium to transfer genetic material to plants, or the ability of lentiviruses to transfer genes to animal cells.*” Sounds delicious, no?

A politically contentious issue in recent years, GMO labeling of food has been an extremely popular issue in the public’s view as evidenced by the number of marching protestors and public opinion polls. However, it has been ironically unpopular with government officials. Many pro-GMO labeling supporters accuse government officials of voting against these transparency laws purely for political reasons, due to close ties and allegiances to big corporations, especially Monsanto. The reasons given for these accusations are that many government officials, such as senators and other high ranking government officials, have previously held positions in the Monsanto Corporation and are voting to support their previous employer at the expense of the public welfare and full disclosure. There are a few state legislatures, such as Vermont and Connecticut, that are beginning to push for legislation for GMO labeling of food products, but no states have actually required it yet.

Today, the majority of corn, soybean, and cotton crops grown in the US have been genetically modified to some extent. The top ten crops that are or are about to be genetically modified are: sugar beets, potatoes, corn, tomatoes, squash, golden rice, soybean, oils, animal feed, and salmon.

Among all the risks of GMO’s that are cited by health enthusiasts, here are four major ones that are delineated by Shelley Stonebrook in her article 4 Potential Health Risks of Eating GMO Foods:

1. Allergies

Perhaps the number one health concern over GM technology is its capacity to create new allergens in our food supply. Allergic reactions typically are brought on by proteins. Nearly every transfer of genetic material from one host into a new one results in the creation of novel proteins. Genetic engineering can increase the levels of a naturally occurring allergen already present in a food or insert allergenic properties into a food that did not previously contain them. It can also result in brand new allergens we’ve never before known.

2. Antibiotic Resistance

Genetic engineers rely heavily on antibiotics to guide experiments. It works like this: Not all host cells will take up foreign genes, so engineers attach a trait for a particular type of antibiotic resistance to the gene they introduce into host cells. After they’ve introduced the gene into the cells, they douse all the cells with the antibiotic to see which ones survive. The surviving cells are antibiotic-resistant, and therefore engineers know they have taken up the foreign gene. Overuse of antibiotics can potentially cause the development of antibiotic-resistant pathogens. Several health organizations, including the World Health Organization and the American Medical Association, have spoken out about the need for the use of these antibiotics to be phased out of the process of making GM foods. Food Patriot Sam Spitz’ harrowing story provides a scary, precautionary warning of how antibiotic-resistant “superbugs” can affect your health. Read about Sam’s story here: <http://www.motherearthnews.com/real-food/antibiotic-resistant-superbugs-zb01302zrob.aspx>.

3. Pesticide Exposure

The majority of GM crops in cultivation are engineered to contain a gene for pesticide resistance. Most are “Roundup Ready,” meaning they can be sprayed with Monsanto’s glyphosate herbicide Roundup without being harmed. The idea is that if the crop itself is immune to Roundup, you can spray it to kill any weeds endangering the plant without worrying about harming your crop. Sound like a good thing? Only if increased human exposure to pesticides is a good thing. Glyphosate has been linked to numerous health problems in animal studies, among them birth defects, reproductive damage, cancer, and endocrine disruption.

4. Unpredictability and the Unknown

Foreign genetic material in a host can cause other genetic material in that host to behave erratically. Genes can be suppressed or overexpressed, causing a wide variety of results. One consequence of overexpression, for example, can be cancer. Nutritional problems can also result from the transfer. In one example, cows that ate Roundup Ready soybeans produced milk with more fat in it. In another example, milk from cows injected with a genetically engineered growth hormone was found by a number of researchers, including those published in the journal Lancet, to have substantially higher levels of a compound known as insulin-like growth factor-1, which is linked to human breast, colon, and prostate cancers. The milk also has higher levels of bovine growth hormones in it, along with pus and sometimes antibiotics. GM crops have been linked to health problems as diverse as reproductive damage, cancer, Alzheimer’s disease, and diabetes. Concerned scientists have been outspoken about these risks.

She further states, “DNA is complex, and we have yet to understand all the potential complex interactions. The potential hazards are difficult to predict and identify immediately. Additionally, the United States regulatory system is set up to deal with problems occurring with GM foods only after they occur. But what if, instead, we invoked the precautionary principle, an international agreement that calls for intelligent caution when it comes to new science and technologies? Thankfully, you can protect yourself and your family by taking action against GMO foods. Choose organic foods wherever possible, support farms that refuse to grow GMO foods, and pressure your lawmakers to force agriculture companies to label GMOs. The right to know is one we must be outspoken to protect.”

The Senate just recently overwhelmingly rejected a bill that would allow states to require the labeling of genetically modified foods. Seventy-one of our US senators are being accused of being “sell-outs” to Monsanto, because they recently voted down a bill that supported states right to mandate GMO labeling. Unfortunately, I have to report that both of our state senators here in Georgia were among those seventy-one. Both Senator Chambliss and Senator Isakson, our two senators, voted down this bill. If you would like our senators to support our rights to know if the food we are consuming is genetically modified or not, please inform them, so they can support the desires of their constituents.

References

<http://www.forbes.com>
<http://www.salon.com>
<http://dsc.discovery.com>
<http://www.care2.com>
<http://www.naturalnews.com>

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

Lifestyle Dieting

By Linda Townsend

Two thoughts come to mind when someone says he is on a diet to lose weight: (1) Someone is selling a new book and/or prepackaged foods and/or meal replacements and (2) The person trying it has a challenge in disciplining himself in his eating habits. With all the trying, testing, and observing the results of numerous diet fads (and slight variations of them with a unique name and claiming to be better) for the last few decades, I have learned one simple truth: fundamentally, what makes any diet successful is that it results in people having a lasting perspective change about foods resulting in holistically healthier lifestyles.

The fact is that *any* diet will cause weight loss as long as a person ingests less calories than he burns each day, even without adding exercise. Unfortunately to many, it does not even really matter if the chosen diet is a healthy approach. One postal worker dropped 20 pounds within two months and kept them off for several years simply by changing his soda to the sugar-free version with no calories; otherwise he made no other changes at all and still drank four to eight cans of soda every day. If the only goal was to lose and maintain weight, the New Postal Worker's Diet could have been the latest weight loss craze, at least for those who drink a lot of soda.

Now, diet hype is not a necessarily a bad thing. It is very motivating! Diet plans giving clear guidelines are helpful, particularly for people with less restraint at the dining table. If nothing else, diet plans make a person focus on the foods being ingested. A shift in meal planning brings attention to what kinds of food were habitually consumed and how much. Once the person commits to eating differently and loses the first five pounds, he is encouraged to continue; at least until the weight drop slows to a crawl or stops altogether. This usually happens because the dieter does not realize that his caloric intake needs to be lowered further or burned off faster. That is when the latest and greatest diet book is usually tossed on the stack of the discarded "didn't really work for me."

It is no wonder why many people just focus on the weight loss aspects of dieting without much thought to the health benefits in choosing the best diet for themselves. Some diets are quite detailed about what foods to eat and others broadly wipe out entire food groups. One diet restricts fats and another restricts carbohydrates and encourages beneficial fats. Some say little fruit and another has fruit as its mainstay. For every diet program, it seems there is a contradicting philosophy. It all gets to be so confusing about which one is actually effective and improves health at the same time.

I met someone who just began a diet eliminating refined sugar, breads, and dairy, plus restricts fats. This is a major commitment for the woman as she stated she loves cheese and sweet baked items, like cakes, cookies, and brownies. Meats, vegetables, and fruits are the mainstays for her chosen diet plan. The very first two weeks she and her husband lost a significant amount of weight. I encouraged her, because I also believed that the diet process is causing her to have a different perspective on her previous eating habits and it is working toward her goal of losing weight. However,

I am more interested in what will happen when the diet ends.

The woman indicated that the diet is too extreme to be a lifestyle she would want to continue, so she will again have to make another adjustment in her eating habits when she ends the diet. The real success or failure of a diet is at this point; more often than not it is the latter. If this woman is planning to resume eating some of the foods she restricted during the diet, it is very likely she will be increasing her caloric intake resulting in weight gain. However, if the diet results in better health, she might be one of the few that can adjust her eating habits in a long term resolution to keep her weight in the healthy range she desires.

Some of you reading this article might be thinking that you are eating organic and highly nutritious foods, but still have some extra weight you just cannot seem to lose. Losing a few pounds probably only requires you to lower the amount of calories you consume or increase the amount of calories you are using. This is what really works. No hype, just common sense. You can reduce calories a number of ways: cutting the size of meal portions, fasting one meal a day, fasting a day (or two) each week, or shifting to a lower calorie diet that you can live with the rest of your life. If you have not been exercising regularly, just adding 20 minutes of exercise to your routine can increase your metabolism and burn extra calories.

From my own observations and personal experiences, I believe the diet one chooses for weight loss should be the same as one will adopt as a healthy lifestyle after the weight loss. For emphasis I will write that again: adapting your lifestyle and eating habits so that you are living as you would like after a diet without "doing a diet" is probably the most effective way to lose weight, keep it off, and be healthier. Don't choose a diet for weight loss, choose a healthier lifestyle for living!

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

Café Life Hours

Monday-Saturday

11am-4pm

Sunday 11am-3pm

To place your order for pick up after café closing, call 770-977-9583 ext. 122 at least 30 minutes prior to café closing or choose from the large selection of Café Life's Grab & Go items

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 9 am-6 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:

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

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heather Wilmoth
Contributors: Betsy Bearden, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, René Oswald, Traci Sellers, Dr. Kim Strickland, Linda Townsend, Nisla Whetstone

Life Grocery Store, Inc. Mission Statement

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

Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 GMO—Do YOU Want to Know?
- 2 Lifestyle Dieting
- 3 Q & A on Mercury and Heavy Metals
- 4 Back to School Gluten Free
- 5 Naturally Balance Your Hormones
- 6 Moringa
- 6 Summer Treats
- 7 Small Farms Offer Huge Benefits
- 7 Intentions
- 8 Belly Busters!

Q & A on Mercury and Heavy Metals

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

Some of the most common topics that I get asked about are on mercury toxicity, heavy metal detoxification, and whether or not fish oils are bad for your health. Here are several of the most recent questions that fall under these themes along with my answers to them.

Q. *“What should I look for when choosing a fish oil supplement?”*

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

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

Most good companies will use a cold distillation process to take the mercury out of the fish oil. Mercury is toxic to everyone, but it’s especially bad for pregnant women and children. Mercury is cumulative, that means it can build up in your body for many years and can lead to damage to the brain and nervous system. Now, that leads to the question, “Why should I take a supplement that once had mercury in it to begin with?” Let me answer that question in a roundabout way. First, fish do not produce omega-3 fatty acids; they get them from eating smaller fish, which get them from eating smaller fish, which get them from eating algae. So, my view is to just cut out the “middle fish” and go directly to the source which is the algae, especially chlorella and spirulina. This is by far, the best and safest source of omega-3 fatty acids.

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

There are a few different forms of omega-3 fatty acids. The ALA form can be found in plants such as dark greens, flax seeds, chia seeds, walnuts, and macadamia nuts. This form needs to be converted into DHA and EPA, which the human body requires. Your body can convert about 14% of the ALA into DHA and EPA, so if you eat a very good diet with lots of plant based ALA, you should be fine. However, almost everyone does not eat the ideal diet, so it is good to supplement with an omega-3.

I personally like to supplement my diet with an algae based supplement every day. I use *Dr. Joe’s Super Greens* which is available at Life Grocery. It contains algae as well as several other nutrients. Udo’s oils, the ones that contain DHA and EPA, are also a good source. Krill oil is another good source of omega-3s, and is less likely to be contaminated than fish oil. Again, if you are going to take fish oil or krill oil, be sure it is certified mercury free. You can expect to pay about \$1 or less a day for a good quality omega 3 supplement. The cheap

ones will cost you a lot more in the long run, including the risk of mercury toxicity and rancid oil consumption, which can make you sick. My grandfather taught me a long time ago, “Always buy the best, it is always cheaper!”

Q. *“If store-bought tuna contains mercury, why doesn’t sea salt?”*

A. Most of the mercury that’s found in our oceans comes from the burning of fossil fuels. As the smoke from the burning of fossil fuels goes into the atmosphere it floats over water and settles down in the water. The smoke contains mercury. Bacteria in the water ingest the mercury and convert it into methyl mercury. Now we are at the bottom of the food chain. Bigger organisms eat the bacteria and bigger organisms eat them and the mercury becomes more and more concentrated. By the time fish eat organisms higher up on the food chain the mercury is very concentrated in these organisms. The bigger the fish, the more food they have eaten over a lifetime and thus the higher concentration of the mercury. The mercury can concentrate itself in the fat of the fish. Tuna is a rather fatty fish with higher concentrations of mercury. In sea salt there probably is a trace of mercury, however, it’s not concentrated like it is in the fish and so it is substantially less toxic.

