

## My “Working It In” Workout

By Linda Townsend

The first of the year has come and gone. We have gone from the indulgent holiday feasting to the leftovers and I am not referring to food. Thankfully, it is winter so that layering clothing can be our excuse for the extra bulk that is hiding what is really a bit more of us underneath. My Australian friend does not have this advantage with Christmas and New Year's Day being in mid-summer with beach parties.

Even though it is not swimsuit weather here, we have this annual phenomenon of planning to get into shape and improving health with well-meaning efforts of buying exercise equipment and paying gym membership fees. It seems that nearly everyone makes resolutions about losing weight, exercising more, and eating better, but these resolutions are hardly ever kept. My husband used to co-own a gym and after the first of the year there would be an influx of new memberships, but by mid-February, only a few of those new members would be seen at the gym.

Adding regular exercise to one's lifestyle has several strikes against it, but the greatest obstacle is that people, by nature, take the path of least resistance whenever possible. Exercising is a path of greater resistance, both mentally and physically. Assuming that one is physically able to exercise, the mental excuses fall into three main categories: lack of purpose, lack of commitment, and lack of time.

### A Stay With It Purpose

Whether you have been toying with the idea of exercising or are determined to add an exercise program to your lifestyle from now on, you need to have a purpose for it that will override your mental objections and excuses, and you already know what they will be. Your purpose is your drive, your ambition, and your “I will do this because....”

### How To Do It Commitment

After you have a purpose, you need a doable plan that is not going to end up as another mental excuse. A workout done properly should feel like work and make you feel a bit of fatigue afterward. Doing the fun things can be just as tiring as an undesirable duty, the only difference is your attitude, so look for ways to make exercising engaging and enjoyable for you.

### Make The Most Of Time

My aunt has this saying that no matter how rich or poor a person is, he has the same amount of time as everyone else. Time is a finite commodity given to all equally, but usually poorly managed by most. It is not how much or little time we have that is the problem, but what we do with it, because time gets used up at the same rate whether we are actively involved with the management of it or not. (When have you regretted using time productively?)

How this will work for you is that you make it work for you; you tailor it so that it fits you, being open to changing it as necessary. My husband is no longer competing in bodybuilding, so he does not need to exercise the same as he did then; he now has a more physically demanding job, so most of his workout is done while he is working. His purpose and commitment for working out has changed, but he still works it into his time.

I, on the other hand, am a homeschooling parent, so I do not have the benefit of a laborious job to make me work out and my body can easily show that path of least resistance (more sitting than exercising). For over a year, I volunteered at a 4-H horse barn once a week, which required lifting bags of feed that were more than a third of my body weight, shoveling manure, sweeping the barn, as well as grooming, training, and riding horses. It was a workout and I came home quite fatigued. On the weekends, I would also do heavy gardening. I was as muscular doing those things as I had ever been working out at a gym, and it was far more fulfilling because I accomplished things.

My purpose for working out changed from that experience. I now find ways to work in my workout while performing household chores which make me smile with satisfaction when I look over the results. There are the lawn, garden, deck, porch, and outside windows workouts on good weather days. It requires bending, lifting, pulling, pushing, shoveling, raking, and more. On bad weather days, the workout goes inside. Using the least amount of synthetic chemicals and making the most of using elbow grease, as my grandpa called it, I like to deep clean the inside of my entire home, top to bottom, from one room to the next, twice a year. It requires going up and down a step ladder (while tightening those gluts), stretching, and large arm movements to wash the walls. I can also add leg lifts as I clean out lower cabinets and crunches as I hand scrub the floor. My commitment is to look for ways to add resistance so that housework is my workout.

My resolution this year is that the appearance of my home should reflect the state of my health and my commitment to being in shape. There is something about preparing to work out on equipment while walking past a pile of laundry and missing the workout potential right there. I could just as easily bend over in a stretch to pick up the laundry several times, as bend down to touch my toes or lift free weights resulting in me being too fatigued to pick up the laundry that is still cluttering my living space.

If you feel you have no time to work out, maybe you can try to work it into the things you have to do, like simply stretching out a little more when you vacuum. Lunge by stepping out having your knees directly above your ankles, back straight, and abs tight while picking up something from the floor. Use large sweeping arm movements whenever you clean or fold laundry and stretch whenever you can, even while just watching TV. Turn on the tunes and add some dance moves for additional calorie burning and fun while dusting or organizing. Donning sweats in my house means there will be a workout where something (besides me) looks better and it does not have to be an all-day thing; just pick a spot you have been meaning to get to and give it a serious 15 to 30 minute deep cleaning or organizing. I have found that a few days a week can make a big difference in the look of my home and my attitude, as well as my waistline. This truly is a productive and encouraging workout that I am learning to work into my lifestyle more and more, and maybe you can too.

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



**Spring Life Fest  
and Member  
Appreciation Day**

**Saturday,  
3/22/14**

**12:00-4:00 pm**

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

## Wellness Tool Kit

By Kim Strickland, ND

At this time of year it becomes more important to mind basic rules of cleanliness to prevent the spread of germs. This includes washing hands and minimizing contact with people who are known to be sick. If you are a parent, please do not send your children to school, church, library story time, or playdates when they are congested, coughing, or just generally not feeling well. This just spreads the germs and does not help your own children. A good rule of thumb following a fever is to keep your children home one day for each day they had a fever. As an adult, it is important not to spread yourself too thin. Take time to rest, relax, and decompress.

What do you do when you or your family members are not well? For almost twenty years I have relied upon natural remedies with success. We have had croup, chicken pox, and the flu, just to mention a few, and have not resorted to antibiotics or over the counter medications. It is important to support the body when you are experiencing an acute illness.

Supporting the body means helping the body do what it is trying to do rather than suppressing its action. Many times when we have mucus the reaction is to take a decongestant. The body is attempting to rid itself of mucus by bringing it up and the decongestant goes against this action. Instead, I recommend taking mullein, thyme, hyssop, fenugreek, and chickweed. All of these herbs support the body in getting rid of excess mucus. Eucalyptus oil can be a powerful way to bring up mucus. Boil some water and put a few drops of the oil in the pot. Quickly put your head over it and drape a towel over both to keep the steam in. Breathe deeply and get ready to start blowing your nose! You can also put a few drops of eucalyptus in the humidifier.

Another way to support the body is to strengthen the immune system. Astragalus works well to do this, but it is only recommended when you are well. When you have an acute illness, use echinacea instead. Elderberries and elder flowers are powerful enhancers of the immune

*continued on page 2*

# Poison is an 80's Band, Not A Healthy Lifestyle

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

Excerpt from Dr. Joe Esposito's upcoming book, "Dr. Joe's 3 Healthy Habits"

Amazingly healthy people understand that Poison is music you should listen to, not what you should be doing to your body. Your first step to maximizing your health is to stop poisoning yourself. What do I mean by "poisoning yourself?" I mean you have to stop putting the things in your body that short-circuit your energy, your vitality, and your ability to fight off disease, illness, and aging.

Imagine if there was a secret formula to get well and stay well. Would you want to know what it is? Would it be worth \$1000? \$10,000? \$100,000? Here is the plan that has worked for me, my family, and tens of thousands of my patients.

There are three healthy habits we must have in order to obtain and maintain great health. Notice I didn't just say good health. These three healthy habits are:

- *Repairing and maintaining a normally functioning nervous system*
- *Repairing and maintaining a normally functioning digestive system*
- *Following a good nutrition plan.*

I know that many of you are not familiar with what's involved with the steps of these three habits. That's what this book is all about.

These days, there's so much information available that people are completely overwhelmed and confused, and don't know who to trust. My goal in writing this book is to teach you how to understand how your body works so that you can use it as a tool to have an amazing life.

As a practicing nutritionist and chiropractor, I've heard too many patients say to me, "Dr. Joe, if I'd only known this sooner, I could have saved myself years of pain and suffering."

Don't stop reading now. An amazing, healthy life awaits you. Sometimes it only involves a few small changes. I am here to help guide you down the road to the energetic, exciting life you've always wanted.

## Healthy Habit #1 The Nervous System

The first of my 3 Healthy Habits involves ensuring that your nervous system is working correctly.

Your nervous system is your first defense against poisoning your own body. As I mentioned earlier, problems with your nervous system short-circuit your energy, vitality, and your ability to fight off disease, illness, and aging which equals one thing—your body is being poisoned.

Let good ol' Dr. Joe explain this one for you:

The brain sends messages down the spine, out to the nerves to every cell in your body. There are about 80 trillion cells in your body. Every single cell is controlled by the nervous system.

So, if you have a bone in the spine out of place pinching a nerve, if you have a muscle spasm, if one of your hips is higher than the other one, or if your spine is twisted, for example, that could mean that you're blocking

the messages from the brain to the body. You HAVE to make sure that's working.

There are some simple tests you can do to see if you have nerve interference. The easiest test is to ask yourself: "Do I have back or neck pain?"

If you do, you have an irritated nerve. The best thing for this condition is to find out what is irritating the nerve and fix or repair it.

By far, the most common cause of back pain is a bone in the spine that has moved out of alignment—this one simple issue which can usually be resolved through the painless work of a chiropractor. I am stunned at the number of people who live their lives consumed with back and neck pain and sometimes proceed to needless back surgeries with huge life-changing negative outcomes without ever thinking to consult with a chiropractor. When people who ARE aware of chiropractors consider their work, the first thought is usually the fact that chiropractors are synonymous with a resolution of some sort of back or neck pain.

Pain, as an indicator of a problem, is sometimes a good gauge of the need for help for your nervous system. However, about 80% of your nerves don't cause pain.

For example, there is a nerve that goes to your pancreas, but you don't feel your pancreas working or not working correctly. There are nerves that go to your heart, lungs, liver, spleen, colon, gallbladder, toe nails, and all of your other body parts and organs. If you don't experience sensations when these organs are working correctly, you also may not feel pain when they don't work.

Eventually, however, you may experience some symptoms from these organs not working correctly, but sometimes that's not until the later stages of malfunction, when it might be too late to correct or repair damage.

A qualified practitioner can test the nerves that don't feel pain. So why risk it? Get a chiropractor to check you out.

Another test you can do to check to see if your nervous system is working properly is just look in the mirror. Is one ear, shoulder, or hip higher than the other? This can be an indication that there is an imbalance that can be putting pressure on nerves and blocking those critical messages from the brain to the rest of the body.

Healthy Habit #2 and Healthy Habit #3 will be discussed in upcoming issues of *The Life Line*.

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

continued from page 1

## Wellness Tool Kit

system. I make tea from them, but they are also available in tincture form. Garlic, especially raw, can boost the immune function. At the first sign of dis-ease, I have been known to chop a clove of garlic and swallow it with a swig of water.

When your immune system is not at its best, it can often be difficult to sleep, just when you need it most. I keep valerian tincture on hand for these times. A dropperful and I rest more soundly. Skullcap also aids in sleep, as does oatstraw and

chamomile. Lavendar essential oil can be used in a hot bath prior to bed to relax you.

Life Grocery carries products with these herbs and essential oils in them. Next time you are in the store, why not pick up a couple to have on hand? I much prefer having what I need on hand than having to run to the store when I am not feeling well. I hope you stay well, enjoy the cool, crisp air that

The Life Line  
is a bi-monthly  
publication of



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

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:** Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Dr. Kal Sellers, 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 My "Working It In" Workout
- 1 Wellness Tool Kit
- 2 Poison is an 80's Band, Not A Healthy Lifestyle
- 3 Positive Change Is Good
- 3 Wonderful Winter Veggies
- 4 Chi Gong for Life

winter brings, and take care of yourself when you are not feeling your best. Here's to good health!

*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.*



# Positive Change Is Good

By Brenda Cobb

Change is inevitable and a way we can evolve and become better. It takes effort to make positive changes and is up to us to take action if we want good results.

Is there something you'd like to accomplish, but you just haven't been able to take the steps to get there because those same old excuses keep coming up? "There is never enough time." "I'll get to it tomorrow." "I'm too busy." Are you always putting that exercise, massage, eating better, or a long hot bath on the back burner?

If you are feeling so overwhelmed with everything that's going on in your life that you've found yourself procrastinating about taking care of you, your body, your mind, and your spirit, there's no time like the present to make a positive change. When you stop long enough to take care of yourself, you'll find that everything in your life improves.