Q. *“I have been taking fish oil (per my doctor) for a few years and have been listening to you on the dangers of mercury. You’ve gotten my attention. I hear you state over and over that spirulina and chlorella are a better choice. My doctor wants me to have the EPA level of 750 milligrams a day. I cannot find anything that will tell me the EPA level in spirulina and or chlorella. Would you give me a ball park idea of how much to take to get close to that dose?”*

A. Not only does fish oil run the risk of containing mercury, the omega-3 fatty acids found in fish are in the triglyceride form which is not the ideal for humans. A better form of omega-3 fatty acids would be phospholipid form. We can find phospholipid form of the omega-3 fatty acids in krill oil. Krill eat the chlorella and spirulina to build up their stores of omega-3s. So by eating chlorella and spirulina, which are lower on the food chain, you’re getting a much more usable form of the omega-3s than you would with fish, without the risk of mercury toxicity. What I do is take two scoops of *Dr. Joe’s Super Greens* every day which contains chlorella and spirulina and my omega-3 levels are fine. I also consume plant based omega-3 fatty acids in the form of green leafy vegetables, macadamia nuts, and, occasionally, flax and chia seeds. These contain omega-3 in the ALA form. They need to be converted into the DHA and EPA omega-3 forms which we utilize as humans. So the combination of the *Super Greens* and the plant based omega-3s are all that I need. I would suggest you try this and monitor your EPA levels. If that’s still not enough, then I can suggest more concentrated algae sources of omega-3.

Q. *“After years of suffering with chronic sinusitis and not getting results with traditional antibiotics, I tried using colloidal silver to treat my sinuses. I used it in saline sinus rinses and took it orally under the tongue and then swallowing. I would only rinse my sinuses with it when I got a sinus infection. But I ingested about two to four tablespoons a day for about four months. About eight months after starting colloidal silver, I started suffering with vertigo. I*

had experienced a head and cervical injury about two weeks before the vertigo started. After a LOT of tests, X-rays, CTs, MRIs, hearing tests, and balance tests, my doctors and physical therapists all thought the vertigo was due to either the injury to my cervical spine or a virus that had come and gone in my inner ear. They thought it would stop within months to a year. I still feel off-kilter, and I have always wondered if the colloidal silver has been the culprit. Here are my questions regarding colloidal silver:

- *Is this a safe or dangerous product?*
- *Could there be a connection between the colloidal silver and my vertigo?*
- *Could the colloidal silver be affecting my brain function and causing cloudy thinking?*
- *Is there a way to help cleanse my body of any silver that might still be lingering in my system?*

I am interested in taking some more steps toward better nutrition, and I am wondering what you most recommend for maximum brain function.

A. Silver is a metal and metals have a tendency to concentrate in the brain of some people. The back part of your brain with the cerebellum controls balance. So I am not saying it is definitely correlated to your vertigo, however, there is a chance that it is. It can also be affecting brain function and causing cloudy brain. If there is a buildup of heavy metals in the brain, there are certain things I would recommend that might help chelate the metals out of your system. I would need to take a look at your diet to see specifically what I would suggest. I would also want to test your cerebellum to see if it is involved, then show you ways we can reboot the cerebellum.

Regarding nutrition, I like to customize a nutrition plan for each one of my patients because everyone has different nutritional needs. If I had to pick one specific supplement I would say that *Dr. Joe’s Essential Source* is my number one choice, but I would also take *Dr. Joe’s Super Greens*. I take these two nutritional supplements every single day. [Both of these products are available in the Supplement Department at Life Grocery.]

If you have a specific health or pain related issue, please feel free to contact my office to set up a no charge, private consultation with me to evaluate your skeletal system to see if you have pinched nerves that might be adversely affecting your health. At that time, we can evaluate the function of the nerves that control your organs to see if they are being pinched, do a screening on your digestive system to see how it is doing, and also discuss diet. If we determine that this is something that I think we can work with, I’ll let you know. If not, perhaps I can give you some other recommendations. I prefer to get to the cause of health issues and not just treat the symptoms.

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

Back to School Gluten Free

Reprinted from the July/August 2010 issue of *The Life Line*

By Nisla Whetstone, *Gluten Free Lifestyle Coach*

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

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

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

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

Common Gluten Free School Products/Materials:

- Chalk – Crayola
- Crayons – Crayola
- Glue (liquid) – Elmer's Washable Glue, Rose Art Washable Glue
- Markers – Crayola (including Color Wonder)
- Paints (w/ brush) Palmer Paint Products; Crayola Oil Pastels, Powder Paint, and Water Soluble Oil Pastels; Prism Brand Paints
- Paints (finger paints) – Crayola
- Paints (powder) – Crayola
- Play Clay – Crayola Model Magic (*Crayola Clay contains gluten*)
- Silly Putty – Crayola

Now lets talk about the cafeteria. When my daughter was in kindergarten, I simply sent her lunch every day. By the end of the school year, though, I had an opportunity to speak with the head dietitian with Cobb County Schools and the Cafeteria Manager at her school. They were able to provide me with a list of the cafeteria menu items that were verified gluten free and were more than willing to work with me on a weekly basis to provide a safe lunch for her. We attempted this for a couple of years, but to be quite honest, the menu choices were not healthy, despite the claims that they were, and as far as gluten free went, there really weren't many available choices. If you are going to go the cafeteria route, be aware that this takes a lot of communications on your part. Cobb County School Board puts out the menus on a monthly basis and you can download and print them out, along with the list of gluten free menu items. It is then your job to communicate your child's lunch selection every week to the cafeteria staff. Now, in order to get this kind of support from the school system, I did have to provide a doctor's note stating that my daughter is on a gluten free diet for medical reasons. If you don't wish to do that, or don't feel comfortable with the cafeteria food, simply pack your child's lunch every day.

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

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

Here are a couple of simple recipes for the lunch box:

Bagelwich

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

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

Fruit Salad

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

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

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

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

Nisla Whetstone was a licensed massage therapist for over sixteen years, she is now a full time mom, independent marketing consultant, and a gluten free lifestyle coach in private practice.

**Check Out
Our
Life
Savers
Members
Only
Specials!**

Naturally Balance Your Hormones

By Brenda Cobb

Adjusting to the natural changes that come as our bodies move away from our reproductive years requires some lifestyle adjustments. The biological changes are normal as our bodies begin to reduce the amount of progesterone they produce several years before the estrogen begins to decrease. In the normal course of things, this gradual reduction over time might be easily absorbed by our bodies, with virtually no side effects. In some cultures, where menopause is celebrated and in which "civilization," with its fast food and modern "conveniences" are minimal, few women experience the kind of hot flashes and debilitating mood swings that are often reported in more developed countries. There is a link between what a woman eats and menopause symptoms. You are what you eat!

Those of us who have long sought alternative therapies to the usual cut and drug solutions of the medical profession are not surprised at these results. "Magic pills" are rarely good solutions for the body, because they fail to recognize that the body is a complicated, interactive system. When you change one thing, it has far-reaching consequences, not all of which are immediately apparent. That is why there are so many warnings on drug labels. A drug to "fix" one thing can create a host of other complications. Some of the complications can be more dangerous than the original reason that we thought we should take a drug. That is why I have consistently emphasized the importance of making lifestyle changes, not simply seeking a "magic pill" solution.

Natural menopause changes open new possibilities. As our lives are less concerned with conceiving and rearing children, we can turn our creative energies in new and exciting directions. This can be the time to begin a new career or rediscover the dreams and talents

we started to develop in our youth. As the reproductive door closes, the personally productive door opens.

This does not mean turning away from sexual pleasure at all. In fact, with the concern of conceiving children reduced or eliminated a woman can experience increased delight and a new found freedom.

If you are experiencing your own "personal summers" (hot flashes), experiencing drastic, unpredictable mood swings, and generally feeling miserable, then these exciting new possibilities may seem very far away and unattainable. They are however very possible if you are willing to support your body by giving it the nutrition and exercise it craves. I have personally found that the Living Foods Lifestyle® eliminates hot flashes, moodiness, depression, and other problematic symptoms. It gets rid of extra weight too. How does this work?

First, detoxify your body of accumulated wastes with colonics, enemas, and wheatgrass. Drink filtered, alkaline water and eat organic raw and living foods. Don't eat meat or dairy, thus avoiding synthetic hormones fed to animals. Your body needs live enzymes so that the hormones you are still producing can function at optimal capacity. Eat raw food. Heating food to over 105 degrees destroys all enzymes and lots of the nutrition.

Exercise. There are many exercises that can benefit the body from walking and swimming to bicycling or yoga. Meditate. All too often, our lives have been filled with taking care of everyone else, and we've lost track of ourselves. Meditation and journaling can be a great way to "come back" to you.

The essential oils *Freedom, Well-Being, and Sweet Dreams* help tremendously to eliminate hot flashes, moodiness, insomnia, and sleep problems. The herb

blend Female Health Assist will do four most important things for the body, balance the hormones, boost the immune system, cleanse the blood and lymphatic system, and bring added energy to the cells so they may rebuild and create more optimum health.

Drink hormone system balancing Kale-Cucumber-Celery-Parsley Juice taken from *The Living Foods Lifestyle®* book. This refreshing juice contains chlorophyll, vitamins, and minerals, and it cleanses and helps rebuild the body at a cellular level. It's full of calcium and good for the endocrine system—tissues, muscles, and bones.

Kale-Cucumber-Celery-Parsley Juice

1 bunch kale
1 to 2 cucumbers
1 to 2 stalks of celery
1 bunch parsley

- Juice ingredients and drink.
- To sweeten add a little peeled apple. Be careful when adding apple, as sugar in fruit and from other food forms can trigger hot flashes.

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies.* For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.



Fall Life Fest & Member Appreciation Day

Saturday, 9/21/13
12:00-4:00 pm

members receive

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

Café Life Hours

Monday-Saturday
11am-4pm

Sunday
11am-3pm

To place your order for pick up after café closing, call 770-977-9583 ext. 122 at least 30 minutes prior to café closing or choose from the large selection of Café Life's Grab & Go items

Moringa

By René Oswald

Many people believe moringa is the answer to world hunger; some call it the Miracle Tree. The moringa tree is also called the drumstick tree, horseradish tree, or ben oil tree. It grows mainly in tropical and subtropical areas and originated at the base of the Himalayan Mountains.

We have one in our backyard and we harvest leaves from it daily. All parts of the tree are edible and it's easy to grow in the right climate. Moringa can be enjoyed by everyone since it is now available commercially in a dry, powdered form.

Moringa:

- Strengthens the immune system
- Is good for your eyes and brain
- Promotes proper function of and purifies the liver and kidneys
- Is good for your skin and hair
- Gives you sustained energy without increasing blood sugar
- Is good for digestion
- Contains 36 elements that are anti-inflammatory in the body, reducing arthritis pain and the risk of heart disease
- Helps to stabilize blood sugar levels in the body
- Lowers blood pressure in people that have hypertension
- Promotes good sleep
- Balances the hormonal system
- Is a great protein source, since it contains all 8 of the essential amino acids
- Contains over 90 different nutrients and forty-six antioxidants
- Contains more potassium than bananas
- Contains more vitamin A than carrots
- Contains more protein and calcium than milk
- Contains more iron than spinach
- Is one of the highest sources of chlorophyll of any plant
- Slows the aging process because it contains the compound zeatin, (containing several thousand times more zeatin than any other plant)
- Minimizes the effects of asthma
- Has no known adverse effects
- Neutralizes and flushes toxins and heavy metals from the body
- Helps to alkalize the body

- Works well as a water purifier in the form of moringa seed powder
- Many people have said it has healed their stomach ulcers and tumors

The only precaution about consuming it is to start with a small amount and gradually add more as your body gets used to the extra chlorophyll. Even infants and pregnant and nursing women can consume it and are encouraged to do so since it is such a powerhouse of nutrients. If you take more than your body wants you may have a detox reaction, such as nausea, diarrhea, headache, or flu-like symptoms. If this happens, decrease the amount of moringa you are taking and gradually increase it back into your diet. The cleansing is a good thing. You just don't want it to happen too fast. After your body has adjusted you can consume up to one tablespoon a day if you like.

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>.

Summer Treats

By Kim Strickland, ND

Reprinted from July/August 2010 issue of *The Life Line*

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

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

Fruit Veggie Smoothie

2-3 bananas, frozen with peels off
1 handful of spinach
1 leaf of kale
2 baby carrots
1 small clove of garlic
½ c blueberries, frozen

½ c strawberries, frozen
honey, optional

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

Carrot Apple Slaw

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

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

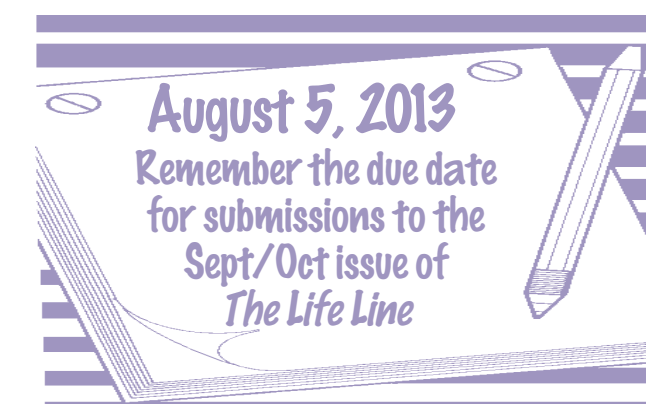
Turkey Apple Cheeseburger

1 lb ground turkey
1 apple, grated
¼ c onions, chopped
1 T fresh oregano
1 T oil

1 t celery salt
½ t sage
¼ t sea salt
¼ t black pepper
cheese, sliced

- Sauté apple, onion, and oregano in oil.
- Mix in a bowl with ground turkey and seasonings.
- Form into burgers and grill.
- Add cheese after burger is cooked.
- Serve on whole grain buns, such as Ezekiel, with condiments of your choice.