If you want to accomplish more, you're going to need more physical energy. A tired, stressed out body is prone to more illness. If you're sick, you don't feel like doing much of anything including making positive changes and accomplishing your goals. Exercise can give you more energy, so even if you feel "too tired to exercise" make yourself take a walk, go for a swim, ride a bicycle, or get yourself to the gym. It might take some extra effort to get the exercise going, but once you've done it you will feel energized and proud of yourself for making it happen. Schedule exercise and put it on your calendar like any other important appointment.

It may seem impossible at times to make time to do the things that are most important to you. It may even

seem too difficult to change your habits, stop eating junk food, and eat more fresh fruits and vegetables, but if you believe the benefits are worth it that can help motivate you to take action. If you'd rather eat cookies than fruit or pizza rather than a salad, you're probably like most of us who eat out of habit or because we're addicted to the way the food tastes. Your health is one of the most important things you have and it's important to take good care of it. Poor eating habits can lead to poor health which impacts everything about your life. If you don't feel good, you can't enjoy life to the fullest.

You can take your power back right now; become free of addictions to food, alcohol, drugs, and cigarettes. You can make positive changes if you really want to. To help you on your quest for a better life it is important to have support. Become educated about health and well-being. Get involved with others who have similar goals to yours. Get a buddy and encourage each other to eat better and exercise every day. It's more fun when you do things with other people; having another person watching your progress often helps you stay on track.

An old habit can be broken and a new one put in its place when you're motivated. Set your goals, write them down, make a plan, and become responsible. It takes effort but it's worth it. No one cares about you and your health the way you do. Don't wait until you are diagnosed with a serious disease to make changes. There's no time like the present to take better care of you. Prevention is the best care of all. You are the only one who can make positive changes in your life. It's all up to you, and

remember, you're worth it! Eat more organic food. Drink more filtered alkaline water. Use more organic skin and body care products. Prepare more quick and easy recipes like this easy smoothie and save time for your exercise routine.

## Cucumber Tomato Herb Smoothie

2 c cucumbers  
2 c tomatoes  
1 c celery  
½ c red bell pepper  
1 T fresh garlic  
1 t fresh mint  
1 t fresh oregano  
1 T fresh squeezed lemon juice  
1 t Himalayan salt  
1 c alkaline water

- Blend everything in a Vita-Mix or other high speed blending machine and enjoy!

*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](http://www.livingfoodsinstitute.com).*

# Wonderful Winter Veggies

By Susan Esposito, DC, DACNB, FABES, FACFN

As we commence yet another year with galvanized determination to eat healthy, I thought I would suggest four of the best winter vegetables that have recently been highlighted in an article on [eatingwell.com](http://eatingwell.com) to add to your daily menus.

## Best Winter Vegetable #1: Brussels Sprouts

To prepare :

- Remove the outer layer of leaves, trim the stems, and toss with olive oil and sea salt.
- Place them on a baking sheet and roast at 425 degrees F until they're nicely browned.

According to [whfoods.com](http://whfoods.com):

*Brussels sprouts can provide you with some special cholesterol-lowering benefits if you will use a steaming method when cooking them. The fiber-related components in Brussels sprouts do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw Brussels sprouts still have cholesterol-lowering ability — just not as much as steamed Brussels sprouts. Brussels sprouts may have unique health benefits in the area of DNA protection. A recent study has shown improved stability of DNA inside of our white blood cells after daily consumption of Brussels sprouts in the amount of 1.25 cups.*

## Best Winter Vegetable #2: Leeks

Potato leek soup is popular in the winter, but you can also finely slice leeks and add them to omelets, salads, and rice.

Leeks, like garlic and onions, belong to a vegetable family called the allium vegetables. Since leeks are related to garlic and onions, they contain many of the same beneficial compounds found in these well-researched, health-promoting vegetables. They can provide cardiovascular support by protecting blood vessel linings and they are high in folate, a B complex vitamin, that helps to keep homocysteine at normal levels.

## Best Winter Vegetable #3: Beets

- Wrap one or two beets in foil and bake them in a 350 degrees F oven for an hour or until they're cooked through.
- Then cut them into cubes to toss into a salad of greens and crumbled goat cheese.
- Add a drizzle of walnut oil.

According to [fullcircle.com](http://fullcircle.com):

*Beets have been reported to help your mental health. Beets contain betaine, the same substance that is used in certain treatments of depression. It also contains tryptophan, which relaxes the mind and creates a sense of well-being, similar to chocolate. Beets can also lower your blood pressure. So if you're already steamed about not eating beets, you can get a two-fer by diving into them right away. Beets are used as a stomach acid tester. How in the world does that work? Glad you asked. If you are eating a lot of beets or beet juice, and your pee turns pink, guess what? You have low stomach acid. Pee still clear? Ratchet it up and get juicing (use the greens too)! Nutritionists use beets and beet juice to test stomach acid levels, so stay ahead of the curve by adding beets to your diet now.*

## Best Winter Vegetable #4: Kale

Kale tends to have a bitter taste, so to make it more palatable: gently sauté it with olive oil, balsamic vinegar, chopped garlic, and pine nuts; massage it with avocados, shredded carrots, lemon juice, and raisins; or create dehydrated kale chips with your choice of flavors

According to [mindbodygreen.com](http://mindbodygreen.com):

*Kale is high in iron. Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more. Kale is high in Vitamin K. Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and the prevention of blood clotting. Also, increased levels of vitamin K can help people suffering from Alzheimer's disease. Kale is filled with powerful antioxidants. Antioxidants, such as carotenoids and flavonoids help protect against various cancers. Kale is a great anti-inflammatory food. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help fight against arthritis, asthma, and autoimmune disorders. Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels. Kale is high in Vitamin A. Vitamin A is great for your vision and your skin, and helps to prevent lung and oral cavity cancers. Kale is high in Vitamin C. This is very helpful for your immune system, your metabolism, and your hydration. Kale is also high in calcium.*

References:

<http://www.eatingwell.com>; <http://eatthis.menshealth.com>; [www.whfoods.com](http://www.whfoods.com); <http://www.mindbodygreen.com>; <http://yogakat.hubpages.com>; [www.fullcircle.com](http://www.fullcircle.com)

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

# Chi Gong for Life

By Dr. Kal Sellers DC, MH

Chi Gong is a meditative exercise from ancient Oriental medicine and philosophy. It balances the nervous system, heals the body, restores proper nutrition, revitalizes damaged, exhausted, or depleted organs, and results in a more peaceful, balanced life. In this article, we will discuss chi gong historically and generically, as well as a few forms specifically.

Chi gong is thousands of years old... at least three thousand years. The story is that Chinese physicians, who were generally also monks, developed chi gong to keep the common people out of their offices! In that system of medicine, the physicians were paid based on the population, but they were not paid anything additional if someone was sick. They were required to take care of the sick person by law. These physicians/monks, wanted to spend their time meditating and cultivating themselves. They did not want to see patients. Chi gong was the result.

Chi gong is very much like giving yourself an acupuncture treatment every day. The exercises are simple and usually pretty easy. The old and young, sick and well can do them. Eventually, every province, and probably every village, in China had their own form of chi gong. It spread to Japan and Korea where more active, aerobic forms of chi gong (often called Qi Gong) emerged. Today there are thousands, maybe tens of thousands, of different forms of chi gong.

To understand chi gong (which may be written ki/chi/qi and gong/kong), you have to understand chi, damaged chi, why people have "accidents," and autonomic nervous system balance.

Let's begin with chi. Chi is life energy or vital energy. It is a pure energy (before the existence of electrons or any other measurable part of matter). We can measure where it has been, but we cannot as of yet measure chi itself. Chi is present everywhere that there is order and organization. It is inherently organizing for the expression of all of creation and life itself. There are channels of chi and points where chi meets the surface and can be affected in some way. These cover the body. If you have had acupuncture, you have had someone assess your chi and then treat you based on chi imbalances.

Blood and its behaviors is a good way to assess chi. This is what is done when an acupuncturist takes your pulse. Chi can also be felt and some sensitive people will be able to feel its influence and determine where there is a problem and of what type.

This leads us to the next point.

Let us discuss damaged chi. Chi is not good or bad, it just is. It can be damaged by what are called pernicious influences. These include stress, wrong diet, cold, wind, moisture (or lack of it), strong emotions, overindulgence, toxicity, etc. Chi can become stagnant, deficient, excess or damaged and altered in some way, such as becoming turbulent or inconsistent. When chi is damaged, disease is certain to follow in some part of life, body, psychology, or emotions.

Damaged chi can be governed or controlled, and, thereby, healed or damaged by the twelve governing organs, which correspond to the five elements. There are two organs for each element, except fire, which has four. Many approaches to restoring that energy and healing those organs exist.

Chi gong could be described as an art form of movement scientifically calculated to establish

appropriate flow of energy; of appropriate quality through all the vital organs and throughout the body day after day by practicing it at home. The movements and meditations are typically simple and do not take very long. The regular practice protects and heals the body in a profound and real way.

Next we will discuss why people have accidents. In Chinese philosophy, there are no accidents. Instead, energy imbalances or corrupt chi will attract accidents to the end that the chi be stimulated or at least the problem is communicated. The problem is we are not aware enough to recognize what is really going on. When chi is balanced and healthy, the person does not attract accidents, but rather attracts harmony, growth, and peace. Chi gong, in order to effectively keep the common person out of the physician's office, had to include protection against accidents and increased awareness.

Now let us discuss autonomic nervous system balance. The autonomic nervous system is the automatic nervous system. It is what runs everything you do not have to think about. It is divided for convenience into two sides or categories. These are antagonistic at the level of each one's activity suppresses the other's activity. They are called "sympathetic" and "parasympathetic."

Sympathetic stimulation is in the form of fight and flight or hurry and worry. Parasympathetic stimulation is in the form of relax, rest, digest, and all is well. These environmental factors will produce a sympathetic or parasympathetic response, but they are not the subject of discussion right now. Rather, we want to focus on the general tendency of a person to settle into parasympathetic dominance physiologically, or sympathetic dominance physiologically.

The sympathetic dominant has good circulation to the brain, high adrenal and thyroid function, and is generally alert, focused, and more or less unaware peripherally. That person also is prone to toxicity, constipation, and poor digestion. They are more likely to sleep less and be anxious. Sympathetic individuals are the ones that get full blown autoimmune disease (except MS) and solid state cancers, such as breast, lung, prostate, kidney, etc.

The parasympathetic dominant is depressive, has low thyroid and adrenal function, holds on to excess weight and has poor circulation to the brain. This person has relatively good digestion and elimination, but is prone to allergies and food sensitivities. This person gets tired easily and when their brain is tired they may snap easily, be fearful or hypersensitive, and can feel and respond badly. This person is very much aware and sensitive to the world around him or her, seen or unseen. They tend to have lower circulation to the brain and so do not perform quite as well at any time. These individuals get allergies and inflammation, unstable tissues, viral infections, obesity, and cancers such as lymphoma and leukemia. They also get MS. They are often miserable with sub-clinical symptoms that no one seems to be able to diagnose.

We have dietary and herbal approaches, as well as exercise and lifestyle modification, for the person who is significantly off balance one way or the other. The most valuable single key to balance in these systems, however, is chi gong. Chi gong restores balance and allows the person to begin to heal over a period of time. It is valuable for either type.

Specific forms of chi gong can be a hot discussion. Chi Lel, 8 Pieces of Brocade, and the 12 nerve exercises are all forms taught by the author. These are Chinese forms and are meditative and relaxing, unlike their Japanese and Korean counterparts, which are stimulating and vigorous. Chi Lel is the favored form of the author. Chi Lel takes about 20 minutes per day to practice and takes about two weeks to significantly alter physiology. Regular, daily practice over years will gradually, steadily enhance the effects of each practice. Aging slows, digestion improves, autonomic nervous system balance reappears.

Many online sources, as well as local classes, exist in any given area. The author teaches his forms weekly, twice every Monday, Tuesday, and Wednesday. Such classes are almost always available; where they are not, they are available online.

Chi gong is the cheapest and most effective form of medicine available. It is simple, relaxing, and enjoyable to perform. Awareness is enhanced, injuries are reduced, healing is accelerated, digestion is improved and every body process gradually and steadily improves. That is not to say it is the only thing that matters, but it is the biggest and best tool to add to the toolbox of health and healing.