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.



Small Farms Offer Huge Benefits

By Betsy Bearden

Wouldn't it be nice if we could depend on ourselves to grow our own food so we would know how it was grown? It would also be nice to be able to go to a local farm and purchase fresh, organic vegetables from them. When I was a young girl, we would travel from Atlanta to Savannah each year for summer vacation. I remember the many farms we saw on the way. What made me think of this was a recent trip we took to Charleston, SC. After we reached Charleston, I remember thinking, "Where were all the farms?" And then I remembered: most of them have been shut down. *Shut down.* Who shuts down a farm? Well, I think we all know the answer to that question.

With all the government rules and regulations out there today, it is a wonder we are even allowed to have vegetable gardens or to grow herbs in the privacy of our own backyards anymore without a permit or a license. I sometimes wonder when there will be a knock at my door with a SWAT team standing there, ready to hold us at gunpoint because we are growing organic vegetables in our own back yard and sharing them with family and friends. Think I am being paranoid? If you are reading this, then I know I am "preaching to the choir," but there are a lot of people who don't realize the seriousness of what I just said. The reality of something like this happening to us can and does exist.

I will use the documentary *Farmageddon* as an example. If you have not yet seen this documentary, I highly recommend you do. Although its main focus is on the production and distribution of raw milk and dairy in an effort to cut down on certain allergies that can affect our immune system, it also focuses on growing, raising, and selling organic vegetables, fruits, and yes, animals, treating them in a humane way, and the importance of feeding them a healthy diet.

The point of the documentary is that the state and federal government are going into farmers' homes, where the farmers were doing absolutely nothing wrong. The state and federal officials held them and their families at gunpoint. They confiscated their livestock, dairy, and all of their expensive equipment, just because

they were consuming and (some) were selling unpasteurized milk and dairy products. They were held at gunpoint for milking cows, sheep, or goats and for drinking and selling raw milk. What is wrong with this picture? It's not like these people were standing in the shadows and trying to sell contraband to the public, but according to our federal government, that is exactly how they were treated.

Although it is not illegal for some states to produce, consume, and sell unpasteurized milk for human consumption, shouldn't this be left up to the individual whether they want to drink it or not without being told by the government that they can't? There should be an alternative for those who don't want to drink milk that is loaded with hormones and antibiotics. Why is the government against wholesome healthy natural milk, and in favor of pasteurized milk that is not natural and is unhealthy?

The farmers were told that these products may possibly pose a direct threat in human consumption due to the possibility of contamination, and that it was up to the government to ensure the public's safety. Why, then, can the FDA and the USDA knowingly approve foods that are known to be pesticide laden and contaminated with certain pathogens and allow them to be sold to the public?

When is the last time you heard of anyone in this country that got sick or died from consuming unpasteurized milk, cheese, or dairy products? When is the last time you heard of anyone in this country that got sick or died from consuming federally approved food in the local market? But, I digress.

I am not writing about this to promote the sale of or the use of unpasteurized items in the market place. I don't even know of anyone producing or selling these products. It is illegal in the state of Georgia to sell these products for human consumption, but it is not illegal to sell them for animal consumption. Yes, you read that right.

The saddest part of this all is that even the local markets, CSA members, and co-ops that purchased

only fruits, vegetables, and meat from those farms were held at gun point, raided, had all of their goods confiscated, were heavily fined, or shut down—for no reason. Why is that? If the farmers say they are not selling raw, unpasteurized dairy products on their farm, but only selling vegetables, fruits and meat, then why are they being shut down, and why is everyone associated with them being harassed? Money, power, and control!

Regulations serve industrial corporations; not the small farmers or the public.

We should all be encouraged to grow our own vegetables if we can. We should support the small farmers who have to go through mountains of paperwork and pay untold amounts of money for licensing and permits just to have an organic farm. They do this not only for themselves, but for those of us who want to eat healthy organic and non-GMO foods that we can afford. We should support our local farmer's markets and individual small city markets in our communities.

We should support our local co-ops like Life Grocery that supports small, sustainable farms and offers us fresh, organic and non-GMO foods. Unless you are buying organic and non-GMO, then most all of the food you consume is full of pesticides, hormones, and antibiotics. Life Grocery is a healthy alternative and has been serving the community for almost four decades. It deserves our support because they have been keeping us healthy for a long time with nutritional foods, supplements, personal care products, and with Café Life. At Café Life, the food is always fresh, always nutritious, and always good.

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. She offers professional website writing services to businesses and individuals, and you can reach her at betsybearden@bellsouth.net or visit her company's website at www.creativewrites.net.

Intentions

By Kim Strickland, ND

We probably all have great intentions to eat healthier, exercise, lose weight, create healthier relationships, write a book, work more, work less, play more, etc. If these intentions are not backed up by action then no amount of thinking about them or reading about them will really make a difference. The best laid intentions and plans are useless if they remain in your head. Most people who do not follow through with their intentions are waiting for the mood to hit them. "You accomplish nothing if you do that. Your mind must know it has got to get down to work," said Pearl S. Buck

Yesterday I met a woman who unexpectedly almost died at age 25. This was a catalyst for her permanently shedding 140 pounds! What an inspiration. And wouldn't it be wonderful if we didn't need to wait until some life threatening experience woke us up, like cancer or a heart attack? What if you just decided today that you'd like to have a more meaningful life full of love, joy, purpose, fun, and laughter not because you are on the brink of death, but because it is your birthright!

I'd like to encourage and inspire you to consider that you are standing on the brink of life, a life that is far more incredible than you can currently conceive. Health, beauty, love, supportive relationships, ideal weight, laughter, abundant prosperity, travel, hobbies all exist in this life. You can look down below at it and imagine that you have a 100% guaranteed parachute that will gently drift you to this life. All you have to do is take the first step off the edge of your current map of life. Carl Sandburg said, "Time is the coin of your life. It is the only coin you have and only you can determine how it will be spent. Be careful lest you let other people spend it for you." How will you spend your coin today?

Will Smith, the actor, says, "We are who we choose to be." Who are you choosing to be today? It can be completely different from who you chose to be yesterday. Our future is not determined by our past, unless we continue to live all of our todays as we did yesterday. Even if you are not sure what direction you want to head in just do something, anything differently today. Drive home a new way, eat something different for breakfast,

read a new book, don't get online, go for a walk, eat a new vegetable, go thru Life Grocery backwards from your normal routine. The point is that what you do doesn't matter so much as setting the intention that you are willing to do things, see things in a new way. The mind is an amazing tool, but it becomes dull when used in the same way repeatedly. Shake things up a bit!

If you are shopping at Life Grocery regularly then I know that health is a priority for you. So intend to do something special for your body today. Take a walk, prepare a delicious meal, invite a friend to share it, have lunch a Life Café, get rid of the toxic chemicals in your house and replace them with healthy cleaners. Here's to your health and doing something about it!

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.

Belly Busters!

By Traci Sellers

"I eat healthy, so why does my belly still poof out?"

What many healthy eaters don't realize is how much the world we live in has changed, and how it is affecting our health and our waistlines.

Living in a busy metropolis today has the ability to inundate our bodies with toxicity from every front. We are exposed to chemicals in the water we bathe in, the grass we walk on, and even the air we breathe. These chemical compounds are adding a tremendous burden to our bodies, slowing the natural healing process that needs to take place each night as we rest.

It used to be that a person could eat a fairly healthy meal, go to bed and they could cope with digesting, recuperating, and healing the body. But now our systems are taxed with all of this extra debris in our environment, and the body spends all of its healing time just filtering the debris out. As a result, many body systems start to get run down, to deteriorate and manifest health issues, even though our diets are good.

Although we can develop issues in any organ or system that goes unmaintained, the most common system to suffer is the stomach and digestion. Digestion requires more bodily energy than any other body function. With the combination of how taxed our systems are and the lack of energy to divert to digestion and maintenance, our digestive systems are a wreck!

After our evening meal, the body has had all it can deal with, and under the tremendous workload of filtering *and* digestion, the system just crashes. Instead of digesting, it just becomes irritable and inflamed.

What does digestive inflammation look like? A poufy bloated belly.

And no healing can take place anywhere in the body because of the workload.

So how do we remove the burden that our body is under? Lobby for cleaner air, water, and grass? How about taking charge of something in your complete control instead like what you eat?

There is a way of eating that is calculated to control inflammation in your body, allowing the burden on the digestion to be lifted, thus diverting all that precious energy to healing your systems. While you sleep, your body can heal and your belly doesn't bloat!

Dr. Kal Sellers DC, MH started prescribing this inflammation control diet to patients in his practice who were having trouble healing naturally. After eating this way for just a short time, their inflammation decreased significantly and healing progressed. After eating this way for just one day, many experience a decrease in their waistline, and their pants fit better the next day!

Dr. Kal's Low Inflammation Diet

Upon Arising:

Drink 12-16 ounces of purified or distilled water. You may add lemon or other recommended supplements for your condition to this drink.

Breakfast:

This is an optional meal. If you are not hungry, do not eat. The body is in an elimination cycle in the morning and would prefer to not have its energy diverted by digestion. If you feel you must have something, eat fresh ripe seasonal fruit or an all fruit smoothie or green smoothie. Enzyme rich raw fruit is the only food that will not divert your energy because it digests itself.

Lunch:

This is the largest and most complex meal of the day. The reason for this is because at this time your body has the most resources to give over for digestion. This is the only time of day to consume your grains, beans, and other concentrated proteins. Pick one of those concentrated foods and consume it with plenty of raw and cooked vegetables. The proper proportion is 30% concentrated food to 70% vegetation.

Dinner:

Getting this meal right is the key to making the Low Inflammation Diet work and be worth your time and effort. The rule for this meal is: Simple, Light and Early. Simple means that there should be no more than four foods combined. Light means that three should be raw vegetables, and one should be a cooked simple starchy food (such as a sweet potato, quinoa, or squash.) Early means before 6 pm. If you cannot eat before 6 pm, either make your meal simpler (only 1 or 2 raw vegetables) or eat a fruit meal.

Following these guidelines can lead to a slimmer, healthier you! For recipe ideas or help tailoring this plan and supplements to your specific needs, email Dr. Kal Sellers at kal.sellers@gmail.com.

Traci and Dr. Kal Sellers have been helping people heal naturally with diet and herbs for more than a decade. They teach healthful diet principles and natural healing through their books and websites, and at their annual health retreats in the high mountains of Star Valley, Wyoming. For further information, visit www.StarValleyHerbalCollege.com and www.TracisTransformationalKitchen.com.



**Fall Life Fest
and Member
Appreciation Day
Saturday, 9/21/13
12:00-4:00 pm**

**Members
Receive
10% off
all in-stock
purchases
9am-8pm**

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

July/Aug 2013

Two Months of Super Savings

Life Savings



- **Wild Rose Cleanse Kit**
kit \$24.99
- **Raw Fit Weight Loss Powder**
16 oz \$31.99



- **Organic Whey Protein Natural**
1 lb \$21.99
- **Organic Whey Protein Vanilla**
1 lb \$21.99



- **Whey All Flavors**
12 oz . . . \$18.99
- **Whey All Flavors**
2 lbs . . . \$34.99



All Garlic Formulas **20% off**

Aged garlic extract helps support cardiovascular health



Flaxseed Meal Gluten Free

16 oz

\$2.99



Runa Tea

- Sugar Free Tea
- Guava Gayusa Unsweetened
- Lime Gayusa Unsweetened

14 oz

\$1.49



Gluten Free, Dairy Free, Raw Cheesecake Slices

- Carob Mousse
- Strawberry
- Blueberry
- Cherry

4 oz

\$4.99



Pure Coconut Water

1 lit

\$2.99



Two Degree Bar

- Chocolate Peanut
- Apple Pecan
- Cherry Almond

1.6 oz

20%



NEW Free and Clear

- Dish Soap
- Laundry Soap
- Dish Packets

15% off



**All Products
15% off**



Organic Energy

8.4 oz

Buy 1 Get 1

New Grocery Products

- Talent Gelato Pops
- Cibo Pesto
- Follow Vegan Cheese Shreds
- Hail Mary Strawberry Macarons
- Silk Soy Yogurts
- Wildwood Tofu Meatless Meatballs
- Wildwood Tofu Veggie Burgers
- Back to Nature Sea Salt and Pepper Crackers
- Pacific Hemp Milk
- PopIndiana Fit Popcorn GMO free
- Van's Gluten Free Cereals
- Van's Gluten Free Crackers
- Zevia Bottled No Calorie Sodas
- Feel Good Egg Rolls
- Daiya Vegan Cream Cheese
- Honest Fizz Zero Calorie Soda (6-pack)
- Herrel Hot Fudge
- Glutino Gluten Free Toaster Pastry
- Blue Diamond Almond Breeze (11 oz)
- Native Okra
- Rumian Organic Cheese
- Field Day Chili and Field Day Pasta
- Meyers Cleaning Products
- Evol Organic Burritos
- Beanito White Bean Chips



Collagen Booster

60 vcaps. \$27.99

Keratin Booster

60 vcaps. \$29.99

All Resveratrol Products

..... 25% off



Vitamins that make sense

• **Daily Extra**

60 tabs \$17.99

• **Stressed Out**

90 tabs \$19.99

• **Blast B12**

60 tabs \$18.99



• **Maca Harmony**

120 vcaps. \$27.99

• **Maca Life**

120 vcaps \$27.99

• **Maca Pause**

120 vcaps \$27.99

• **Revolution**

120 vcaps \$29.99



• **Shilajit Fulvic Acid**

60 vcaps \$17.99

• **B-Right**

100 vcaps \$12.99

• **MSM Sulfur Powder**

7 oz \$10.99



• **Maximum Vibrance**

25 oz \$55.99

• **Pure Green Protein
All Flavors**

16 oz \$29.99



**All
Products**

20% off



**Coconut Probiotic
All Flavors**

15 oz

\$12.99



• **Lysine Extra**

60 vcaps \$14.99

• **Butterbur Extra**

120 vcaps \$25.99



**All Multi-
Vitamins**

20% off



• **Blood Builder**

90 tabs \$25.99

• **Adrenal Strength**

60 tabs \$41.99

• **Skin, Hair and Nails**

90 tabs \$31.99



**All
Swirl
Products**

20% off



**All Pines
Products**

20% off



**All
Products**

20% off



**All
B-Vitamins**

20% off



**All Multi-
Vitamins**

25% off

Altered States

By Betsy Bearden

I have mentioned my family members and friends many times in *The Life Line* over the years, and how they have playfully taunted me and my husband, Steven, about not eating meat. It has always been with good-natured humor and definitely nothing to take offense over, and I'm being honest. In fact, neither of us is ever offended when someone gives us a "hard time" about not eating meat and we have never given them a hard time because they do. But you know what? Something interesting has begun happening.

I have started seeing a shift in the carnivorous paradigm over the past few years. Yes, an alignment seems to be taking place and we are moving toward that vortex of vegetarianism, slowly, but surely. It's no longer, "Why are you a vegetarian." Instead, I am hearing more and more, "A vegetarian? Oh, I am too!" Have people wised up? Are they trying to eat healthier foods? Or could this new gravitation toward the mighty vegetable as a main source of sustenance be due to the fact that more people are becoming aware of the altered states or our food sources?

AquaBounty's threat of the "Frankenfish" transgenic food animal (TFA) is looming just over the horizon, literally, and is slated to hit the market December of this year. If good ole Frank makes it to our restaurants, stores, and tables, what's next? Are we paving the way for mad scientists to genetically alter cows, pigs, and poultry by splicing them with who only knows what? Most of these animals are already subjected to hormones and antibiotics and filthy living and processing conditions. If someone can splice a salmon with an Ocean Pout (eel-like fish, but you might as well just go ahead and call it a snake fish), then what on earth will the rest of the food chain be altered into? And when good ole Frank does make it to our stores, will the product be properly labeled that it's a mutant salmon ocean pout gene spliced TFA? I highly doubt it.

Salmon is so overfished that it's now being spliced with the Ocean Pout species that will give it an accelerated growth rate in order to keep the human population fed. What will we splice the cow with, what will it look like? How about the pigs or the chickens? Will they be processed the same as the new "salmon" where they are factory created and will actually never even see the ocean, yet be raised in tanks? If the mutation were allowed to live in the ocean, it would reproduce and the salmon population as we now know it would be lost forever. This is not science fiction—it's real. If you don't know how this "food source" is created, please go to Life Grocery's *The Life Line* Newsletter archives (under "Store Flyers" at lifegrocery.com), and look up my past articles: "Any Way you Splice It" from March/April 2013 and "What's for Dinner" from May/June 2013. Hopefully, those articles will give you some pretty good insight on all of this.

If I were a meat eating, chicken eating, pork eating, fish eating person, the prospect of eating these things

would indeed be pretty scary to me these days. No wonder more people are turning away from these products and turning to the vegetable kingdom. But wait. Is that really a good alternative? Monsanto's pesticide-ready infused and genetically altered vegetables are making the animals that eat them sick. What do you think these vegetables will do to us? These genetically modified seeds Monsanto is creating have not even been tested to see if they are fit for human consumption once they grow into vegetables, yet they have been on the market for years. If the animals that eat GMO foods are getting sick, I think it's a sure bet we will, too. Look around at drug store parking lots, the doctors' parking lots, hospitals' parking lots. They are always full and there is a good reason for this.

Farmers that grow crops from seeds purchased from Monsanto are not even allowed to let their own crops go to seed so they can reuse them. They must be plowed under, and new seeds must be purchased. Neighboring farms whose crops are being cross-pollinated by the Monsanto crops are accidentally modified, and Monsanto has been suing these farmers for raising crops that are cross-pollinated by natural processes such as rain water run-off, wind, birds, and bees. We grow food here in America and the industrial farmers, as well as private small farms at growing rates, are all told what they can and can't grow and what they are "allowed" to keep or sell.

We can't eat what they grow because most of it gets shipped overseas. Overseas countries grow food. They can't eat most of it because it gets shipped to America. When did this start happening and why? Why can't I go the market and buy food grown here in the U.S.? Do I have to go overseas?

We know the conditions and unsustainable practices of some of these other countries from which food is exported to us. We read about it and see it on the news that reports to us how polluted these countries are and they have no solid health regulations in place to safeguard the health of the public. No wonder we have more and more food recalls all the time. Is food grown in foreign countries grown from genetically altered seed or mutated animals and fish such as ours? It looks to me like the USDA and FDA, and even the EPA are throwing us all under the bus, as far as fair treatment and proper nutrition, by not telling us what's in our food.

Now that we know so much of our food is tainted and it's getting worse, what are we supposed to do? What's safe? What can and should we eat? Organic, non-GMO foods . . . but can everyone afford only organic and non-GMO? No, and our governments know this. I don't have millions of dollars to lobby against this at the local Capitol, do you? I don't have dinner on a regular basis with a member of Congress, do you? It's disheartening, to say the very least. So what can we do? I struggle with this all the time and I have been a vegetarian longer than some of you reading this have been on this planet.

All we can do is to write, e-mail, call, or protest against all of this. At least there is hope, but it will take the voices of many to achieve this fight for the right to consume healthy food. Food is meant to nourish us; not make us sick. At the moment, our voices have been heard and as far as we know, we won't be forced to purchase the TFA at some of our major supermarket chains out there, and especially not at Life Grocery who would never sell something such as this to their patrons. Life Grocery sells real food to real people who believe in them and their cause. We have to support Life Grocery and the small farmers, and the continued use of non-GMO and organic products because if we don't, it will all go away. That is the scariest thing of all.

Go to health, FDA, USDA, and EPA websites!

The opinions of the author are independent and spoken solely from the author's point of view.

References:

http://www.sourcewatch.org/index.php?title=Goliath_and_David:_Monsanto%27s_Legal_Battles_against_Farmers

<http://www.aquabounty.com/>

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. She offers professional website writing services to businesses and individuals, and you can reach her at betsybearden@bellsouth.net or visit her company's website at www.creativewrites.net.



**Fall Life Fest
Member &
Appreciation
Day**

Saturday, 9/21/13

**12:00-4:00 pm
members receive**

10% off

**all in-stock purchases
9 am-8 pm**

A Diet to Grow On

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

As plant-based diets become more popular, the public is rapidly becoming aware of the dangers of eating animal products such as meat, dairy, eggs, and their by-products. There are plenty of terrifying tales about what goes into the raising and processing of livestock and poultry. I will not ruin your appetite now, since that would sort of defeat my purpose here, but suffice it to say that steroids, chemicals, hormones, antibiotics, and tranquilizers commonly used in raising beef and poultry, have found their way onto dinner plates across the country. Many people consider the way animals are raised and slaughtered inhumane. It is not so important as to why you stop eating flesh, it is important that you do.

The emergence and growth of products such as free range chicken and chemical-free beef reflects both Americans' growing awareness of these new dangers, as well as a demand for healthy substitutes. However, even those "healthy" substitutes do not digest well and can cause a number of serious and deadly health problems.

People everywhere are choosing to fill their dinner plates with vegetarian foods instead of the traditional elements of the food chain. Some health practitioners still feel that this healthy lifestyle is unsafe or unwise for children. Yet, it would seem logical that children, whose immune systems are generally not as strong as adults, would benefit from a non-animal product containing diet.

According to the American Dietetic Association, "Infants, children, and adolescents who consume well balanced vegetarian diets can generally meet all their nutritional requirements for growth." The ADA endorses a vegetarian diet, concluding that the nutrients found in animal products can also be found in a plant based diet. Imagine that.

And to stay on my soapbox for a little bit longer, when it comes to nutrition in this country, we seem to have lost our common sense and our better judgment. In fact, all we've gained are unhealthy eating habits and a lot of weight! For over two decades I have been teaching the same lesson in every seminar taught all over the world. Good nutrition is simple . . . stay away from the "7 Deadly Sins of Nutrition," those being alcohol, meat, sugar, dairy, coffee, soda, and artificial sweetener. Make your diet consist of fruits, vegetables, some whole grains, nuts, and seeds. (Note: There are over 120,000 fruits, vegetables, whole grains, nuts, and seeds to choose from, so you cannot eat all of them in a lifetime, even if you tried!)

Also be sure you have proper structure. What I mean by that is that your spine must be in proper alignment. If you have symptoms, such as pain, your body is telling you that something is wrong and you need to get it fixed. Do not just cover up the problem with medications that might have dangerous side effects. See a qualified holistic health care provider who knows how to treat the cause, not cover up the symptoms, and get yourself back on the road to good health!

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

Just Label It: Co-ops Support Consumers' Right to Know

Food labels alert us to potential allergens, help us do the math on our sodium intake, and even reassure us that our morning glass of O.J. is "not from concentrate." Now, surveys show that over 90 percent of Americans want mandatory labeling on foods containing genetically modified organisms (GMOs). GE (genetic engineering) labeling is mandatory in much of the world already. In fact, 64 nations—from Brazil to New Zealand, plus the entire European Union—already require labeling to inform their citizens about the presence of GMOs.

GMOs are plants or animals created through the process of genetic engineering. This technology inserts DNA from one species into a different species. The resulting GMOs are combinations of plant, animal, bacterial and viral genes that cannot occur in nature or be created by traditional breeding.

Over the past two decades, GMOs have been entering U.S. grocery stores at a dizzying rate. While certified organic foods are prohibited from containing GMOs, the Congressional Research Service estimates that 60 to 70 percent of processed conventional foods contain GMO ingredients, none of which have been tested for safety by the FDA.

We believe people have a right to know what's in the food they're eating and feeding their families. That's why Life Grocery has joined other food co-ops across the country in support of the **Just Label It** (JLI)

campaign, a national coalition of more than 650 organizations dedicated to bringing about mandatory labeling of genetically engineered foods in the U.S.

This October, National Cooperative Grocers Association, a business services cooperative owned by food co-ops including ours, is partnering with manufacturers to contribute \$75,000 to JLI. Together, we're supporting JLI's research to show that mandatory labeling will not increase food costs; efforts to educate lawmakers and the media about GMO labeling; and outreach to make more people aware of an important labeling petition to the FDA.

While labeling opponents spend millions to defeat labeling initiatives, momentum for mandatory labeling is building. Over one million people have signed JLI's petition to the FDA already—more than any other food petition in FDA history. And, although it didn't pass, California's Proposition 37 to label GMOs brought the issue to the national forefront. Currently, GMO labeling legislation is pending in more than half of U.S. states!

Through our collaboration with **Just Label It**, food co-ops, including Life Grocery, are an integral part of the GMO labeling movement. To learn more about GMOs and make your voice heard, visit www.justlabelit.org/take-action, or www.strongertogether.coop/fresh-from-the-source/what-is-a-gmo/ to read more about GMOs.

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 11 am-4 pm
Sunday	11am-6pm	Sunday 11 am-3 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:

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

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heather Wilmoth
Contributors: Betsy Bearden, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Traci Sellers, Dr. Kim Strickland

Life Grocery Store, Inc. Mission Statement

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

Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 Altered States
- 2 A Diet to Grow On
- 2 Just Label It: Co-ops Support Consumers' Right to Know
- 3 You Are What You Eat and So Are Your Kids!
- 3 Cooking In
- 4 Belly Busters II
- 4 Reflexology and Your Health

You Are What You Eat and So Are Your Kids!

By Susan Esposito, DC, DACNB, FABES, FACFN

We all are aware of the adage “you are what you eat,” however recent scientific studies are discovering that the food that women eat while pregnant can significantly affect genetic and food preference aspects of their offspring.

One recent study concluded that pregnant women who eat too many fatty and sugary foods while pregnant could be putting their children at risk of alcohol and drug problems later in life. Recently, at the American Psychological Association’s annual convention in Oahu, Hawaii, Dr. Nicole Avena, the leader of a team of researchers, presented her findings. She and her colleagues performed three studies that lasted around three months and involved rats and their offspring pups. During the course of the study, they found that the offspring of those rats that ate diets high in fat or sugar not only weighed more when they grew up, but they drank more alcohol. Additionally, rats whose mothers fed on high-sugar diets had stronger responses to drugs that are commonly abused, such as amphetamines.