*Dr. Kal Sellers, DC, MH, has a practice in Marietta and one in Wyoming where he lives full time. He is available to teach classes when he travels and also sees patients for Chiropractic, Rolting, Massage, Reflexology, Chi Gong sessions, and herbal and nutritional healing. For further information, call him at 307-413-9664 or visit his website at [HolisticChiro.org](http://HolisticChiro.org).*



**Welcome Vegan Chef Rob!**

**Café Life Hours  
Monday-Sunday  
11 am-4 pm**

*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*



# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Jan/Feb 2014

Two Months of Super Savings

# Life Savings



• **Wild Rose Cleanse**  
kit . . . . . \$24.99

• **Raw Fit**  
16 oz . . . . . \$31.99

• **Raw Fit Marley Coffee**  
16 oz . . . . . \$31.99



**Coenzyme B  
Complex  
Advanced**

60 vcaps . . . . . \$22.99

120 vcaps . . . . . \$35.99



• **Echinamide Syrup**  
5 oz . . . . . \$12.99

• **Anti-V Formula**  
1.7 oz . . . . . \$12.99

60 soft gels . . . . . \$14.99



**All Garlic Formulas**

*Aged garlic extract helps  
support cardiovascular health*

**20% off**



### Yerba Mate

1 lb loose

- Holy Mate
- Yerba Mate
- Rooibos

\$9.99

24 bags \$4.29



### madécasse

MADAGASCAR

### Vanilla Extract

4 oz . . . . . \$7.99

8 oz . . . . . \$13.99



LOTUS FOODS RICE IS LIFE

### All Heat & Serve Bowls

NEW!

- Forbidden
- Brown Jasmine
- Volcano

- All Bagged Rice 15 oz

20% 7.4 oz



Once Again

We spread integrity.™

- Almond Butter
- Peanut Butter
- Cashew Butter

- Sunflower Butter
- Sesame Tahini 16 oz

25%



THUNDERBIRD energetics

NEW!

### Raw Bars

- Sweet Lemon Rain Dance
- Almond Cookie Pow Wow
- Cherry Walnut Crunch

- Cashew Fig Carrot
- Cacao Hemp Walnut
- Hyper Hawaiian Crunch 1.7 oz

\$1.99



- Unsweetened
- Vanilla Sweetened
- Unsweetened Vanilla 32 oz

NEW!

### Quinoa Drink

\$3.29



- Rest Assured
- Simply Detox
- Throat Cozy
- Regularity 16 bags

NEW!

- Breathing Space
- Energy Boost
- Mental Focus
- Easy Digest

\$2.99



- Crackers
- Crisps
- Chips 3.5-4.5 oz

20%

off



- Blueberry
- Caramel
- Chocolate
- Strawberry 10.6 oz

### Dessert Sauce

\$3.59



THE ORGANIC WAY TO FLAVOR YOUR WORLD

Extract 2-8 oz

Syrup 8.5 oz

15%

off



## All NatraCare Products

# 20% off

## VITA LOGIC

Vitamins that make sense

- **Blood Pressure Formula**  
90 tabs ..... \$18.99
- **Blood Sugar Formula**  
90 vcaps.....\$14.99
- **Blast B12**  
60 tabs ..... \$19.99



## All 32 oz Aloe Vera

# 25% off

## Jarrow FORMULAS

- **Jarro-Dophilus + FOS**  
200 caps ..... \$22.99
- **Alpha Lipoic 300 mg**  
60 tabs.....\$19.99
- **PS 100**  
60 caps .....\$21.99

## LifeExtension®

### Entire Line

# 20% off

## VIBRANT HEALTH®

- **Vibrant Cleanse**  
12 oz .....\$32.99
- **Vibrant Cleanse**  
15 packets....\$21.99
- **Maximum Vibrance**  
24 oz.....\$55.99



## Aromatherapy Diffuser

# \$35.99



## Entire Revitalizing Line

# 20% off



## PH Quintessence

90 vcaps

# \$27.99

## MegaFood®

- **Extinguish**  
60 tabs .....\$23.19
- **Megaflora**  
60 caps .....\$34.99
- **Vitamin C**  
60 tabs ..... \$22.99

## Bluebonnet

### All B Vitamins

# 20% off



### All Udo's Probiotics

# 25% off



### All Products

# 20% off



### All Ultimate Omega Formulas

# 25% off



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



## I Just Love the Smell of “Agent Orange” in the Morning

By Betsy Bearden

*I apologize beforehand, but this is a rant against the major corporations that have the ability to heal the world . . . not harm it. So why do they choose the latter?*

Upon opening a recent email, I was directed to an article regarding yet another way to infuse our farm crops with poison. This planet is all we have. It is up to us to care for it, not the other way around. I don't know about you, but I am getting pretty sick and tired of major corporations that put the importance of their profits before the importance of our health.

According to the new article, it seems Monsanto and its GE (genetically engineered) “Roundup Ready” seeds are about to take a back seat to Dow Chemical's GE “Agent Orange” corn and soy crops. Dow is awaiting approval from the USDA, and this could happen as early as the end of March, 2014. We should be very afraid.

Agent Orange contains a chemical called 2, 4-D, which is far more toxic than the glyphosate used in Roundup. This chemical has direct ties to causing non-Hodgkin's lymphoma, lowered sperm counts, liver disease, and Parkinson's disease. The toxic properties of this chemical have a negative effect on our immune and reproductive systems, in addition to causing hormonal imbalance and neurological problems. There will be no escaping 2, 4-D, just as there is no escaping consumption of glyphosate because these chemicals cannot be simply washed off the food.

Whoever and whatever ingests the GE food that has been doused with these chemicals will, over time, become very sick. These chemicals are stored in our bodies and will build up inside us over time. We eat the veggies, animals eat the veggies, and no one wins. This sort of puts a whole new spin on the little poem used in the elocution teachings: “How now brown cow,” which will soon become more like “Now Dow, dead cow,” if something isn't done to stop the use of glyphosate and now the growing threat of Agent Orange on our crops.

So what can be done to prevent all this? Is this the beginning of the end for our non-GE food sources? As with anything else, nature finds a way and plants will build a tolerance to the chemicals, eventually. They will rebound with tougher, nastier weeds and meaner, nastier pests that can withstand the constant infusion and bombardment of all these toxic chemicals. Yet Dow, Monsanto, and others will just keep creating deadlier toxins when that happens. And how about us? Are we building up a “tolerance” to these chemicals? What will we eventually morph into?

Nature is way more resilient than we are for sure. Nature can be destroyed and will eventually rebound

and re-establish itself. We see this metamorphosis all the time with wild fire devastation. This is, unfortunately, something humans are not capable of doing; once we're gone, we're gone.

Most likely, we will morph into people with higher mortality rates, contract disease and illnesses we have never heard of before, and see a higher rate of birth defects and learning disabilities; the list goes on and on from here. I don't know about you, but I read all sorts of articles, hear all sorts of news on the television and radio, and see living proof with my own eyes that we are already a “sicker” nation.

So let's get back to the farms and try to figure out what can be done to correct this environmental disaster that these corporations are causing. I get the big picture, I really do. People need food to survive. Farmers cultivate and provide our food sources. Weeds and pests, and other extenuating circumstances can greatly reduce the amount of crops that large farms can yield. If crops are allowed to be choked out by weeds, or eaten by pests, then there won't be enough to go around, and what does survive will cost consumers more. So, yes, something does need to be done in order for farms to produce as much as possible from what they plant.

How much money do you think it would take to manage farms with a human presence instead of a chemical one? How much money do you think it would take to create safe, organic solutions to deter weeds and pests?

How much money do you think it takes for major chemical companies to create deadly toxins and different strains of bacteria that are spliced into GE seeds and the chemicals that are sprayed on by crop spreaders to deter weeds and pests? Just think of the money, research, and expense that all goes in to this process. Why have our lives been put on the line for people who create things that cause us harm? Stop the madness with the chemicals already, Monsanto and Dow! Just how far are you, and others like you, willing to go with these chemicals? That's the question we all need to be asking.

This is merely my opinion, but I say to the government that it seems like the best solution would be to re-establish the farms that they have purposely shut down, and to quit controlling the ones that are in production now by forcing them to use GE seeds to grow GE crops that are maintained with deadly chemicals. And this needs to happen soon.

At this very moment, organic farms are seeing a rise in their crops where there is GE cross-over contamination from nearby farms that grow the GE crops. This contamination is ushered in by rainwater, birds, wind, dust, and soil contamination. If this does not stop soon,

we will no longer have true, organic, non-genetically altered food ever again.

It's ironic that these same corporations that are polluting our land, air, and waterways, are also patting each other on the back because they are heading up clean water initiatives to save the world . . . the very same world they are polluting. They make money off causing the problem, and then turn around and make money to clean it all up. Except for one thing, they will make more money from trying to clean it all up because they keep creating the problems.

I have included a website in this article where you can get more information about what Dow is up to, and how to become more involved in stopping them before it's too late: <http://dow-watch.org/>. We can also get in touch with our representatives and tell them that we are not going to keep eating foods that make us sick, that we're not going to take it anymore. Use your greatest resource—your voice. Help to get the word out about what these corporations are up to.

And after that, head on over to Life Grocery in Marietta, Ga. Standing up for a worthy cause always makes a person hungry for good food! You can always depend on them for fresh, non-GMO, and organic foods that will keep us all healthy. Life Grocery has been fighting the good fight, and keeping us healthy for almost four decades. They deserve our support for keeping us healthy with nutritional foods, supplements, personal care products, and the delicious Café Life. Café Life offers healthy and delicious alternatives to the standard American diet.

### Research References:

[http://www.huffingtonpost.com/andrew-kimbrell/dow-chemical-agent-orange-crops\\_b\\_4810311.html](http://www.huffingtonpost.com/andrew-kimbrell/dow-chemical-agent-orange-crops_b_4810311.html)  
<http://dow-watch.org/>  
[http://www.non-gmoreport.com/articles/apr10/organicfarmers\\_gmocontamination.php](http://www.non-gmoreport.com/articles/apr10/organicfarmers_gmocontamination.php)

*The opinions voiced in this article are independent and spoken solely from the author's point of view.*

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



# Homemade Yogurt in a Slow Cooker

By Linda Townsend

A few years ago, we had a decision to make: either give up our commitment to eating mostly organic or find ways to make it more affordable. I began thinking about what vegetables and fruits I could grow organically in the gardens around my house, simply by moving a few flowers and working the beds we already had. We doubled our pantry space, so I could buy items in bulk when they were on sale. Then I thought about the things we used the most that I could make myself and if would be cost effective to do so. How much of my time these things would take was also a factor. My list came down to making my own sourdough breads, mayonnaise, ranch dressing, granola, and yogurt (which I use to make my ranch dressing along with mayonnaise).

I was surprised to find that of this list, yogurt turned out to be the easiest for a beginner. I was on a very tight budget and I decided not to buy a yogurt maker because most are designed to make small batches, which would have been very handy if I planned to make a variety of single-serving flavors about every other day. However, I wanted to make a large amount of plain yogurt to eat with granola or use in recipes and make ranch dressing, as well as fruit spreads or flavorings, that can be added to plain yogurt anytime. How much would I save making my own yogurt? Well, I found that it mostly depends on the cost of the milk. If I am fortunate to buy milk marked down because it is near the "sell-by" date, I estimate that I can make a gallon of yogurt for just over the cost of a quart of prepared yogurt. If I buy milk at the regular price, I make a gallon for a little less than the cost of two quarts of yogurt.

Here is the list of items I had on hand to make my yogurt in a slow cooker:

- Slow cooker – 6 quart capacity
- Digital cooking thermometer
- Two big thick bath towels
- Two to three tablespoons of my favorite yogurt for the starter
- Milk
- Canning jars and lids
- Ladle
- Funnel

The milk can be whole or any percentage of reduced fat. I have used raw milk straight from cows or goats on the family farm, but the milk must be heated just enough to kill off all the natural cultures so pasteurized, organic milk is fine. In fact, since the natural cultures are going to be killed off, even milk past the "sell by" date can be used. The reason that the natural cultures must be killed off is that they will compete with the yogurt cultures that must be added to make it become yogurt.

When I make yogurt, I usually make about a gallon at a time, so I pour in a gallon of milk into a six-quart slow cooker with a removable crock. (You can use less milk if you are making a smaller batch.) I set my slow cooker on high and place the probe of a digital cooking thermometer into the milk. The milk needs only to be heated to 180°F, but I have found if I heated it to 185°F the yogurt tends to be a bit thicker. The thickness of the yogurt, I have found, is an art and much depends on the consistency of the milk and other factors within and beyond my control.

I cover and wrap the slow cooker with two heavy bath towels while it is heating up, which not only speeds up the heating process, but allows extra moisture to escape. Some people suggest venting the lid by using chopsticks, but I always see condensation on the inside of the lid ready to fall back into the milk, which may be a factor in thickness.

After the milk has been heated to the desired temperature, I usually like it to cool as quickly as possible. I turn off the slow cooker, remove the heavy towels, and immediately remove the crock, placing it on a rack. I place a clean dish towel over the top to cover it. If it has not already, a skin will develop on the top of the hot milk, which is normal.

When it cools down to 120°F, I add my favorite fresh yogurt to the warm milk, because the results are that the homemade yogurt will have the same taste as the yogurt added. You can add yogurt from a previous batch of your own homemade as well. I really don't measure the amount of my yogurt starter, but I probably add under ¼ cup. I whisk it in, which also breaks up the skin on top. Then I place the crock back into the slow cooker, wrap it up with the two heavy bath towels, and turn it to the "keep warm" setting for a few minutes. The temperature of the milk should be between 110°F and 120°F. If it gets over 120°F after the yogurt starter has been added, you can allow it to cool down to 120°F and add more yogurt again, but ideally it should not be stirred after adding the starter to allow it to set up properly. Stirring can cause a separation, in which you are left with whey and a soft cheese-like consistency—both edible (the "cheese" is great in salads and the whey, in smoothies), but not the creamy yogurt you wanted.

You can leave the cultured milk all wrapped up and turned off overnight. In the morning, the temperature is usually around 90°-95°F for me. If it is not as thick as you would like in the morning, you can warm it up again and give it more time for the cultures to propagate. Most of my batches were done in just eight hours, but others took nearly a day. Again, making yogurt is an art and you can leave it for hours, if you must.

If you just cannot seem to get it as thick as you would like, you can add one to four tablespoons of powdered organic milk when adding the starter and whisk well. You can also strain the additional liquid, which is how the thicker Greek yogurt is made.

To finish up, I use a ladle and a funnel to fill up four one-quart canning jars, while the yogurt is still warm. This results in a good seal when placed in the refrigerator. A batch of yogurt can last for weeks that way—well, not in my house.

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

## Raw Vegetable Soup by Brenda Cobb

### Soup Base

1 red, yellow or orange bell pepper  
6 tomatoes, very ripe  
1 stalk celery  
1 c water  
1 t Himalayan salt  
2 t dried oregano or 6 t fresh oregano  
pinch cayenne pepper

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

### Chunky Vegetables

½ c chopped tomatoes  
½ c chopped celery  
½ c chopped red pepper  
½ c chopped zucchini or yellow squash

- Combine the chopped vegetables with the soup base and enjoy!

The Life Line  
is a bi-monthly  
publication of



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

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. Susan Esposito, Ronnie B. Hudson, 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 *I Just Love the Smell of "Agent Orange" in the Morning*
- 2 *Homemade Yogurt in a Slow Cooker*
- 2 *Raw Vegetable Soup*
- 3 *Emotions and Positive Thinking*
- 3 *Grapefruit and Parsley*
- 4 *"Spring" Into Action*
- 4 *Pink Grapefruit Vinaigrette*

# Emotions and Positive Thinking

By Brenda Cobb

We live in a toxic, polluted world where processed food, tap water, drugs, chemicals, preservatives, and pesticides plague us all. Genetically modified foods, irradiated foods, and chemically sprayed foods are part of the typical American diet and part of the reason why more people are sicker than they have ever been. We are constantly bombarded with electromagnetic stress from using computers, cell phones, and microwaves; we also create toxicity with negative thinking and incredible amounts of stress.

There is no doubt that all of these things contribute to poor health, but negative emotions and negative thoughts actually do more harm than all of these others pollutants combined. Thoughts create and manifest things. Positive thoughts bring in the good and negative thoughts attract less desirable things. When emotions stir up anger and fear you will feel it in your gut and chest and anger stores in the liver. Have you ever been so stressed, anxious, or nervous that you created loose bowels? This is a prime example of what gut wrenching fear can do to a person. Fear goes right to the kidneys, so if you have kidney infections, bladder issues, or kidney stones take a good hard look at yourself and ask, "what am I fearful of?"

Since there is so much toxicity in the world and it's on the increase, let's look for what the message in all of this is for us. Let's find the positive side to any negative state. Anytime you have a challenge in your life it is an opportunity to transform and heal something within you. It is an opportunity to move forward into a higher state of consciousness and well-being. Sometimes we can miss this important part of the lesson because we are resistant to what is happening to us in the present moment and we "lose our cool." Many times the way we transform ourselves is when we go into the eye of the

storm, face our greatest fears, and move through them with grace. When we have a breakthrough and are able to release the emotional "stuff" we've buried deep inside, we are able to transform, heal, and reach our true potential. Then we are able to go to our next highest level of spirituality.

To heal emotional stuff, we must first recognize and acknowledge that we have these issues. This in itself can be challenging because many times we've buried these emotions so deeply that we're not consciously aware they are causing us problems or we are in denial. Many people can't think clearly or acknowledge there is a problem because they are so toxic from eating junk, processed foods, and a mostly cooked diet. Changing the diet can be of a huge benefit to clearing out the garbage so you can begin to think clearer and to recognize the things which are causing you stress. Cleaning out your closets, garage, and any other cluttered areas in your home or workplace can also help you to feel less stress and support you in cleaning out toxic emotions from your body too. Too much clutter blocks positive energy and good things from coming into your life. If you are a pack rat or a hoarder, get some help if you need it, but get that clutter cleaned out!

A diet of organic raw and living foods is a great place to start when you're ready to detoxify and heal. These foods help to pull the toxins out of the tissues and as a result, the toxic emotions are able to come up to the surface and be cleared. Cleansing the colon of old, impacted waste, mucoid plaque, and parasites will not only make you feel lighter, it will lighten your emotional load too. Doing enemas and wheatgrass implants at home and getting professionally administered colonics help tremendously.

Staying positive and expecting wonderful things to happen every moment of your life sets up the environment for you to attract what you really want. Give thanks for the opportunity to learn and grow and realize that life is magnificent if you make it so. This is one of the greatest gifts you can give yourself! When you are in the midst of challenging trials it can be difficult to think in a positive way, but this is exactly when you need it most. A positive affirmation to memorize and have available to you at a moments notice is "I am positive in all that I do. I attract positive situations and prosperity every day and in every way. I am blessed in all areas of my life and I am thankful to be alive. Everything I do, I do with ease, happiness, and joy. Life is good and so am I!"

Eating good, nutritious, organic, raw and living foods will help your state of mind and your health. Only you are responsible for your state of health and well-being. When you take responsibility for your actions and make good choices with your diet and lifestyle habits, you will experience the rewards. When you decide to be positive in every situation there is nothing that can throw you. It may take more effort to do the right thing, but you're worth it!

*Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute in Atlanta, Ga. offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing and Anti-Aging including a Therapy Spa Offering treatments to help detoxify, nourish and relax the body. For more information, call 404-524-4488 or 1-800-844-9876 and visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

# Grapefruit and Parsley

By Kim Strickland

As I type this article everything outside is covered with a layer of sleet and ice. I'm cuddled up in front of a fire after just eating a bowl of hot, homemade soup. But we'll soon be coming out of winter and heading into spring. Grapefruit and parsley are two crops which will last through the winter and be in season in March and April.

Grapefruit, with the exception of vitamin B12, has a full range of B vitamins and contains about 28 mcg of folic acid. Grapefruit sections are a good source of vitamin C and offer plenty of calcium, potassium, and magnesium, as well as trace amounts of iron and zinc. Red and pink grapefruit contain a much higher amount of vitamin A, as compared with the white variety. The grapefruit membranes are a good source of pectin, a soluble fiber helpful in reducing cholesterol.

The peak season for grapefruit is January through June. Grapefruit can keep a week or slightly longer at room temperatures of 65 degrees or higher. For longer storage, about six to eight weeks, store the fruits in the fruit and vegetable keeper of the refrigerator. For a juicy grapefruit, choose one that feels solid and weighty. Look for a shiny, smooth skin to be sure of freshness. Reject those with soft areas, large brown spots, or dull dry looking skin. To consume grapefruit at optimum flavor, keep the fruit at room temperature at least 2 hours before eating.

The traditional half grapefruit sectioned with a grapefruit knife simply can't be beat. Grapefruit has a natural affinity for the avocado. Combine them in a salad along with greens and some crunchy vegetables like jicama, celery, sweet onions, or kohlrabi. Add a tangy

dressing or one with a hint of fruity sweetness. When citrus is in season, take advantage of the varieties by joining them together in a fruit cup, a beverage, or a salad. Include white, pink, and red grapefruit for more color variety.

There are two types of parsley; curly and Italian, which has flat leaves. This Mediterranean herb is a member of the carrot family. Fresh parsley is very rich in Vitamin A and potassium. It is moderately rich in Vitamin C, calcium, folate (folic acid), and phosphorous. It is also a good source of dietary fiber when considering weight to volume ratio (1.23 gm dietary fiber to ½ cup parsley). In general, herbs should be fresh looking, crisp and brightly-colored. Avoid herbs that are wilted, have dry brown areas, or are pale or yellow in color. Slimy looking dark spots with small areas of mold indicate old product or poor handling. Parsley is stored best in the refrigerator after harvesting. Take the bunch apart, wash, place in a plastic bag and refrigerate immediately. It is also best to use fresh parsley within 5-6 days of harvest.

## Tabouli

½ c fine bulgur wheat  
hot water  
2 c finely chopped fresh parsley  
½ c finely chopped green onions  
¼ c chopped fresh mint leaves  
1 medium cucumber, peeled, seeded and diced  
½ c diced bell pepper  
¼ t sea salt

## Dressing

juice of 2 lemons

2 cloves of garlic, minced  
2 T olive oil  
18 cherry tomatoes, or Roma tomatoes, chopped

- Place bulgur in a large bowl.
- Add enough hot water to cover.
- Let it sit for approximately 30 minutes. Drain and squeeze dry.
- Place in a large mixing bowl and fluff with a fork.
- Add parsley, onions, mint, cucumber, bell pepper, salt, and black pepper.
- Stir well and set aside.
- In a small bowl, combine dressing ingredients and mix well.
- Pour over salad, toss, cover and refrigerate 3 to 4 hours.
- Remove from refrigerator and add tomatoes.
- Mix well. Serve on a bed of crisp lettuce.
- Shake well before serving. This will last about a week in the refrigerator.

## Resources:

[www.aggie-horticulture.com](http://www.aggie-horticulture.com)  
[www.produceoasis.com](http://www.produceoasis.com)  
[www.vegeparadise.com](http://www.vegeparadise.com)

*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" Into Action

By Susan Esposito, DC, DACNB,

As we slowly emerge from the deep freak freeze of February that Atlanta experienced this year, I find myself highly anticipatory of a warm spring, so that I might be able to enjoy the pleasures and beneficial effects of exercising outdoors. Besides reaping the physical benefits of cardiovascular activities, we also provide ourselves with the gift of enhanced brain function.

As we age, neuronal neogenesis, or the birth of new brain cells, slows and we experience shrinkage of brain tissue. While some of that loss is due to actual neuronal death, most of it is attributed to a decrease in size and function of brain neurons. Exercise has been shown to reverse that trend. Research suggests that exercise could have benefits for overall health and cognitive function, particularly in later life. Researchers investigating the role of physical activity and cognitive health have found that moderate physical activity, such as brisk walking, swimming, or yoga, in midlife or later, may reduce the risk of developing mild cognitive impairment. One brain-scanning study of healthy, but sedentary people aged 60 to 79, showed significant increases in brain volume after six months of aerobic fitness training. Vascular fitness that comes with aerobic exercise is associated with fewer age-related changes in the brains of older people. Cardiovascular activity enhances blood flow to the brain, delivering oxygen and nutrients.