Dr. Avena, who is a research neuroscientist at the University of Florida, says, “The majority of women in the US at child-bearing age are overweight, and this is most likely due to overeating the tasty, high-fat, high-sugar foods you find everywhere in our society. The rise in prenatal and childhood obesity and the rise in the number of youths abusing alcohol and drugs merits looking into all the possible roots of these growing problems.” The pregnant rats that ate high-fat diets—diets containing 50% fat, 25% carbohydrate and 25% protein—yielded offspring with higher levels of triglycerides. These pups also drank much more alcohol in adulthood than their counterparts whose mothers ate a normal, recommended diet. Many researchers have shown that the normal brain reward system is altered by over-eating these good-tasting, high fat, high sugar foods. Dr. Avena adds, “Our findings suggest that even while [rats are] still in the womb, exposure to high-fat and sugar-rich diets can, in addition to increasing body weight, lead to a predisposition to drink alcohol and a sensitivity to drugs.”

Robert Lane, professor of pediatric neonatology at the University of Utah, recently published his study in the *Federation of American Societies for Experimental Biology (FASEB) Journal*. He discovered that if a mother rat does not eat well, her offspring exhibit genetic changes that affect their eventual development. Genes and cellular mechanisms involved in the study are very similar to those in humans; therefore these researchers think the study is relevant to us. Specifically, rat fetuses receiving poor nutrition in the womb become genetically primed to be born into an environment lacking proper nutrition, the researchers concluded. These pups grew to smaller sizes than their normal counterparts. The poorly nourished rats had a higher risk for many health problems throughout their lives, including diabetes, cardiovascular disease, obesity and neurodevelopmental delays. According to Lane, “Our study emphasizes that maternal-fetal health influences multiple healthcare issues across generations. The rat fetuses were split into two groups by the researchers. The first group was normal. The second group had the delivery of nutrients from their mothers’ placentas restricted. The rats were examined right after birth and again at 21 days, considered preadolescence. The lack of nutrients in the second group caused a gene responsible for a protein that promotes normal development and growth in rats and humans to significantly reduce the amount of the protein produced before and after birth.” The researchers stated that this is a case of nurture affecting nature. Dr. Gerald Weissmann, editor-in-chief of the journal, states that “This study shows . . . that prenatal care is far more important than anyone could have imagined a decade ago.”

Other researchers have provided evidence which indicates that taste preferences are set as early as in the womb. This research group was from the *The Centre National de la Recherche Scientifique (CNRS)* in France and presented its findings at an annual meeting of the

American Association for the Advancement of Science (AAAS). This research focused on a selected number of pregnant women and new mothers for a period of ten years. During the study, twelve pregnant women were given biscuits and sweets laced with aniseed. After they had given birth, their baby’s reaction to certain foods were monitored against babies who were not exposed to food with aniseed. Babies who were exposed to the flavor of aniseed in the womb seemed more interested and attracted to this food. The study revealed that the babies exposed to aniseed in utero, moved towards the aniseed smell, whereas babies, who were not exposed to it, turned away from it. Scientists believe that babies can sense strong flavors by inhaling amniotic fluid from in the womb. “During pregnancy, a woman is relatively vulnerable to her environment,” Dr Benoist Schaal explained at the annual meeting, as reported by the Press Association. “What the mother takes in a certain dose goes also to the fetus during a period when the brain is being formed, probably with long term consequences.” “Things like vanilla, carrot, garlic, aniseed, mint—these are some of the flavors that have been shown to be transmitted to amniotic fluid or mother’s milk,” Julie Mennella from the Monell Chemical Senses Center stated.

In their article on this topic, the, Kyrsty Hazell writes, “Although it’s clear from the study that pregnant women should maintain a healthy and nutritious diet, there are certain foods to be avoided, as they carry risks of miscarriage and birth defects:

Soft cheeses: These include Camembert, Brie, unpasteurized goats’ cheese, and blue cheese. These cheeses are made with mold and can contain listeria, a type of bacteria that increases risk of miscarriage. This is also applicable to all types of pâté, including vegetable.

Raw eggs and food containing raw or partially-cooked eggs: Only eat eggs that have been cooked enough for both the white and yolk to be solid. Raw eggs may contain salmonella, which causes food poisoning, which can be particularly unpleasant when you’re pregnant.

Some types of fish: Avoid eating shark, swordfish, and marlin. Limit the amount of tuna you eat to no more than two tuna steaks a week or four medium-size cans of tuna a week. This is because of the levels of mercury in these fish, which can harm a baby’s developing nervous system.

Alcohol: The Department of Health recommends that women completely avoid alcohol during pregnancy. However, recent advice from the *National Institute for Health and Clinical Excellence (NICE)*, is slightly less prescriptive, advising that pregnant women should limit their alcohol intake to less than 1.5 units per day and, if possible, avoid alcohol completely in the first three months.”

Raw or undercooked meat: Make sure you only eat meat that has been well cooked, as raw meat can contain salmonella and lead to food poisoning. This is especially important with poultry and products made from minced meat. Make sure these are cooked until they are steaming hot all the way through and no pink meat is left.

Kidshealth.org lists some of the most common nutrients a pregnant woman needs and good sources of food that contain them:

- Protein for cell growth and blood production. Found in lean meat, fish, poultry, egg whites, beans, peanut butter, and tofu.
- Carbohydrates for daily energy production. Found in breads, cereals, rice, potatoes, pasta, fruits, and vegetables.
- Calcium for strong bones and teeth, muscle contraction, and nerve function. Found in milk, cheese, yogurt, sardines or salmon with bones, and spinach.
- Iron for red blood cell production (to prevent anemia). Found in lean red meat, spinach, iron-fortified whole-grain breads and cereals.

- Vitamin A for healthy skin, good eyesight, and growing bones. Found in carrots, dark leafy greens, and sweet potatoes.
- Vitamin C for healthy gums, teeth, and bones, and assistance with iron absorption. Found in citrus fruit, broccoli, tomatoes, and fortified fruit juices.
- Vitamin B6 for red blood cell formation; effective use of protein, fat, and carbohydrates. Found in pork, ham, whole-grain cereals, and bananas.
- Vitamin B12 for the formation of red blood cells and maintaining nervous system health. Found in meat, fish, poultry, and milk. (*Note: vegetarians who don’t eat dairy products need supplemental B12.*)
- Vitamin D for healthy bones and teeth and it aids absorption of calcium. Found in fortified milk, dairy products, cereals, and breads
- Folic acid for blood and protein production, and effective enzyme function. Found in green leafy vegetables, dark yellow fruits and vegetables, beans, peas, and nuts.
- Fat for body energy stores. Found in meat, whole-milk dairy products, nuts, peanut butter, margarine, vegetable oils (*Note: limit fat intake to 30% or less of your total daily calorie intake.*)

I have highlighted some recent research on the consequences of the food choices made by pregnant females to their offspring. This is further proof that making healthy, well-informed ingestion selections will benefit not only the mother, but also the baby, for potentially the rest of his or her life!

References:

Kidshealth.org
Huffingtonpost.co.uk
Medical News Today, 06 Aug 2013
Live Science, 13 April 2009

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

Cooking In

By Kim Strickland, ND

If there’s one thing my boys love to eat it is Thai food. We don’t go out to eat much, but when we do we all love Thai. They use fresh vegetables and make the sauces from scratch. We can order dishes mild. Since it can get expensive to eat out frequently, my boys asked me to learn how to make their favorite dish, Pad Thai. I’d like to share my recipe here with you.

Pad Thai

brown rice flat noodles
sesame oil
broccoli, steamed
1 pound of chicken breast, cut in bite size pieces
2 cloves of garlic
1 bunch of green onions, leave the bulb part as a 2-inch piece, chop remaining greenery
4 T fresh lime juice
3T fructose or sugar
4T fish sauce
cilantro
limes
peanuts

continued on page 4

Belly Busters II

Which meal of the day is the most important for maintaining or getting skinny belly? The answer may surprise you . . . But it has been the experience of Kal Sellers, DC in his chiropractic practice, that what you eat in the evening has the most impact on your belly size.

So what are the rules for reducing belly size with what you eat in the evening? Dr. Sellers advises memorizing the following maxim: Simple, Light and Early. Simple is defined as no more than four ingredients (excluding seasonings). Light is defined as 75% raw non starchy vegetables and 25% cooked starchy vegetables or quinoa. Early is defined as being finished eating by 6:30 p.m.

Following these three simple rules will eliminate inflammation from the gut, reducing belly size overnight. Many fluctuate up to two pants sizes due to inflammatory responses in a 24 hour period.

Now the last item of business is how to make a meal that fits within the parameters. Here are some recipes to get you started:

Quinoa Wraps

2 c quinoa
water to soak
1 2/3 cup water
1 T Traci's or other vegetable seasoning broth powder
1 T olive oil

Romaine leaves; red bell peppers, cut in strips;
sprouts or microgreens

By Traci Sellers

- Soak quinoa in water for minimum one hour or up to overnight. Rinse well.
- Put quinoa in a saucepan and combine with water, seasoning and oil. Bring to a full boil, stir well and cap tightly. Shut off heat and let sit until water is absorbed.
- Fluff with fork before serving.

Note: To serve raw, soak and sprout quinoa, then season with vegetable broth powder after sprouting.

Maple Yams 'n' Honey Mustard Salad

yams
maple syrup
cinnamon, optional
salad greens
shredded beets
sprouts

Honey Mustard Vinaigrette

¼ c apple cider vinegar
¼ c honey
¼ c prepared mustard of choice
½ t sea salt
½ t Mrs. Dash or other salt free seasoning blend
¼ c olive oil

- Steam yams until fork tender. Peel and drizzle with maple syrup and cinnamon.
- Assemble salad greens with sprouts and beets.

- Whisk together vinegar, honey, mustard, salt, and Mrs. Dash. Whisk in oil until emulsified.
- Dress salad with desired amount of dressing.

Cauliflower Tacos

1 small cauliflower
1 T olive oil
2 t chili powder
½ t cumin
2 t Traci's or other vegetable seasoning broth powder
1/3- ½ cup water
salt to taste

cabbage or lettuce leaves; diced tomato; cilantro, chopped

- Cut cauliflower off of florets in crumbles.
- Sauté in oil for 1-2 minutes.
- Sprinkle cauliflower crumbles with chili powder and Traci's seasoning. Add water and stir well.
- Cover to trap steam until cauliflower reaches desired tenderness.
- Serve in cabbage or leaf taco shell with tomatoes and cilantro.

Traci and Dr. Kal Sellers have been helping people heal naturally with diet and herbs for more than a decade. They teach healthful diet principles and natural healing through their books and websites, and at their annual health retreats in Star Valley, Wyoming. Visit www.StarValleyHerbalCollege.com and www.TracisTransformationalKitchen.com.

Reflexology and Your Health

By Brenda Cobb

Reflexology is an ancient healing art. The walls of a Sixth Dynasty Egyptian tomb from 2450 B.C. display two seated men receiving massage on their hands and feet. The concepts of reflexology have also been traced to pre-dynastic China, as early as 3000 B.C., and to ancient Indian medicine.

Reflexology is the practice of applying pressure to the feet and hands utilizing specific thumb, finger, and hand techniques. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change in the body

Reflexologists work from maps of predefined pressure points located on the hands and feet. These pressure points connect directly through the nervous system and affect the bodily organs and glands. Any part of the body that is the source of pain, illness, or potential health problems can be strengthened through the application of pressure at the respective foot or hand location.

Reflexology can be a therapeutic method of pain relief by stimulating pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. Reflexology is as effective for promoting good health and preventing illness as it is for relieving symptoms of stress, injury, and illness.

The pressure points on the human foot are situated in a mirror image of the corresponding organs of the body. Reflexology promotes healing by stimulating the nerves in the body and encouraging the flow of blood which can relieve the sensation and the source of the pain.

Reflexology can successfully treat a variety of injuries and conditions including fibromyalgia. Reflexology therapy can help alleviate any of a number of bowel syndromes including colitis, irritable bowel, and Crohn's disease. Frequent sessions of reflexology therapy can help control muscle pain and relieve difficult breathing caused by tightness in the muscles of a patient's neck and throat.

Reflexology applied properly can alleviate allergy symptoms, as well as stress, back pain, and chronic fatigue. Reflexology can be performed conveniently on the hand in situations where a session on the feet is not practical, however, the effectiveness of limited hand therapy is less pronounced than with the foot pressure therapy.

Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in

order to induce a state of balance and harmony in body, mind, and spirit.

A reflexology treatment usually lasts between 30 to 60 minutes. Essential oils may be used **after** the reflexology treatment is finished to enhance the experience and the healing, however, oils, creams, and lotions **are not used** during the session. Reflexology is administered on a dry foot or hand. It feels good, is pleasant and soothing, and it relaxes the entire body. Reflexology is not a "cure-all", however, when reflexology is combined with a healthy lifestyle protocol including organic raw and living foods and cleansing and detoxification of the body, the results may be quite phenomenal.