In order to produce and grow new brain cells, a hormone called brain-derived neurotrophic factor (BDNF), is required. This is especially true in the hippocampus, frontal and temporal lobes, which are brain regions that are largely responsible for memory and which are particularly vulnerable to age-related decline. As you increase your exercise, you also increase your proliferation of BDNF. Exercise has also been shown to increase the production of other highly important brain hormones, such as serotonin and dopamine. These hormones in particular have a major role in mood elevation and can be considered "happiness hormones." Exercise also causes an elevation in our level of endorphins, which are additional chemicals found in our brain, providing us with that "feeling good" experience.

When we lack sufficient levels of these neurotransmitters, or brain chemicals, we can feel depressed. Depression slows the brain's ability to process information, causing mild to significant issues with concentration, decision-making, and memory.

While high levels of some hormones are desirable, others are not. This is true of the hormone cortisol, which is known as the stress hormone. When we are under stress, this hormone proliferates, causing symptoms such as slow, scattered thinking, and forgetfulness. Exercise has been shown to lower cortisol levels, assisting in appropriate mental function. It is also believed to help generate new nerve cells in the area of the brain called the dentate gyrus, an area of the hippocampus linked to the creation of new memories. Brain neurons in this area are diminished during times of stress.

A recent Reader's Digest article had this to say about exercise and executive function: "Executive function basically means cognitive abilities like being able to focus on complex tasks, to organize, to think abstractly, and to plan for future events. It also encompasses working memory, such as the ability to keep a phone number in your head while you dial. When researchers set out to analyze the effects of exercise on executive function, they looked at 18 well-designed studies and found that adults aged 55 to 80 who did regular exercise performed four times better on cognitive tests than control groups who didn't work out. Effects were greatest among those who exercised 30 to 45 minutes each session for longer than six months, but substantial benefits were seen in as few as four weeks of exercise."

So if the physical benefits are not enough to entice you to grab your bicycle and start pedaling or throw on your hiking boots and scale that mountain, perhaps the added benefit of a bulging brain above those bulging biceps will spring you into action this spring. Have fun.

#### References:

Brain and cognition [0278-2626] Naftali Raz yr:2013 vol:82 iss:2 pg:171

Bugg, Julie M.; Shah, Krupa; Villareal, Dennis T.; Head, Denise. Experimental Aging Research. Mar/

Apr 2012, Vol. 38 Issue 2, p131-145. 15p. 1 Chart, 3 Graphs. DOI: 10.1080/0361073X.2012.659995.

Aerobic Exercise Improves Cognition for Older Adults with Glucose Intolerance, A Risk Factor for Alzheimer's Disease. By: Baker, Laura D.; Frank, Laura L.; Foster-Schubert, Karen; Green, Pattie S; Wilkinson, Charles W.; McTiernan, Anne; Cholerton, Brenna A.; Plymate, Stephen R.; Fishel, Mark A.; Watson, G. Stennis; Duncan, Glen E.; Mehta, Pankaj D.; Craft, Suzanne. Journal of Alzheimer's Disease. 2010, Vol. 22 Issue 2, p569-579. 11p. 1

Lifestyle-related factors in predementia and dementia syndromes. By: Solfrizzi V; Capurso C; D'Introno A; Colacicco AM; Santamato A; Ranieri M; Fiore P; Capurso A; Panza F, Expert Review Of Neurotherapeutics [Expert Rev Neurother], ISSN: 1744-8360, 2008 Jan; Vol. 8 (1), pp. 133-5

Promoting Cognitive Health: A Formative Research Collaboration of the Healthy Aging Research Network. By: Laditka, James N.; Beard, Renée L.; Bryant, Lucinda L.; Fetterman, David; Hunter, Rebecca; Ivey, Susan; Logsdon, Rebecca G.; Snarkey, Josep R.; Bei Wu. Gerontologist. Jun2009 Supplement1, Vol. 49, pS12-S17. 6p.

readersdigest.com

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

#### Pink Grapefruit Vinaigrette by Kim Strickland yields 2 cups

1 c chopped sweet pink grapefruit sections  
with membranes  
½ c plus 2 T water  
¼ c apple cider vinegar  
¾ t sea salt  
¼ t ground black pepper  
¼ t guar gum  
4 T maple syrup

- Combine all ingredients in a blender and blend until grapefruit is fully pureed, about 30 seconds.
- Using a funnel, pour into a narrow neck bottle for easy serving.
- Shake well before serving. This will last about a week in the refrigerator.



**Summer Member  
Appreciation Day  
Saturday,  
6/21/14  
12:00-4:00 pm**

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



**Café Life Hours  
Monday-Sunday  
11 am-4 pm**

*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*

# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Mar/Apr 2014

Two Months of Super Savings

# Life Savings



• **Wild Rose Cleanse**  
kit . . . . . \$24.99

• **Raw Fit**  
16 oz . . . . . \$31.99

• **Raw Fit Marley Coffee**  
16 oz . . . . . \$31.99



- **Realfood Organics Mens Multi**  
60 tabs . . . . . \$29.59
- **Realfood Organics Womens Multi**  
60 tabs . . . . . \$29.59
- **Realfood Organics Pre Natal Multi**  
90 tabs . . . . . \$31.99



**Buy Any  
WomenSense  
Product**

**Receive a Free Book on  
Women's Health**



## All Garlic Formulas

*Aged garlic extract helps  
support cardiovascular health*

# 20% off





- Hawthorn
  - Cold Stop
  - Echinacea Elderberry
  - Holy Basil
- 16 bags **20% off**



**All Flavors**

16 ct . . . . . \$4.99  
14 oz. . . . . \$1.79

**Eco' Me®**

**All Cleaners 15% off**

**BOBO'S OAT BARS**



**All Varieties**

**15% off**

3 oz



- Whole Wheat Flour
- Whole Wheat Pastry Flour
- Unbleached White Flour

5 lb **\$4.99**

- Organic Unbleached White Flour 5 lb
- Organic Whole Wheat Flour 5 lb
- Gluten Free Baking Flour 44 oz **\$5.99**

**GO Veggie!**

**Non Dairy Cream Cheese**

- Chive & Garlic
- Strawberry
- Plain

**\$2.99**

8 oz



- Strawberry
- Cherry
- Blueberry
- Carob

4 oz **\$4.99**



**Edame Chips**

- Sea Salt
- Wasabi Soy

**\$2.79**

4 oz



**All Varieties**

2-3.5 lbs **15% off**

**New Products**

- Annie's Family Size Macaroni & Cheese
- Columbia River Organic Butternut Squash
- Lisa's Southwest Vegetable Tofurky Pockets
- Lundberg New Rice Entrees
- Thunderbird Raw Energy Bars
- Essential Living Yacon Syrup
- Sunfood Yacon Syrup
- Angie's Boom Chickapop Popcorn Mix
- Beanfields Bean & Rice Chips
- LaTourangelle Grapeseed and Pistachio Oils
- GlutenFreeda Instant Oatmeal Cups
- Herrell's Hot Fudge
- Chocolove Dark Chocolate Chips
- Upton Natural Seitan
- Lifeway Probugs for Kids



**All Products**  
**20% off**

*Wyndmere Naturals Aromatherapy*

**All Essential Oil Blends**  
**10% off**

**Yerba Prima**

**All Products**  
**20% off**

**Jarrow FORMULAS**

- **Prostate Optimizer**  
90 soft gels ... \$21.99
- **Max DHA**  
180 soft gels ... \$22.99
- **Ultra Joint Builder**  
90 tabs .... \$19.99

**LifeExtension®**

**All Products**  
**20% off**

**VIBRANT HEALTH®**

**All Products**  
**20% off**



**Ultrasonic Oil Diffuser**  
**\$35.99**



**All Shampoo and Conditioners**  
**20% off**

Natural Health International  
 Conscious | Leading | Empowering

**All Femmenessence Products**  
**20% off**

*MegaFood*

- **B Complex**  
60 tabs .... \$22.39
- **Women One Day Daily**  
60 tabs ... \$27.29
- **Men One Daily**  
60 tabs .... \$29.29

**Bluebonnet**

**All Vitamin C Formulas**  
**15% off**



**Floravital Shrink Wraps**  
 Buy one 17 oz.  
 get one 8.5 oz FREE



**All Products**  
**20% off**



**All Curamin Products**  
**15% off**

**TWINLAB®**

**Bio PQQ**  
 30 tabs. .... \$26.99  
**All B Vitamins**  
**25% off**



## Psst! Wanna Hear a Secret?

By Linda Townsend

I moved to Georgia sixteen years ago and that is when I became a regular shopper at Life Grocery. (This is not the secret, just setting the stage.) Back then it was about half the size with no cafe and no automatic doors, but it was just enough like my former favorite health food store 500 miles away that I felt right at home the moment I first stepped in that quaint push-pull door.

Since those days, I have seen Life Grocery grow in size and completely rearranged a few times with the expansion of some product lines, the introduction of new ones, and the discontinuation of others. Life Grocery strives to best fit the buying habits of its customers on whole. However, now and then an individual's preferences may disappear from the shelves. I know because there have been a few times when one of my favorite items have been discontinued; sometimes with another product line having a comparable product and sometimes not. And, sometimes nothing is quite as good as those favorites—at least, not to me.

In most every store we shop these days, we are asked if we found everything, more as a matter of courtesy than concerned inquiry, I think. The answer expected is probably a simple "yes," but I usually reply that I found everything that the store carries because, truth be told, how can I find what is just not there or no longer offered and what would a chain store do if I really did want something it does not carry? When I have asked for a specific item I did not find, the best answer I can hope for is: "If we carry it, it would be in aisle \_\_\_\_."

Another question is what would a chain store do if I wanted to buy a case of something on sale that it does

carry? I have had some experiences with that also. Either they can do nothing in store other than suggest you try their website, or they try to do something and do not do it well because they really have no procedures to accommodate special orders.

A few weeks ago when I was in a chain store, I found an item I regularly buy on sale, but there were none available, so I asked if I could have a case ordered for pick up in a week, while the item was still on sale. I was told it would not be problem and gave them my contact information. I did not hear back for five days, so I called; I was told it would *probably* be on the truck arriving the day before I would be in, but still no call to confirm it was in. I arrived the day I promised and no one could find the case I ordered or any order for it as they really do not have a system for customer orders, so they pulled the eighteen (the number in a case) of the item I wanted off the shelf, which left none for any other customer until the next truck two days later after the sale ended, if it was ordered at all.

Now I am going to tell you what may be the worst kept secret: Life Grocery just has the best customer service! Just because the item you like is not on the shelf anymore or even if it never has been (yet), you can make inquiries at the customer service counter to find out if it can be ordered. Grocery items usually are available by special order in bulk or cases. Do not let that scare you; I have ordered some items with only six to a case, plus there is often a discount for cases and bulk items!

Best of all, Life Grocery has always called me when the item I ordered had come in—always. My orders

have never been forgotten or lost. They always have my name on them in a holding area. I only have to inform one of the helpful customer service representatives and there it will be in my cart.

Have you considered that by making special orders, you are not only getting what you want but you are also making the store aware that it has at least one customer for that particular product, maybe there are more that have not considered ordering it before. You could be finding your favorite items on the shelves later on! If you are still wondering why I call it Life Grocery's worst kept secret, it is because it really is not a secret at all, but there just may be a few people reading this who might not have known about this wonderful "if we don't have it, maybe we can get it" service because we no longer expect such great personal customer service in the stores we shop. Now that you know, though, I think it is going to be your worst kept secret too. Life Grocery is bigger than it used to be, but it still has that small business quality of service for its customers, and that is why I continue to be a customer after sixteen years, even when some of the chain stores closer to where I live are now carrying many organic products. That "we appreciate our customers" feeling at Life Grocery is priceless!

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



**Member Appreciation Day**  
**Saturday, 6/21/14**  
**12:00-4:00 pm**  
**members receive 10% off**  
**all in-stock purchases 9 am-8 pm**



# The Heart of the Matter

Kim Strickland, ND

In light of recent events in the lives of my friends, I have decided to write on matters concerning the health of the heart. In February I had a friend nearly die from SCAD, Spontaneous Coronary Artery Dissection. It occurs 80% of the time in woman who are nearing the end of a pregnancy or are postpartum. Basically an artery in the heart tears. For my friend this then led to a massive heart attack. Another friend was admitted to the hospital last weekend and diagnosed with congestive heart failure. He had been experiencing symptoms for at least four months, but was not aware that they were related to the function of the heart.

Symptoms of heart attacks include chest pain, anxiety, panic, breathlessness, perspiration, sudden weakness, and indigestion. Congestive heart failure, known as CHF, symptoms include: shortness of breath and wheezing, severe fatigue and weakness, dry cough, frequent urination during the night, swelling of the lower back, ankles and feet, penile dysfunction, rapid weight gain due to fluid retention, abdominal pain and a feeling of fullness, swollen neck veins, loss of appetite, nausea, irregular or rapid heartbeat, anxiety; in severe cases irritability, restlessness, and mental confusion may occur. Heart failure tends to be slow and painless. SCAD is a rare, sometimes fatal, traumatic condition with approximately eighty percent of cases affecting women. The coronary artery can suddenly develop a tear, causing blood to flow between the layers which forces them apart, potentially causing a blockage of blood flow through the artery and a resulting heart attack. The condition may be related to female hormone levels, as it is often seen in post-partum women, or in women during or very near menstruation, but not always. It is not uncommon for SCAD to occur in people in good physical shape and with no known prior

history of heart related illness. It is also not uncommon for SCAD to occur in people in their 20's, 30's, and 40's, as well as older.

Overall in the US about 600,000 people die every year of heart disease, about one out of every four deaths. Chances are you are aware of this through your own experiences with family and friends. The American Heart Association recommends following these seven simple measures we all can control. Life's Simple 7 are: **Get active, lose weight, eat better, stop smoking, control cholesterol, manage blood pressure, and reduce blood sugar.**

Life Grocery carries grocery items that can help support heart health and keep you on the healthy path you are already walking. What could be easier than buying from the amazing selection of fresh, frozen, and packaged organic products at Life Grocery? The top 20 (plus two) Heart Healthy foods include: salmon, flax seed, oatmeal, tuna, tofu, brown rice, black or kidney beans, soy milk, almonds, walnuts, spinach, blueberries, carrots, sweet potato, red bell peppers, oranges, tomatoes, acorn squash, cantaloupe, papaya and my favorite, dark chocolate. In addition to food, there are supplements which support the heart. CoQ10 has proven effective in increasing muscle strength. Magnesium is an important mineral for heart function. Hawthorn, an herb, is also known to strengthen the heart muscle and can be bought in tincture form.

*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.*

The Life Line  
is a bi-monthly  
publication of



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

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:** Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, 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



## Member Appreciation Day

### Saturday, 6/21/14

## 12:00-4:00 pm

**members receive  
10% off**

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

## In This Issue

- 1 Psst! Wanna Hear a Secret?
- 2 The Heart of the Matter
- 3 Nutrition for Athletes and Everyone Else
- 4 Egg-cellent Eggs



# Nutrition For Athletes and Everyone Else

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

Nutrition and performance go hand in hand, especially for the endurance athlete. What you eat, when you eat and how much you eat can determine your level of success. Proper nutrition can help alleviate digestive issues, muscle fatigue and joint damage that many athletes face. Determining the proper foods and timing of meals, to optimize maximum performance and recovery can be tricky.

## Health Points to Consider

- Do not compromise your health in the name of athletic performance. A decision you make today to enhance your performance will have an impact on you the rest of your life.
- You have to eat anyway; you might as well eat the proper foods to provide you optimum health and optimum performance.
- You must have the proper amount of vitamins, minerals, carbohydrates, fats, proteins, water and micro nutrients on a regular basis.
- It's not just what you eat, it's also what you don't eat that will determine how well you perform and recover from an athletic event.
- Listen to your body! Pain that does not lessen in three days, fatigue, brain fog, digestive problems, irregular or lack of menstrual cycles could be signs of a health issue that may require professional help.
- Learn to read food labels. Many foods have added ingredients that you don't want in your body. Added sugar is a big culprit. If you can't pronounce an ingredient, don't eat it!
- Just because a food is labeled "healthy," "gluten free," "low carbohydrate" or "low fat," doesn't necessarily mean it is good for you. Many foods with these claims have undesired added ingredients to make them taste better. The fewer ingredients on a label, the better. Keep it simple!

## Essentials for Your Kitchen (and What To Toss!)

Keeping a variety of these items in your pantry, refrigerator and freezer will ensure that you always have ingredients on hand to prepare healthy, and tasty, meals to fulfill your nutritional needs. All of these items can easily be found at your grocery store.

## Health Must Haves (Organic and/or Non-GMO!)

- Assortment of fresh fruits and vegetables. Think outside the box and add some new ones to your diet. Kale, butternut squash, beets, and sweet potatoes can add a lot of extra flavor and nutrients to your diet.
- Variety of "good" oils. Good ones to have on hand are olive oil, coconut oil, grapeseed oil, avocado oil, and sesame oil. These are great items to use for salad dressings, baking, and sautéing
- Variety of "good" flours for baking and breading. Coconut, garbanzo bean, almond, and buckwheat flour can be used in most recipes in place of refined, white flour.
- Variety of "good" grains. Examples are whole grain brown rice, corn or rice pastas, soba noodles, quinoa, and grits. If you are gluten free, stay away from whole wheat pastas. Opt for gluten free pasta, such as pastas made from rice or 100% buckwheat.
- All natural nut butters. Check the label and make sure that there are no sugars, hydrogenated oils, or preservatives added.
- Assortment of beans and legumes, dried and canned. If using canned, check labels for additional ingredients added, and rinse before using. Also check for BPA free lined cans.
- Assortment of vinegar flavors. Experiment with these. They can be a wonderful way to add flavor, without added sugars, preservatives, or

calories. After all, vinegar is a natural preservative. Raw apple cider vinegar is best. It can help alkalize your body and it gives you a good source of probiotics.

- Raw, local, honey
- Eggs
- Coconut and almond milk. Make sure they are the unsweetened varieties.
- Assortment of dried herbs and spices. Stay away from most blends. Again, check the label. These tend to have many undesired added ingredients.
- Assortment of individual, frozen vegetables. These are great for quick meals and also great add ins for soups and stews. Frozen peas and frozen butternut squash are great thrown into a soup for extra flavor and vitamins.
- Stevia is an herb that can be used in place of sugar, without impacting on blood sugar. It comes in packets, bulk and liquid. Check the label for substitution instructions.
- Raw nuts and seeds

## Toss These Unhealthy Items

- Sugar
- Refined white flour
- Anything made from white flour (pasta, breads, baked goods, etc.)
- Artificial sweeteners
- Agave nectar, which is a natural sweetener, may actually be similar or worse than high fructose corn syrup!
- White rice
- Processed foods – Processed foods are basically commercially prepared foods designed for ease of consumption. Examples are ready to eat foods, frozen meals, frozen pizzas, shelf stable products, prepared mixes, (such as cake mix), candies, sodas and potato chips.
- Premade condiments, dressings and marinades. Most of these have sugar and other unpronounceable ingredients.
- Pre-sweetened fruit juices
- Anything containing trans fats
- High fat content or processed meat products

## Fueling Up for Good Health

\*Important note: Don't make any dietary changes a week before a major event. Your body will not have had time to adjust to the changes and this could cause undesirable side effects and impact your performance.

## Hydration

Water is an important nutrient for any athlete. Athletes should start any event hydrated and replace as much lost fluid as possible by drinking chilled liquids at frequent intervals during the event. Chilled fluids are absorbed faster and help lower body temperature. During an event, it is more beneficial to drink smaller quantities at frequent intervals than larger amounts infrequently.

The day before an event, drink fluids frequently. Drink 2-3 cups of water at the pre-event meal, 2-2 ½ cups two hours before and 2 cups ½ hour before. If possible, drink ½ cup every 15-20 minutes during the event. If you hear "sloshing" in your stomach, skip the next interval of water. After the event, drink 2 cups for each pound lost. Hydrate frequently the following day. It may take up to 36 hours to completely rehydrate. Don't over hydrate prior to an event. Drinking two gallons of water, pre-race, will provide no benefit to your performance.

## Carbohydrates

Carbohydrates are essential to proper function of the brain, spinal cord, nerves, and muscles. Carbs are converted to glucose to fuel the body. Once the cells have enough glucose, the excess is stored as glycogen. Once the storage areas of the body are filled up with their

fair share of glycogen, it is then sent to the liver and converted to triglycerides and eventually stored as fat. This is why it is important to consume enough, and the right types of carbohydrates to meet your energy needs, but not too many.

Great sources of proper carbohydrates are brown rice, corn or rice pasta, fruits, vegetables, beans, oats, millet, quinoa, and root vegetables. Not great sources are sugar, wheat, white rice, and fruits juices. The reason these items are not ideal sources is because they raise insulin levels too quickly. That can provide a very quick burst of energy, but also a very quick crash! Gluten products can be a major enemy to an endurance athlete. Gluten causes excess mucus, which affects breathing and lung function, and digestive issues. Two problems a runner definitely doesn't want to experience during an event.

## Protein

Protein is not a great source of fuel, but is essential in building muscle mass. Most people get enough protein in their diets, so consuming the right amount of protein is important. Great sources of protein are nuts, seeds, beans, rice milk, almond milk, hemp milk (all unsweetened), eggs, and gluten free grains.

If you are a meat eater, lean cuts of meat can be a great source of protein. The problem is that most meat products are loaded with additional chemicals and steroids. Eat organic meats and limit intake to 2-3 times a week.

Although dairy is also a great source of protein, like meat, it might be loaded with steroids, chemicals, hormones, and antibiotics. So again, if you do consume dairy, make it organic. Like gluten, dairy causes excess mucous production, so it may be advisable to eliminate it all together.

## Fats

Everyone is familiar with the phrase, "good fats vs. bad fats." But what does it mean exactly? The best sources of fats are non-processed and plant based. Avoid hydrogenated oils, anything with trans fat and most vegetable oils. Oils high in Omega 6 fatty acids can increase inflammation, slow healing, and pain. Examples of oils high in Omega 6 are peanut, safflower, corn, and soy oils.

Good sources of fat are raw nuts and nut butters, olive oil, ground flax seeds, flax oil, avocados, chlorella, spirulina and krill oil.

## Caloric and Nutrient Recommendations

For an endurance athlete, that trains and races on a regular basis, it is recommended that you consume 2625 calories a day (approx. 15 calories per pound of body weight). The breakdown is 1050 calories of carbohydrates, 1050 calories of protein, and 525 calories of fat.

If you are a very active athlete, but don't routinely participate in endurance events, the recommended amounts would be slightly less. If you are a moderately active athlete, the amounts would be even less. To determine the correct recommendations for you, based on your body weight and level of activity, consult with a doctor or nutritionist. For healthy recipes, get my book, **Eating Right For The Health Of It!**

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

# Egg-cellent Eggs

By Susan Esposito, DC, DACNB, FACFN, FABES

Another easter-egg coloring and hunting season has come and gone, reviving my focus on one of my favorite ovoid delicacies.

Although the fear of consuming fats that arose in full force in the 1990's sent many an egg-lover far afield from these poultry produced delights, current views have shifted and eggs have once again fallen in favor as a healthy and beneficial snack or an addition to any meal. It would stand to reason with the assistance of hind vision, that these products of nature would be more highly nutrition packed and certainly more tasty than the carton full of chemicals that were sold as egg substitutes last century.

If you have high cholesterol issues, you may want to take pause, due to the high levels of cholesterol present in these yummy yolks, however a recent Health Diaries' article states "10 Health Benefits of Eggs," which I have listed below:

1. An egg a day may prevent macular degeneration due to the carotenoid content.
2. Carotenoid contains lutein and zeaxanthin, both help lower the risk of developing cataracts.
3. One egg contains 6 grams of high-quality protein and all nine essential amino acids.
4. According to a Harvard School of Public Health study, there is no significant link between egg consumption and heart disease. In fact, according to one study, regular consumption of eggs may help prevent blood clots, strokes, and heart attacks.
5. One egg yolk has about 300 micrograms of choline, a nutrient that helps regulate the brain, nervous system and cardiovascular system.