Reflexology creates relaxation from the moment the reflexologist's hands start their work. Reflexology work helps individuals of all ages with health concerns ranging from aggressive behavior to urinary concerns of the elderly. Reflexology work increases blood flow to the feet, brain, kidneys and intestines. It aids recovery after surgery, reducing pain, and lessening the use of post operative analgesics. For many, reflexology helps where nothing else can. Phantom limb pain sufferers, neuropathy patients, and hemodialysis patients all benefit from reflexology. Reflexology can reduce depression and anxiety. Pregnant women who receive reflexology can experience shorter labor times and use less analgesia.

The benefits of reflexology have to do with the reduction of stress. Because the feet and hands help set the tension level for the rest of the body, they are an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.

Expect the reflexologist's application of technique to be within your comfort zone—not too heavy and not too light but at a level within your personal preference. Communicate your preference to the reflexologist.

Reflexology combined with good nutrition increases good health. You are what you eat and everything that goes into your body affects your state of health. Good nutrition should be at the foundation of a healthy lifestyle as no amount of treatments or supplements can replace good nutrition. When therapies like reflexology are combined with good nutrition the body has the support it needs to heal itself from the inside out.

Spicy Carrot Soup

2 c carrots
1 c celery
1 T garlic

1 T lemon juice
½ t Himalayan salt or Nama Shoyu
½ t jalapeno or cayenne pepper
¼ t cinnamon

- Put all the ingredients in a Vita-Mix or other blender and blend until creamy.
- With a Vita-Mix, you can continue to blend until the soup is warm. As long as you can hold your index finger in the mixture for 30 seconds without burning, you have not heated so high as to destroy the enzymes.
- If you do not want a spicy soup, just leave out the pepper and cut down on the garlic.

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

Bring a copy of this article with you when you schedule a reflexology treatment at Living Foods Institute and receive a complimentary Chi Machine Treatment, Medlight Infrared Treatment, and a Rebounder Session (a \$125.00 value).

continued from page 3

Cooking In

- Cook noodles according to the instructions on the package.
- Sauté garlic and chicken in sesame oil, adding green onions after 3-5 minutes.
- Combine lime juice, sugar, and fish sauce.
- When the noodles are done rinse and pour sauce over them and add the chicken mixture.
- Serve with steamed broccoli for a complete meal.

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 her three sons, as well as an online college mathematics professor at South University Online.

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Sept/Oct 2013

Two Months of Super Savings

Life Savings



- **Raw Fit Shake**
16 oz \$31.99
- **Fucothin Green**
90 vcaps \$34.99

VIBRANT HEALTH®

- **Maximum Vibrance**
24 oz \$55.99
- **Joint Vibrance**
252 tabs \$33.99
13 oz \$33.99
- **Cholesterol Blocker**
60 chew tabs \$10.99



New Line!

Tree House Kids Supplements **25% off**



All Garlic Formulas **20% off**
Aged garlic extract helps support cardiovascular health



NEW! Macaroni and Cheese

- Micro Cups
- Singles
- Twin Packs

20% off



- Organic Cranberry Almond Granola
- Organic Unsweetened Cinnamon Raisin Muesli

- Organic Gluten Free Unsweetened Berry Coconut Granola

10-12 oz

\$4.99

- Cola
- Cream
- Grape
- Ginger Root Beer
- Ginger Ale
- Cherry Cola



NEW! Glass Bottles 4 pack

\$4.79



- Pure Coconut Water
- Pure Coconut Water with Pulp

17.5 oz

\$1.59



Nut Butters

- Almond
- Cashew

- Sunflower
- Tahini

16 oz

20%



NEW! Kombucha

- Coconut Water Lime 13.5 oz
- Cabernet Grape
- Passion Mango

\$2.99



100% Pure Coconut Water

All Sizes

15% off



All Cold Pressed, Unrefined, Organic Cooking Oil

8.5 oz

15% off



Gourmet on the Go

All Varieties

6.2 oz

\$2.49



- Dips
- Spreads
- Sprouted Tofu

15% off

TWINLAB

- Ocuguard**
120 caps.....\$33.99
- Super Enzymes**
50 caps.....\$10.99
- All Norwegian Cod Oil**
12 oz.....\$10.99

VITA LOGIC

Vitamins that make sense

- Immune Formula**
60 vcaps.....\$15.99
- Osteo Protect**
100 tabs.....\$9.99
- Cold C**
100 vtabs.....\$13.99

FLORA

- Sambuguard Kids**
5.9 oz.....\$13.99
- Sambuguard**
5.9 oz.....\$12.99
- Sambu Elderberry**
5.9 oz.....\$12.99

Jarrow FORMULAS

- Alpha Lipoic Acid 300 mg**
60 tabs.....\$18.99
- Milk Thistle**
100 caps.....\$9.99
- Chlorella**
300 tabs.....\$13.99

LifeExtension®

Entire Line

20% off

Nourish ORGANIC

FOOD FOR HEALTHY SKIN™

Entire Line

20% off



DESERT ESSENCE®

Beauty Blooms in the Desert™

Entire Line

20% off

VITANICA®

- Adrenal Tonic**
4 oz.....\$19.99
- Immune Tonic**
4 oz.....\$19.99



All Essential Fatty Acids

25% off

MegaFood.

- Blood Builder**
90 tabs.....\$25.99
- Magnesium**
60 tabs.....\$15.99
- Vegan Daily**
90 tabs.....\$34.99



sibu™
BEAUTY

Entire Line

20% off



All Essential Oils

10% off



Science-Based Nutrition™

All Products

20% off



ANDALOU
Naturals
FRUIT STEM CELL SCIENCE

Entire Line Non-GMO

20% off



SOURCE NATURALS®
Strategies for Wellbeing™

All Wellness Formulas

30% off

Surviving the Holiday Foods

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

Yes, it is that time again. A time of family gatherings, rekindled friendships, exchanging of gifts, and a time to stuff yourself silly on things you know you shouldn't be eating. The holidays always pose a special problem for those of us who want to party, socialize, have a good time, and still avoid poisoning ourselves with all the wonderful and delicious "food" being offered everywhere we turn. Well, party participants, there is hope. We can party down with the best of them and still maintain our immune systems.

It would seem to the untrained eye that there is nothing for us to eat during the upcoming months, when in reality there is more food for us than any other time of the year. You just may have to redefine what you consider a main course, what you consider dessert, and what you consider an adult beverage. Let's start with Thanksgiving dinner. Look at the typical dinner table. It is most likely loaded with the usual turkey, stuffing, gravy, butter or (perish the thought) margarine, and other very tempting treats. But look further; there are also salads, green beans, potatoes, broccoli, squash, and lots of other taste treats. I will assume for the moment that you are very serious about wanting to eat right and make my suggestions accordingly.

- If you eat a little bad, you might get a little sick; if you eat really badly, you will probably get really sick.
- Load your plate with a smorgasbord of veggies; take two or three servings of each if you must make a pig of yourself.

- Remember the mashed potatoes most likely have some dairy products in them. So unless you are low in bovine growth hormones and saturated fats, you might want to stick to the baked potatoes.
- Try salsa on your baked potato for a real adventure. There should be some near the chips that were put out as a snack before dinner.
- Feel free to dine with the other folks at the table, just chose your foods wisely and the odds are that no one will notice your eclectic choices. (I have found that dinner tables are not a good place to discuss food philosophy.) By the end of dinner, when everyone else is unbuckling their pants because they are ready to explode and can't keep their eyes open from the tryptophan in the turkey, you will be feeling more than satisfied and will be awake enough to enjoy the evening.
- As everyone has wine, champagne, or other alcoholic after dinner drinks, you can enjoy a glass of warm apple cider or if you really want to get crazy, mix some seltzer with your apple cider for an effervescent cocktail.
- Dessert can be some of that fresh fruit from the centerpiece. Why not bring a homemade raw or baked fruit or vegetable pie. You can have a healthy dessert for yourself and other guests. This may not be the best food combining; it depends how wild you want to get.

The same rules apply at buffet parties. Fill your plate with good choices, such as chips and salsa, veggie sticks,

guacamole, nuts, salads, fruits, breads, or whatever you know to be good choices; have a great time socializing. I have been doing this for 12 years and always have fun no matter what is being served. If you are really worried, eat before you go and you will have more time to mingle. If there is absolutely nothing for you to drink, there is always water with a twist of lemon or sparkling water.

If you have to bring a dish, may I suggest making a basil pesto and a sun dried tomato pesto. Bake some small potatoes, cut them in half and top half with one pesto and the other half with the other. This wonderful red and green dish is a holiday favorite. It is healthy, easy, inexpensive, and has great eye appeal. The recipe can be found in my book *Eating Right . . . For The Health of It*, which is available in the book department at Life Grocery.

Poor food choices can weaken your immune system, which can lead to days and days of misery if you get sick. Is it worth all that suffering for a few lousy meals? Remember, eat well, be well. Happy Holidays!

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

The Autumn Berry

By Linda Townsend

If ever there was a particular fruit that embodied autumn with its eye-catching orange hue and tasty additions to holiday dinners, it is grown on pumpkin vines. *Yes, I did write that pumpkin is a fruit!* In fact, according to botanical definitions, it would be considered more of a berry than strawberries are. Still not convinced of its fruitiness? How about looking at the name itself: "Pumpkin" comes from the Greek word "pepon" which means "large melon."

Pumpkins are native to the Americas, which might make you wonder how pumpkins became today's common jack-o-lantern décor when the roots of this tradition began in Ireland where there were no pumpkins at the time. It seems the Irish immigrants preferred making their will-o'-the-wisp with lit candles inside carved American pumpkins over their previously used hot lump of coal inside carved out turnips or beets.

Whether you refer to pumpkins as fruits, berries, melons, vegetables, squash, or gourds, they definitely invoke memories and anticipation of crisp sunny days, colorful leaves, and holiday preparations, but there is more than decoration and pie potential in the pumpkin patch.

Pumpkins are quite nutritious and even more interesting is that nearly all parts of the pumpkin plant are edible: fruit, seeds, leaves, and flowers. Here are some nutritional facts about this autumn berry:

- Per cup, pumpkin fruit has 394 mg in potassium compared to 1 mg in sodium. It is also a rich source of minerals like iron, copper, calcium, potassium, and phosphorus.
- The same carotenoids that give pumpkins their signature orange coloring also provide many

natural poly-phenolic flavonoid compounds such as alpha-carotene, beta-carotene, cryptoxanthin, lutein, and zeaxanthin.

- B-complex group of vitamins like folates, niacin, vitamin B-6, thiamin, and pantothenic acid are in abundance.
- Raw pumpkin has only 30 calories to each cup and good amounts of dietary fiber.
- Pumpkin seeds are a good source of protein with high amounts of iron, niacin, and zinc. They also are an excellent source of tryptophan which is converted to GABA in the brain.

Pumpkin is a very versatile ingredient to a variety of culinary delights from simple dishes to the finest of dining. There are pumpkin recipes for casseroles, soups, dips, butters, crème brûlée, nogs, smoothies, pancakes, pies, breads, and sweet baked goods of every kind imaginable, including the delicious pumpkin roll a friend made for me. Pumpkin alone can be eaten raw, steamed, boiled, fried, and baked as well as cubed, mashed, and puréed. Pumpkins are not just for human consumption either; pumpkin can be added to dog and cat food to aid with digestion and weight control by its additional nutrients and fiber, which helps control diarrhea and constipation—look in Life Grocery's pet section!

Pumpkin seeds, also called pepitas, are good roasted or raw, preferably raw for the best benefits. They contain an amino acid called cucurbitin, which is effective in eliminating parasitic worms from the digestive system. Ground raw pumpkin seeds can also be given to pets: up

to 1 teaspoon of freshly ground pumpkin seeds twice a day for a 50 pound dog and up to ½ teaspoon twice a day for a medium cat.

Growing your own pumpkins is easy enough, but they are rather thirsty plants with the berry being 90% water and the vines needing lots of space. The cooked pumpkin meat can be canned or frozen, but you can also pre-make pumpkin pie filling, pumpkin butter, or pumpkin soup to be canned or frozen as well. If you would like to try cooked pumpkin leaves, prepared just like cooked spinach, or the flowers (save the female ones so you will have the berries and only take the male ones), you will most likely have to grow your own vines. Life Grocery sells organic pumpkin seeds for your convenience, and it is a good time of the year to prepare soil and plan for your spring plantings.

Why wait for cool weather and holiday dinners to make pumpkin dishes? Although pumpkins are most abundant in October and even if you are not canning or freezing your own, ready-to-use organic pumpkin purée can be found year around for your convenience. So why not get a little creative and add the autumn orange berry to your diet whenever you get the craving? You can even make pumpkin pie smoothies that are quite refreshing, nutritious, and delicious!

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

Grow America

By Betsy Bearden

If I constantly ask myself this question, then I know you must as well: how are we supposed to be able to enjoy fresh fruits and vegetables that aren't loaded with pesticides when pesticides are now systemic within them? Corn, squash, soybeans, potatoes, plums, papaya... the list goes on and on and it's growing every day. Where can we buy vegetables that have not been genetically altered through gene splicing with who only knows what. We have a right to know what is in our food, and I am not just talking about boxed ingredients or things that come in jars, I am talking about a whole ear of corn, or a simple bag of frozen corn, edamame, or squash.