6. Despite the hoopla of eggs being high in fat, it is the right kind of fat. One egg contains just 5 grams of fat and only 1.5 grams of that is saturated fat.
7. New research shows that moderate consumption of eggs does not have a negative impact on cholesterol. In fact, recent studies have shown that regular consumption of two eggs per day does not affect a person's lipid profile and may, in fact, improve it. Research suggests that it is saturated fat that raises cholesterol rather than dietary cholesterol.
8. Eggs are one of the only foods that contain naturally occurring vitamin D.
9. Eggs may prevent breast cancer. In one study, women who consumed at least six eggs per week lowered their risk of breast cancer by 44%.
10. Eggs promote healthy hair and nails because of their high sulphur content and wide array of vitamins and minerals.

What I like about hard-boiled eggs are that they are naturally high in protein. You need protein to build muscle mass, but it also helps repair all tissues in your body and provides structure for cellular walls. One large hard-boiled egg provides more than 6 grams of protein and provides nearly 80 calories.

I like to grab a hard boiled egg as a quick convenient snack or toss one on top of my salad. I used to hesitate to include them in my diet regime, because many times I found it a chore to peel off the shell without the rest of the egg coming with it. In solution to this problem, however, I have learned this simple hard boiled egg trick. Now, I don't have to worry about the shell getting

stuck to the egg and quickly becoming a crumbly mess. All you have to do is add a 1/2 tablespoon of baking soda to the water when you are boiling the eggs.

This works because one of the determining factors in the peel-ability of a hard boiled egg is the egg's pH—the higher (less acidic) the pH, the easier it is to peel. Baking soda has a high pH, so it's alkaline nature makes for the perfect egg-boiling partner.

Now, to make the egg nearly effortless to peel, transfer them to an ice bath and allow them to sit for a while (45 mins or so). Due to the porous nature of egg-shells the cold water will seep in and help to separate the shell from the egg.

Hard boiled eggs can be stored in the fridge for days. Some great condiments to use for your hard boiled eggs are sea salt, pepper, hot sauce, apple cider vinegar, and/or mustard. Adding relish and celery to egg salad provides additional crunch and a spicy zing. Enjoy some egg-cellent eggs!

#### References:

[healthyeating.sfgate.com](http://healthyeating.sfgate.com)

<http://www.healthdiaries.com/eatthis/10-health-benefits-of-eggs.html>  
[oit.ncsu.edu](http://oit.ncsu.edu)

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



**Life Grocery & Cafe**  
NATURAL FOODS

## Member Appreciation Day

**Saturday, 6/21/14**  
**12:00-4:00 pm**

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





# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

May/June 2014

Two Months of Super Savings

# Life Savings



**All Raw Probiotics**

**35% off**

**"Coming In June"  
Entire New Kind  
Organics Line**

**35% off**



**Realfood  
Organics  
Daily  
Nutrition**

**Men's and Women's Multi**

60 tabs

**\$29.59**



**PGX  
Vegan Protein  
Shake**

**Chocolate and Vanilla**

18.5 oz

**\$28.99**

**KYOLIC®  
Aged Garlic Extract™**

**All Garlic Formulas**

**Aged garlic extract helps  
support cardiovascular health**

**20% off**

**DIVINA**

- Kalamata Olives
- Green Olives
- Roasted Red Peppers
- Grape Leaves

6-13 oz **15% off**

 **Organic Coconut Ice Cream**

**All Flavors** 1 pt **\$5.29**


**NAKED** infusions **Salsa**

**All Varieties**

16 oz **\$7.89**

 **All Varieties**

16-22 oz **15% off**

 **Flavors**


- Forbidden Black Rice
- Jade Pearl Rice
- Millet and Brown Rice

- Organic Rice Ramen 4 pk/10 oz **\$4.49**
- Organic Rice Ramen with Miso Soup 2.8 oz **\$1.49**

 • **Organic Kettle Corn Sweet & Salty**


- Organic Crunchy Sea Salt Popcorn **\$2.99**

3.5 oz - 5 oz

 • **Grapefruit and Honey**

- Pear and Cinnamon
- Blood Orange and Honey
- Pomegranite and Nectarine

2 oz **\$2.79**

 • **GF Quinoa**

- GF Quinoa Red or Tricolor
- GF Granola
- GF Sorgham

12-26 oz **15% off**

**New Products**

- Wonderfully Raw Brussel Bytes
- Wonderfully Raw Cocoroons
- Wonderfully Raw Snip Chips
- Dream Cashew Beverage
- Dream Rice Beverage
- RJ's Licorice Logs
- Seasons Unsalted Boldness Chips
- Rhythm Super Food Chips
- Santa Cruz Pure Lemon Juice 32 ounces
- Alter Eco Truffles
- Steve's Ice Cream
- Canyon Bread
- Cashewtopia Gelato
- Piping Gourmet Whoopie Pies
- Food For Life Sprouted Corn Tortilla
- Silver Hills Organic Breads
- Earthbound Farms Organic Roasted Potatoes
- Lisa's Southwest Vegetables
- Glutenfreeda Pocket Sandwiches
- Pamela Fruit and Fig Cookies
- Native Organic Okra
- Henry & Lisa's Wild Sardines
- Califia Almond Drink
- Eco Smart Bed Bug Killer





**Swirl**  
**All Flavors**  
**20% off**

*Wyndmere Naturals Aromatherapy*

**Select**  
**Essential Oil**  
**Blends**  
**20% off**



**All Probiotic**  
**Products**  
**20% off**

**Jarrow FORMULAS**

- **Sam-e**  
60 tabs ..... \$27.99
- **Max DHA**  
180 soft gels .. \$22.99
- **Citicoline**  
60 caps ..... \$22.99



**All**  
**Products**  
**20% off**

**VIBRANT HEALTH®**

- **All Pure Green Protein**  
16 oz ..... \$27.99
- **Vibrant Cleanse**  
12 oz ..... \$32.99



**Aromatherapy**  
**Diffuser**  
**\$35.99**



- **Rhodiola**  
60 vcaps ... \$18.99
- **Holy Basil**  
60 vcaps ... \$16.99
- **Adrenal Health**  
60 vcaps ... \$19.99

**reserve life**  
 NUTRITION

- **Collagen Booster**
- **Collagen Protect with Ceramides**
- **Collagen Replenish Powder**

**25% off**

*MegaFood.*

- **Mega Flora**  
60 caps ..... \$34.99
- **Extinguish**  
60 tabs ... \$24.29
- **Balance B Complex**  
60 tabs ..... \$22.39

**Bluebonnet**

**All**  
**Multivitamins**  
**25% off**

**FLORA**

**Sleep Essense**  
 17 oz  
**\$13.99**



**All**  
**Products**  
**20% off**

**FLORA**

**IntestCare**  
 8.5 oz  
**\$19.99**



**All**  
**Sunscreen**  
**20% off**

## Pucker Power

By Linda Townsend

My husband and I watched as our toddler grabbed a slice of lemon and put it into her mouth for the very first time. We were poised for the sour pucker face response, but she surprised us with a smile and “mmm.” So began her attraction for lemons and even as a teenager now, she still asks for them!

Lemonade is a favorite when we go out to eat, but now it is so complicated. We have to ask if it is sugar free or not, because polyols, or sugar alcohols, can cause bowel discomfort and even diarrhea. We would rather just have regular sugar in the drink, but even then it is too much sugar and we have to ask our server to water it down by about half, which also waters down the best part: the lemon juice. Being overly sweet is unfortunately also true of many organic lemonades, so we were watering them down also.

They say “when life gives you lemons, make lemonade,” but what is a mother with a lemon-loving child to do when the lemon life has given her is lemonade?

This year, I went completely radical and decided to stop buying lemonade altogether. Instead, I started buying lots of organic lemons. I use approximately one quarter of a large lemon or half of a small one per person—that is peel and all with a bit of sugar or other sweetener to balance the tartness so the results vary a bit. Our homemade lemonade is now the house favorite drink. During the hot months, it is so refreshing, but more so as a slushie or a frozen popsicle.

This is my recipe for a single serving:

¼ to ½ organic lemon, peel and all (even the seeds, if you want)

1 t (approx.) sugar, honey, or other sweetener of

your choice to taste

10 oz of spring or purified water (or 5 oz. of water and about 5 ice cubes for a slushie)

fruit, such as peaches, strawberries, or blueberries, as desired

- Place all ingredients in a blender and blend on the highest setting.
- Add other fruits like peaches, strawberries, and or blueberries to vary the taste and color, as desired.

*NOTE: I must emphasize when using whole lemons that they must be organic, as most of the pesticides are concentrated in the peel.*

When making your own lemonade this way, you know it is fresh, it is from organic real whole lemons, and you can adjust the recipe to accommodate your own taste. As good as all that is, there is more that is even better: the health benefits!

Before you throw away another lemon peel, consider the source of its bitterness: the limonoids. The Commonwealth Scientific and Industrial Research Organization (CSIRO) of Australia reports that citrus fruits reduce the risk of some cancers by 50 percent and are most protective against stomach, mouth, larynx, and pharynx cancers.

Lemons are nutritious with vitamins C and B, riboflavin, and minerals like calcium, phosphorus, and magnesium. Whole lemons add more fiber than just lemon juice. Even the lemon seeds have antiseptic, anti-

parasitical, and anti-fungal properties, so is it really worth throwing them out when making your healthy lemonade?

It is claimed that the acidic lemon has an alkalizing effect in the body. While there are conflicting theories and no research to support that the pH of the blood is significantly affected, the best benefit might be in the digestive tract itself. Lemons are like a tonic for the blood filtering liver and they are believed to aid in digestive processes, as well as elimination of toxins. They have diuretic properties and may help reduce kidney stones.

Another side effect that I personally noticed is appetite suppression. When we began having our whole lemonade daily at lunch time, I began to crave less, which led to eating less, and losing a few extra pounds that I really did not need or want to lose.

Citrus trees produce twice a year, once in the spring and again in the fall, so lemons are not just for summer refreshment. In the colder months, hot lemonade is my personal favorite warming drink with its Vitamin C and antiseptic properties for fighting colds and sore throats.

My daughter, of course, did not know all these wonderful benefits from eating lemons. For years, she has just said, “Mmm.” However, if you did not know before, you know now. So, are you ready for some pucker power in your life?

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



**Member Appreciation Day**  
**Saturday, 9/27/14**

**12:00-4:00 pm**

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





# Turmeric: It Does A Body Good

By Brenda Cobb

From the dawn of civilization, herbs and spices have been used to bring flavor and color to foods, as well as for medicinal purposes. The name spice derives from the Latin *species*, meaning “something of a kind” or “to sort things out” into recognizable types.

Personal fame, the glory of God, and a share in the herb and spice trade, an unbeatable combination of fifteenth-century terms, all played a part in sending Columbus off on the voyage that was to end in the discovery of the New World. Queen Isabella of Castile was extremely interested in this highly lucrative trade since her treasury was dangerously depleted by the campaign against the last Muslim garrisons in Spain.

Turmeric is an East Indian tropical herb of the ginger family. It flourishes in the rich, moist soils of Java, China, India, and Bangladesh. It is a valuable cash crop in many other tropical areas of the Far East. Like ginger, it is the underground rhizome of the plant which is used, but it is both sweeter and more fragrant than ginger. Turmeric is sometimes available fresh, when it looks similar to fresh ginger, but is normally bought dried, either whole or ground. In southern India, the bright yellow, aromatic root is eaten raw and has a buttery, slightly peppery and mustard-like taste which is clean and refreshing. Some compare the flavor to horseradish.

It is one of the basic curry spices and gives a pleasantly warm and rich undertone to food, as well as adding unmistakable coloring to recipes. It can be added to any curried dish, or used alone to lend color and subtle spice to grains, beans, chutneys, and sauces. Turmeric may be used as a cheap substitute for saffron, but the flavor is stronger. Fresh turmeric is a good addition to fresh vegetable juices.

Turmeric has many health benefits. It is anti-fungal and helps heal wounds both internally and externally. For an abrasion, bruise, or traumatic swelling, a half teaspoon of turmeric and a pinch of salt may be made into a paste with water or ghee and applied to the affected area. It stimulates the gallbladder and biliary duct to discharge bile into the small intestine and increase the body's excretion of cholesterol. It stimulates the liver to increase the production of bile which helps emulsify fats in the duodenum and increase peristalsis. It is a noted blood purifier and has a soothing action on respiratory ailments. It benefits circulation, helps regulate the menstrual cycle, and works as a restorative after loss of blood at childbirth.