The ingredients on the bag should simply say corn, edamame, or squash, right? If it's organic and a non-gmo version, then yes, that would be right. But what if it doesn't say that on the bag, and it's not organic or non-gmo? Can you imagine how a list of food ingredients would look for a frozen bag of (RR) Roundup Ready corn? It would start like this: corn, glyphosate, aminomethylphosphonic acid, phosphoenolpyruvate, shikimate-3-phosphate (S3P) and phosphoenolpyruvate to form 5-enolpyruvyl-shikimate-3-phosphate (ESP) . . . well, you get the idea. The same would apply to fresh corn, squash, edamame, papaya—each item would have a tag on it with a laundry list of chemicals in it attached.

Don't we have a right to know how the seeds were created in a lab, and with what gene they were spliced? These RR seeds that commercial farmers use to grow on their farms are not organic and they are certainly genetically altered. When these crops are watered, the water runs off into our waterways. That water evaporates into our atmosphere where it is released back into our soil and in waterways miles away. It is a never ending cycle of pollution.

For some reason, our government is desperately trying to find water on Mars. If they do, what do you think will happen? It will be immediately shipped back to earth where it can be bottled and sold to the general public. Gotta get it into the hands of the public first so they can eventually find out what's in it. Sounds familiar, doesn't it? Well, that is exactly what they are doing with our fruits and vegetables, transgenic salmon, goats, pigs—and now cows are already in the works.

On this beautiful earth, there is balance. Summer, winter, spring, fall; hot sticky days, rainy miserable days—balance. Enter science. Science, along with anything else, must be balanced to counteract what our scientists do. I don't think we have that balance when science steps in and alters the course. Yes, science has done wonderful things throughout history, but lately it seems to be heading toward science fiction. The fact that scientists are gene splicing cows with that of women's breast milk tells me that having a cow singing in your shower one day is not that far fetched—Got Milk? Really?

How does one balance transgenic food animal? Supposedly, it's GRAS "generally recognized as safe." If you ask me, anything that is genetically altered and grown in tanks in factories—on land—there is the potential this mutated salmon will find a way back to the ocean somehow, and there goes the salmon population as we now know it. It's like an official once said at the CDC: it's not a matter of "if" a deadly viral component is leaked into the atmosphere or into our water sources where it is introduced to the public, it's only a matter of "when." Balance? I think you can guess the rest.

This is not an original statement, but it's true: "If you want to know how well the government will take care of you, then take a look at the American Indian." Don't rely on the government to feed you. Grow, America! It only takes a little space and a little care to grow your own vegetables and can and preserve them for the winter months. Some people have even begun to use patches of their front yards to grow vegetables. Inner city schools, churches, and high rise buildings are putting their green space and roof tops to work for them and growing tomatoes, peppers, herbs, and anything else they can crowd into the small spaces.

Some people have started to raise their own chickens for fresh eggs every day. We have to take care of ourselves. I know there will be times when it just isn't possible to grow fruits and vegetables, or tend to the chicken coops as you would like. Lucky for us that we have Life Grocery in Marietta. They have a wealth of organic foods and fresh organic non-gmo veggies and fruits. Their Café Life is an organic vegan café that offers

continued on page 3

Fall is Here

By Kim Strickland, ND

So quickly it seems the weather changes from hot and humid to cold. In Georgia we seem to have a short fall season. Fall is my favorite time of year, as I fondly remember growing up in Rhode Island, playing in large leaf piles. Now it is the season for me to prepare warm nourishing foods for my family. I love soups and one pot meals for my hungry crew. It is also the time I reduce sugars, increase probiotics, hot teas, and add in vitamin D.

Start with something you love like pumpkin. It could be butternut or acorn squash. Last week I roasted two small pumpkins in their shells. Then I scooped out the filling and pureed it in the food processor. From this I then made gluten free pumpkin pancakes, pumpkin muffin popovers, and a huge batch of pumpkin lentil soup. I also found a way to slip in some root vegetables such as turnips and parsnips.

Now is the time to cut out all sweet drinks while increasing hot teas. I sweeten mine with stevia so I am not increasing sugar to our diet. Our immune systems have a more challenging job in the winter when germs more easily pass around and reproduce. Be sure to wash your hands, spray tea tree or thyme oil in the air and consider boosting your immune system with herbs such as echinacea and thyme or vitamin D and C. I like the liquid vitamin D3 (from the sunshine) by natural Factors for my children. My husband and I each take a capsule. Make sure you include a daily probiotic, especially if you have any gut or digestion issues.

Another thought is to consider nesting more. When you feel tired, stay home. Don't feel obligated to go to every activity and party. If you or your children have been

sick give yourselves plenty of time to recover. I believe that much of the sickness that is spread around through schools, parties, and churches could be avoided by having a laying in period. My rule is one day home for each day sick. If my son has a fever for two days we will be home for four days. If he is coughing for a few days then throws up on day three and then on day four feels better we will be home for another two days for a total of six. Some people think this is extreme as they can't miss activities, but in reality you can. Life will go on if you are not there. Rushing around and jumping back in leads to secondary infections. Give your body time to fully recover.

I'd like to leave you with a yummy recipe.

Pumpkin Popovers

4 eggs
1 T oil
1 t sea salt
1 ½ c gluten free flour mixture
1 ¼ c milk (almond, coconut, soy, cow, goat)

- Preheat oven to 450 degrees.
- Spray a muffin pan with olive oil spray.
- Beat the eggs in a bowl.
- Add the oil and salt.
- Pour in half the flour and milk and mix until it is smooth.
- Add the remaining flour and milk and mix until smooth.
- Bake for 15 minutes.
- Serve immediately with a bit of butter or ghee and jelly on top.

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 11 am-4 pm
Sunday	11am-6pm	Sunday 11 am-3 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:

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

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heathere Wilmoth
Contributors: Betsy Bearden, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Kal Sellers, DC, MH, Dr. Kim Strickland, Linda Townsend

Life Grocery Store, Inc. Mission Statement

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

Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson,	770-977-9583
Operations Manager	
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 Surviving the Holiday Foods
- 1 The Autumn Berry
- 2 Grow America
- 2 Fall is Here
- 3 Warm Up to Living Foods
- 3 Holiday Potluck Recipes
- 4 Healing the Gall Bladder

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.

Life Grocery Annual Membership Meeting will be held on Tuesday, December 10, 2013 at 6pm. Active members as of November 1, 2013 are eligible to vote for the Board of Directors.

Warm Up To Living Foods

By Brenda Cobb

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

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

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

Warm up your blended soups in the Vitamix blender by letting it run until the chill is off. A good way to make sure you aren't heating your foods up too much is to hold your finger in the warmed food for 5 seconds or so with no discomfort. You can even lightly warm foods in an electric skillet by turning the temperature dial to 100 degrees. This will take the chill off and not kill the enzymes. You can dehydrate food at 95 to 100 degrees and warm it up. Put your bowls or plates in the dehydrator and warm them up too. Dehydrate nut and seed loaves and burgers and serve warm. Make cookies in the dehydrator and serve them warm. They're so yummy!

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

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

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

Always use 100% organic ingredients

Spicy Carrot Onion Soup

3 c carrots
1 c celery
½ c onion
1 t garlic
1 T lemon juice
½ t Himalayan salt or Nama Shoyu Raw Soy Sauce
¼ t cayenne pepper
½ t curry powder
¼ t cinnamon
2 c filtered water

- Blend all the ingredients in a Vitamix until creamy.

- Add the amount of water you want for the consistency you desire.
- If desired, continue to blend in Vitamix until the soup is warm, as long as you can hold your index finger in the mixture without burning, you have not heated so high as to destroy the enzymes.
- If you do not want a spicy soup, just leave out the pepper and cut down on the garlic.

Sweet Hot Salsa

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

- Chop the tomatoes, onions, dates, cilantro and garlic and combine with the rest of the ingredients.
- Serve with fresh vegetables or raw crackers or raw chips.

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies. For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.

A Holiday Recipe Workshop is being offered at Living Foods Institute on Sunday, November 24. Tuition is \$90.00 in advance and \$120.00 at the door. Mention Life Grocery and register for only \$45.00 and bring a friend for free.

Holiday Potluck Recipes

By Susan Esposito, DC, DACNB, FABES, FACFN

As we head full steam into another party filled holiday season, one of the hurdles we commonly encounter is deciding what to prepare and bring to the traditional holiday potluck gatherings. This can be particularly challenging when you are trying to eat a relatively healthy diet. Let's face it, most of the popular dishes are very fat and/or sugar laden, especially during this season when we typically throw caution to the wind in respect to wholesome eating in favor of being swept up in the holiday festive attitude to celebrate and worry about our health and waist line after New Year's.

So I thought in preparation for this seasonal challenge, I would provide you with a few relatively healthy, yet very tasty and easy to prepare dishes that will be a hit at any potluck party. I have included three recipes, depending on the kind of dish you want to bring. The first is a salad, the second is a main dish and the third is a dessert. All these recipes are from the website *Food.com*, which I encourage you to view for more interesting and delicious recipes.

Black Bean and Couscous Salad

Servings: 10

1 c uncooked couscous
1 ¼ c chicken broth (or un-chicken broth for vegetarians)
3 T extra virgin olive oil
2 T fresh lime juice
1 t red wine vinegar
½ teaspoon ground cumin
8 green onions, chopped
1 red bell pepper, seeded and chopped
¼ c chopped fresh cilantro
1 c frozen corn kernels, thawed
2 (15 ounce) cans black beans, drained
salt and pepper

- Bring chicken broth to a boil in a 2-quart or larger sauce pan and stir in the couscous.
- Cover the pot and remove from heat.
- Let stand for 5 minutes.
- In a large bowl, whisk together the olive oil, lime juice, vinegar, and cumin.
- Add green onions, red pepper, cilantro, corn, and beans, and toss to coat.

- Fluff the couscous well, breaking up any chunks.
- Add to the bowl with the vegetables and mix well.
- Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

Spinach Pie

18 oz frozen spinach
7 oz feta cheese, crumbled
6 large eggs, lightly beaten
¼ c sun-dried tomato
black pepper
1 sheet frozen puff pastry

- Pre-heat oven to 400 degrees.
- Cook the spinach, drain, and squeeze out any excess liquid.
- In a large bowl, combine spinach, cheese, and eggs, and season with pepper.
- Line a pie dish with pastry, and spoon spinach mixture into pastry.
- Bake for 30 minutes, serve hot or cold.

Gluten Free Cinnamon Brownies

¾ c flax seed meal
¼ c chia powder (ground chia seeds)
½ c gluten-free flour (sorghum, brown rice, etc)
2 T coconut flour
4 T unsweetened cocoa powder
2 t baking powder (gluten free)
1 t stevia powder (concentrate)
1 T cinnamon
½ t salt
4 eggs, beaten
1 c vegetable glycerin or ¾ c honey
¼ c melted coconut oil
½ c plain yogurt
1 t vanilla
1/3 c semi-sweet chocolate chips

- Preheat oven to 350 degrees and grease a 9 x 13 baking pan.
- In a medium bowl, combine the dry ingredients (through salt).

- In a large bowl, combine the eggs, glycerin, oil, yogurt and vanilla; mix dry ingredients into wet until combined well.
- Pour into baking pan and bake, uncovered, 25-30 minutes, until it springs back when touched in the center or when a toothpick inserted in the center comes out clean; remove to wire rack to cool for about 5 minutes.

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

continued from page 2

delicious and nutritious food including raw and living foods, as well as gluten free options. You can also choose from menu items. They offer a fresh juice and smoothie bar, salad bar, and living and baked desserts. What more could you ever possibly ask for?

There is a way to stop all this madness, and the recent government "slow-down" was living proof. Call your senator; get in touch with your representative in congress. If enough of us protest, they will listen! We have the power, and we need to use it before it's too late.

References:

[http://en.wikipedia.org/wiki/Roundup_\(herbicide\)#Biochemistry](http://en.wikipedia.org/wiki/Roundup_(herbicide)#Biochemistry)
http://en.wikipedia.org/wiki/Genetically_modified_organism

Betsy Bearden, certified, published writer and author of Normal People Eat Tofu, Too, has worked as a volunteer chef and cooking class instructor and as a reporter for The Paulding Neighbor Newspaper. She offers professional website writing services to businesses and individuals, and you can reach her at betsybearden@bellsouth.net or visit her company's website at www.creativewrites.net.

Healing the Gall Bladder

By Dr. Kal Sellers DC, MH

In most cases, gall bladder surgery is unnecessary and ill advised. In this article, we shall discuss the many symptoms of gall bladder trouble, how to cleanse stones and how to heal the gall bladder when it stops working.

Symptoms: To start, let us discuss the symptoms of gall bladder disease. Acute gall bladder attack is the most conspicuous and easiest to diagnose. It tends to hurt a lot (like the person is happy to run to the E.R. and is ready to volunteer for surgery) and be accompanied by bloating. The gall bladder sits slightly up under the rib cage on the right, tucked under the liver there. It is roughly in line with the midline of the collar bone. When the pain of an acute attack strikes, it can refer to the back and up to the right shoulder or may hurt into the abdomen. If manually palpated, it will invariably create a gasp in pain when you put pressure right on it. There is a name for this test. It is called "Murphy's Sign."

Acute Gall Bladder Distress: Acute gall bladder symptoms are distressing, but they can generally be resolved naturally and quickly. Before we proceed with instructions, let me stress that this is what I do in my practice. **This is not medical advice to anyone. If you proceed to care for any illness yourself you do so at your own risk.** Having said that, I would personally, gladly take the risks of conservative care over the risks of surgery. I also remember that you can always go to the Emergency Room, you cannot always undo a surgery. It is important to note, however, that a complete blockage of the bile ducts is life threatening. This is very rare and in most cases when it happens it can be cleared naturally, but it is well to realize that it is possible and dangerous. So, now that we are all distressed at the prospect, let me proceed and tell you what I really do in my practice!

In my practice, I give a large dose (maybe 2 tablespoons) of magnesium citrate. That dose will generally cause some significant diarrhea, but it also dilates the bile duct really well. Depending on the case, I might do as little as a teaspoon of the magnesium citrate. I also give my ginger toddy, which is 1.5 inches of fresh ginger peeled and minced with the juice of one lemon in 2 cups of hot water. This is sweetened with honey and drunk/chewed. I also have the person take 2 tablespoons of olive oil. The person is then sent to bed. If the distress from the pain is severe by this time, I will sometimes recommend they take an NSAID, especially Alieve if they can take it.

Once they are in bed, I start massaging with castor oil and Dr. Christopher's Cayenne Deep Heat ointment. I massage the liver and gall bladder area very completely with emphasis on moving the contents of the gall bladder toward the midline of the body. I also attempt to massage open the sphincter of Oddi. There is a YouTube video of mine that demonstrates this technique. The castor oil is often curative alone for gall bladder distress if done regularly.

The person generally awakes to a rumbling of their bowels after all that magnesium. Then they evacuate the bowels and feel amazingly empty after. This is when they realize that all the swelling and pain is gone from the gall bladder. The gall bladder is not yet healed, though weekly repeats of this a few times might help a lot with that. The gall bladder still needs to be restored to normal function. Part of that is healing the liver, which will be dealt with in a later article. Part of it is just clearing the infection and debris out of the gall bladder. Below we will deal with healing subacute and chronic gall bladder problems.

Subacute and Chronic Gall Bladder Problems: Less obvious symptoms are associated with longer term, less acute gall bladder problems. These may or may not include pain. They often do include bloating within 30 minutes or so after eating. They may also include poor fat digestion. This will result in very smelly gas and bowel movements and greasy, dark stools. This gall bladder is often inflamed and functions poorly. Curing this might be as simple as avoiding reactive and irritant food, especially bread and chocolate.

The gall bladder can also produce some general irritation of the shoulders and neck. It can produce cyclic headaches, especially migraines and silent migraine symptoms. It can produce balance problems, poor sinus drainage and tinnitus. It can also produce poor visual acuity and foggy brain.

Infection of the Gall Bladder: I find that the symptoms of gall stones and gall bladder infection are the same. Some of

my contemporaries feel that infection leads to gall stones, which later may calcify. The bloating after meals, with a relatively clear gall bladder, probably indicates infection. Infection may not be the right word. It appears to be friendly flora from the lower intestines that finds its way into the duodenum (where normally flora cannot survive). In this place it can get through the sphincter of Oddi and into the bile and pancreatic ducts, causing dysfunction of either or both systems.

Chronic bad diet of processed and refined foods is the cause of this above scenario and permanent cure certainly requires a diet of mostly raw, 100% whole food 99% of the time. The body has been depleted and cannot deal with that kind of poison anymore.

Healing of these cases requires clearing the infection and healing the stomach so that the infection stays away. Clearing the infection is done with regular doses of beet greens (1-3 per day, probably in a smoothie would be nice) and black walnut hull powder (10 capsules per day on empty stomach for 10 days, then reassess). Healing the stomach is more complicated, but most often these days I use a Standard Process product called Zypan, 2 with each meal for several weeks. In addition, I recommend to use only proper food, simple combinations and chew very well or blend and swish!

A Low Inflammation Diet: In severe cases in my practice, I invariably put them on a Low Inflammation Diet program I have borrowed, adopted, and changed over the last 13 years in practice. Now I have what I believe to be the fundamentals of reducing inflammation in a program on paper. This diet is available on the Reference Docs page of www.StarValleyHerbalCollege.com. This diet removes the burden from the liver and from the gut and allows healing in even the weakest of cases. Everyone I have ever seen follow the Low Inflammation Diet will lose weight, unless they are already thin and then a few start putting on weight as soon as their body is ready. Some need to detox first, even if they are too thin, and they will continue to lose some weight, but the diet includes approaches for those who are losing too much weight. There is more than enough nutrition in this program, but it will allow the body to heal rapidly. I do not know of its equal at present.

The Stone Flush: Once my clients are following the diet and healing the gall bladder effectively as outlined above, they may choose to do a whole stone flush. I am not convinced it is necessary, but it is often helpful. The rapid improvement and the sight of stones floating in the toilet after an effective stone flush is quite alluring to some. I will outline my somewhat modified version of the stone flush below. It changes a little now and then because I find some things I do not like and other things that work better.

Optional: Three day fast on apple juice (fresh or store bought is fine). The malic acid will dissolve calcified stones and make their passage smoother/possible. The three day fast may enhance the efficacy of the flush when it is done. While this is a potent contributor to the flush, I almost never use it in my practice and have never personally seen a case when it was actually necessary. In theory it could be needed, so I share it for the educational value in this situation.

Vital: Stop all food at noon the day of the flush. The body should be hungry when the flush is consumed. I have seen flushes done after supper when the person ate food all day and have seen it work, but it will not always work in this way.

Possibly Important: Take an enema to flush out the bowel before starting the program below. If the bowels move quickly for the individual, this is certainly not important at all. For a sluggish bowel person, it may be very important and will help reveal the stones when they come out.

Step 1: Take 2 tablespoons of magnesium citrate in water. This is mixed into one pint of water. The volume is taken in four doses of ½ cup each. The first dose is taken at 6pm, the second at 7 pm, the third at 8 and the fourth at 9pm.

Step 2: Take the flush drink right before bed. The flush drink must contain plenty of olive oil because this is how we get the flow of bile triggered. I usually use ¼ cup, though I used to use ½. I feel that ¼ cup is enough and is less likely to cause nausea and vomiting. The olive oil may be consumed alone or mixed with the ginger toddy recipe mentioned above. In either case, the ginger toddy recipe should also be consumed at this time.

A Note About Parasites: The use of something to clear parasites has become popular in stone flushes, with some people feeling the flush would be ineffective without this. Formerly, I added wintergreen oil to the flush drink. I am convinced today that this is rarely, if ever, needed. If I were to address parasites, it would be with 10 capsules of black walnut hulls powder sometime about midday. I do not address them today as I am unconvinced of any need whatsoever to do so in connection with a stone flush.

Step 3: Go right to bed after the flush drink and spend at least 10 minutes massaging the liver and gall bladder area with castor oil and Dr. Christopher's Cayenne Deep Heat Ointment. Then go to sleep.

Intermission: In the ideal world, the laxative effect of the magnesium citrate would wake you up in the morning. If by 10 or 11 am the bowels have not moved abundantly, it is time to take another enema. This can be ginger powder and water or just sea salt and water. The important thing is to get the toxic stones coming out of the bile ducts and gall bladder to leave the body and to get an idea of how many they are. For this, they must come out soon because the stones will be bright green initially, but will turn brown in the bowel later in the day.

Also, if there is any discomfort in the abdomen in the morning, I usually give another tablespoon of magnesium citrate in warm water and maybe another ginger toddy to get the bile ducts to open up and flow.

Most of the stones will be small, green and fatty, though you can pass anything up to the size of your thumb. Calcified stones may not be seen, though they will certainly come out on this protocol if you have them.

Many variations exist with various ideas about what is important. I can only report on what has happened in my practice and what works best for me. I try not to be wedded to convention and I try to observe when change is needed or when something is simply not needed. Everything I do is a work in progress and I object to practitioners who believe everything they read and then adopt it as dogma. Many a good idea has emerged which has proven to simply not be true or not be important. For this reason, I always examine clinically all my procedures, even if I came up with them from previous clinical observation.

The above routines are adequate. Anyone who is chronically ill should assume severe malnutrition at the cellular level. In addition to the above therapeutic measures, proper nutrition should be restored. My prejudice at present is that this should be done with non-stimulating foods. I have a trace mineral formula that I use for this as a key part of the Low Inflammation Diet (mentioned earlier). It is equal parts by volume of kelp, alfalfa, barley grass, and Garden of Life's Raw Meal (not Raw Protein) powder. The powders are mixed and then taken in doses of 2 tablespoons. We might take one dose two times daily or as often as cravings, tiredness, depression, weakness, or hunger appears throughout the day.

In review: We have discussed gall bladder problems, which are extremely common today and symptoms caused by irritation of the gall bladder or bile ducts, including ear and balance issues, ringing ears, visual disturbances, and headaches. It can also cause sleep disturbances, insomnia, and poor digestion. Healing the gall bladder is key to long term health.

Some ask about post gall bladder surgery and what to do then. Actually, I do all the same things if I think there is a bile flow problem. Besides this, the body will often grow a replacement gall bladder in the common bile duct, though it is small and inadequate.

In conclusion, the gall bladder can almost always be rehabilitated, even in acute distress cases. Suffering can be relieved fairly quickly without severe invasiveness and the gall bladder can be helped.

Dr. Kal Sellers DC, MH lives and operates a full time practice in Star Valley, WY. He keeps a practice going in Marietta, GA area also to which he returns every 6 weeks to do consults, bodywork, and a very unusual, stability-oriented chiropractic style. He runs www.StarValleyHerbalCollege.com as an educational resource for natural healing and herbal medicine enthusiasts and may be reached at 307-413-9664.

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Nov/Dec 2013

Two Months of Super Savings

Life Savings



NEW PRODUCTS!

- **Perfect Food Wheat Grass**

4.2 oz \$22.99

- **Perfect Food Energizer**

10 oz \$30.99

- **Perfect Food Alkalizer/Detoxifier**

90 vcaps \$30.99



NEW PRODUCT!

BioChem USDA Organic Whey Protein

\$21.99




Tree House Kids Supplements

25% off



All Kyodophilus Probiotics

20% off



Organic Fruit & Vegetable Juice

- Fiji
- Fuel
- Purify
- 12 Essentials

- Lemon Lime

16 oz **\$6.89**

16 oz **\$8.79**




- Organic Unbleached White Flour
5 lb **\$5.49**
- Gluten Free All Purpose Flour
44 oz **\$5.99**

18 RABBITS **NEW!**

- Dark Chocolate Cherry Almond Bar
- Apricot, Walnut, & Coconut Bar
- Fig, Cranberry, Hazelnut Bar
- Date, Pecan, & Coconut Bar

1.6 oz **\$1.49**



Kraut

- Caraway
22 oz **\$8.49**
- Garlic Dill
- Horseradish Leek
- Jalapeno
16 oz **\$7.49**



Cookie Dough

14 oz **\$4.99**



Almonds

- Key Lime Jalapeno
- Raspberry Vinagrette
- Orange Ginger
- Lemon

5.5 oz **\$5.79**



Organic Coconut Water

33.8 oz **\$4.99**



All Baking Mixes

\$2.00 off



Conserves

All Flavors

10 oz **\$3.99**



NEW FLAVOR!

Pumpkin Cheesecake

All Flavors on Sale

4 oz **\$4.99**



- 5HTP 50 mg**
30 caps..... \$5.99
- Relora**
60 vcaps.....\$13.99
- B12 Shots**
12 vials.....\$19.99



Vitamins that make sense

- Blood Sugar Formula**
180 vcaps ...\$25.99
- Bio C1000**
90 vtabs.....\$13.99
- Digestive Formula**
60 caps..... \$11.99



- Sambuguard**
5.9 oz.....\$12.99
- Sambuguard Kids**
5.9 oz.....\$13.99
- Sambu Elderberry**
5.9 oz.....\$12.99



- Max DHA**
180 soft gels ...\$22.99
- NAC**
100 caps..... \$12.99
- B-Right**
100 caps.....\$12.99



Entire Line

20% off



- Joint Vibrance**
13 oz or 252 tabs
.....\$33.99
- Pure Green Protein**
(All Flavors)
16 oz.....\$27.99
- Maximum Vibrance Formula**
703 grams....\$55.99



- Lumessence Eye Cream**
.5 oz.....\$18.99
- Lumessence Lift Face Cream**
1 oz.....\$23.99



- Womens Symmetry**
90 vcaps.....\$12.99
180 vcaps....\$21.99
- Adrenal Assist**
90 vcaps.....\$17.99



- Maca Harmony**
120 vcaps....\$29.99
- Maca Life**
120 vcaps...\$29.99
- Maca Pause**
120 vcaps....\$29.99



- Vitamin D 1000 IU**
60 tabs.....\$15.99
- B Complex**
90 tabs.....\$27.99
- Magnesium**
60 tabs.....\$15.99



All Salt Scrubs

25% off



NEW LINE!
All Clean Series Products

30% off



All Products

20% off



All Ultimate Omega Formulas

25% off



- Saffron Hunger Chews**
30's.....\$21.99
- Saffron Hunger Caps**
60 vcaps.....\$26.99