It is very useful in helping the body digest proteins and when combined with coriander and cumin it aids in the digestion of complex carbohydrates. The most active component in turmeric is curcumin, the yellow pigment, which is effective as an anti-inflammatory and antimicrobial agent, as well as a cardiovascular and gastrointestinal aid. Turmeric is considered to have beneficial effects on the skin, and it is said that Indian women owe their velvety complexions to the daily intake of turmeric in their foods.

One word of warning—conventionally grown herbs may contain some or all of the following: fillers, anti-caking agents, artificial colorings, preservatives, monosodium glutamate, and pesticide residues. Look for organically grown, non-irradiated herbs in the supplement and bulk departments [and fresh turmeric in the produce department when available] at Life Grocery.

Below is a good recipe for curry powder with maximum flavor but minimal heat:

## Curry Powder

six parts turmeric  
four parts cumin  
one part each: cardamom, coriander, cinnamon,  
black pepper, fenugreek, ginger

## Curried Cauliflower Cabbage

2 c chopped cauliflower  
2 c chopped purple or green cabbage  
½ c chopped green onions  
½ c fresh squeezed lemon juice  
2 T cold pressed olive oil  
1 t ground turmeric  
1 t curry powder  
pinch cayenne pepper  
1 T fresh chopped ginger  
2 Himalayan salt

- Toss the ingredients until all is well coated.
- Put in the fridge for a few hours so the flavors can meld together and enjoy!

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](http://www.livingfoodsinstitute.com).

By Rene Oswald

- Ascorbic Acid (Vitamin C)
- Calcium D-Pantothenate (Pantothenic Acid)
- Carnauba wax
- Choline Chloride, Choline Bitartrate
- Cobalamin (Vitamin B12)
- d-Biotin (Biotin)
- dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate (Vitamin E)
- Gluconate
- Hydrochloride
- Irradiated Ergosterol, Calciferol (Vitamin D)
- Nitrates
- Palmitate (Vitamin A)
- Pteroylglutamic Acid (Folic Acid)
- Pyridoxine Hydrochloride (Vitamin B6)
- Riboflavin (Vitamin B2)
- Stearic Acid (Magnesium stearate)
- Thiamine Mononitrate and Thiamine Hydrochloride (Vitamin B1)
- Titanium dioxide

continued on page 3

# Synthetic vs. Natural Supplements

Even though you can typically get most of the vitamins and minerals that your body requires to function optimally from the food you eat, there are some occasions when this is not possible and you may need to take a supplement.

How do you know if the supplement you are purchasing is a good one? If it says “100% natural” on the label, beware. There are no regulations for the word “natural.” A manufacturer can claim their product is natural even if it's a totally synthetic product. It's always best to protect yourself by reading the ingredient list. Also, be sure to read both the active and inactive ingredients.

Look for food sources on the label and notice if they are listed as organic. If you don't see any food sources, then the product is generally a synthetic product.

Common ingredients found in synthetic supplements that you may want to avoid:

- “Natural Flavors” (may contain MSG or Monosodium Gluamate)
- Aminobenzoic Acid (PABA, which is Para-aminobenzoic Acid)

The Life Line  
is a bi-monthly  
publication of



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

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: Brenda Cobb, Dr. Susan Esposito, Ronnie B. Hudson, Rene Oswald, Dr. Kal Sellers, 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 Pucker Power
- 2 Turmeric: It Does A Body Good
- 2 Synthetic vs. Natural Supplements
- 3 The Sauerkraut Gut
- 3 Belly Fat
- 4 Fatty Foods for Ferocious Fat Fighting

# The Sauerkraut Gut

Dr. Kal Sellers DC, MH

Research has been done showing that colon cancer rates are much lower in an acidic gut (The Lancet, Volume 317, Issue 8229, Pages 1081-1083, 16 May 1981 doi:10.1016/S0140-6736(81)92244-3). In addition, research done in the 1920's showed significant benefits for having an acidic gut. Other articles that I have written discuss the importance of an acidic gut if one hopes to have healthy pH of the blood. In this article, we will discuss the benefits of an acidic gut and how to produce that effect long-term.

The focus of this article is on normal fermentation within the gut in order to produce an acidic gut that absorbs nutrients the way it should and which is healthy and toned so that it does not promote allergies or infection. A healthy gut leads to a healthy blood pH. Efforts to manipulate blood pH without healing the gut are allopathic in nature, rather than natural healing. As we will show, those approaches sometimes inadvertently do both. Proponents of alkalizing the body promote lots of raw plant roughage (especially from vegetables) which ferments into a lovely sauerkraut within the gut!

A healthy gut starts with two things: First, inherently healthy, live food as the overwhelming majority of the diet and second, the mixing of healthy food with saliva by chewing well. Chewing well starts the change in pH in the whole gut and helps prevent digestive distress.

Experience has taught us that chewing is often neglected and stress in life and chemical stress around us is too big to expect the gut, that seems disposed to be too alkaline, to acidify naturally. For this reason, the following information has become one of our modern approaches to healing.

Most people have a lot of cooked and processed food matter in their abdomen. Unfortunately, much of this is no longer inside the lining of the bowel, but has leaked out into the lymphatic system. Normally, the lymph returns to the blood and the liver filters the blood and everyone stays happy. If the liver cannot handle the load, however, something else happens. The lymph will slow down when the liver is overloaded. The vessels will

start to expand if debris continues to enter it. The collecting ducts around the bowel can get very much overloaded and enlarged by several times its normal size. This phenomenon may be one reason that people who use bowel herbs often find that asthma and allergies are far better. When the lymph is cleared up, the other things draining into it (from the lungs, bronchials, and sinuses) can drain more freely and everyone is happier! If the lymph is overloaded, it is not unlike rush hour traffic on an interstate. Nobody moves, the onramps are crowded, and maybe even stopped sometimes, and the whole thing is just not very healthy. This phenomenon explains a lot about why people on a modern diet, living a modern, stressed-out lifestyle are sick in the way they are sick.

Imagine if the immune system has to manage this debris all the time, as what has now turned into a sewer in the lymph ducts gets infected or toxic. The immune system might get pretty sensitive. If the gut is also alkaline, the leakage will be greater and the immune system will be more irritable.

In clinical work, we have learned how to disinfect the body using a protocol of juicing and disinfectant enemas, coupled with aggressively acidifying the gut. Pretty much everyone feels better with an acidic gut. We shall share here what we do for acidifying the gut.

- We have the person mix up raw apple cider vinegar with water, ¼ cup to the quart. This is not for the same purpose or made the same as the commonly touted apple cider vinegar and honey drink. This is just vinegar and water. This is to be drunk 3 times per hour and at least one quart should be finished per day. More is fine or better.
- We have the person eat raw sauerkraut with each meal, as much as they want.
- We have the person start (at the end of the seven days of juicing) eating plenty of raw vegetable matter. This should be chewed well. In the beginning, we have them avoid nuts and seeds.

- We often have the person supplement with Standard Process products for acidifying the gut, including: Cal Amo (2 tablets 2 times daily), Zypan (1 with each meal) and Lactic Acid Yeast Wafers (if it specifically appears to be needed—bread and sugar cravings is a good excuse for using this product).
- Avoid foods that deplete the body: refined sweeteners of any type, flour products, chemical-rich foods, processed meats, dairy products, and many vitamin supplements where the vitamins are isolated chemically and then measured into a supplement.

This program works well and you will find that acid reflux may be gone forever, protein digestion goes way up, and many irritations and inflammatory responses are gone or greatly reduced. In the opinion of the author, the focus on the pH of the gut has been ignored or neglected with many negative side-effects.

This program is calculated to maintain a healthy gut for life. Normal flora can get out of balance for a lot of reasons. Sometimes resetting the flora using our disinfectant program is indicated. These instructions are available from Dr. Kal. Usually, people will feel a distinct aversion to the acidifying supplements if they need a break from them and then they can be started up again later if symptoms begin to return. The disinfectant program can also be repeated if abnormal flora gets out of control again.

*Dr. Kal Sellers DC, MH has a practice in the Atlanta area, as well as in Wyoming. He teaches natural healing, herbal medicine, and chi gong. He does a blend of techniques including chiropractic, visceral manipulation, reflexology, the Rolf Method of Structural Integration and Oriental diagnosis and treatment. Contact him at 307-413-9664, [holisticchiro.org](http://holisticchiro.org), or [starvalleyherbalcollege.com](http://starvalleyherbalcollege.com).*

# Belly Fat

By Kim Strickland, ND

An article in the July *Prevention Magazine* addresses belly fat on women. It talks about how around 35-40 years old the body starts storing fat and putting it around the belly as a way to have estrogen since we make less as we age. When we are stressed we produce excess cortisol and this signals our bodies to store more fat. Relaxing is a big factor for slowing this process.

Since 1996, I have been very aware of my diet; food, emotional, and mental. What you eat is important, but it is also crucial to take time to enjoy the relationship that you have with food. If you are eating collar greens and thinking how disgusting they are, then you're better off without them. We are what we think about what we eat! Bless that which you eat. Take time to enjoy preparing your meal. Wash fruits and vegetables mindfully. If you eat animal products, thank the animal for giving its life so that you might consume it.

To reduce belly fat cut out sugar, artificial colors and flavors, and carbohydrates, such as chips, crackers, cookies, ice cream, cake, and bread. Start your day with a cup of green tea. Try honey or stevia to sweeten it. Then eat a meal that is deprived of water through dehydration. Water rich foods like watermelon, cucumbers, and oranges. Life Grocery has organic teas, honey, stevia and organic chocolate stevia for both

green tea and peppermint tea. If you have to get ready for work then go back and let your fruit digest. When you eat next try scrambled eggs and some sautéed veggies. You might have a piece of salmon or meat. If you eat a large breakfast that actually nourishes your body you will not have mid-morning cravings for sweets. Try it.

Instead of snacking after dinner on processed foods try grabbing several pieces of fruit. Life's selection of organic fruits and vegetables makes it easy to choose them. For optimum health eat four to five small meals rather than one or two. The largest meal should be in the middle of the day, rather than at night as is the custom here in the U.S. When you are hungry at night it means you should have consumed more calories throughout the day. It is best to finish eating at least three hours before going to bed.

For exercise try doing core strengthening activities with yoga, Pilates, or an exercise ball. Try holding a plank position for a minute and you will know it takes core strength. It is also important to add in dynamic moves like jumping from one position to another or jumping with a rope or a pogo stick. Also remember to get enough quality aerobic exercise to burn what you eat. I enjoy walking my dog daily, hiking trails, biking, and swimming. It is important to find something you love to do that helps you relax. Take a few minutes to enjoy the

morning light or the evening sunset. Take mindful breaths before each meal to bring your attention to why you are eating.

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

*continued from page 2*

## Synthetic vs. Natural Supplements

Also, the letters "d" or "dl" that appear before the name of an ingredient indicates the supplement is synthetic.

*René Oswald, RN, APH, is the 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. For free videos and an informative Blog, check out her website at <http://RawFoodRene.com>.*



# Fatty Foods for Ferocious Fat Fighting

By Susan Esposito, DC, DACNB, FABES, FACFN

In this article I discuss a couple of super foods that are typically categorized as “fatty.” Due to this categorization, they have often been cast off of “healthy” dietary regimens in an attempt to help people avoid the obesity and other health issues that are associated with the consumption of “unhealthy fat.” However recent opinions are changing on these foods, because they contain many nutrients that are essential for health and that can actually help you burn your body fat faster.

## Coconut milk, coconut flour, and coconut oil

Coconut, in all of its forms, is a great source of medium chain triglycerides (MCTs), which although a saturated fat, is very healthy because it contains a component called lauric acid. Lauric acid in the body creates a compound that has antiviral, antimicrobial, antiprotazoal, and antifungal properties. It destroys the integrity of the lipid membranes in organisms like fungus, bacteria, and viruses, thus killing them. Another beneficial quality that MCTs provide is they are easily used for energy by the body and less likely to be stored as body fat compared to other types of fats.

Coconut flour is a healthier flour option for baking. It is an extremely high fiber flour alternative (almost ALL of the carbs in this flour are fiber and not starch!). Coconut flour is not only gluten free (which is a big benefit for those who need to avoid it), it is also significantly higher in protein compared to most other types of flour. When baking with coconut flour, it is absolutely critical that you mix it with other flours, because it will absorb all the moisture of your baked goods if used exclusively in a recipe. You might also want to add a little extra of your liquid ingredients to the mix, as well.

One tablespoon of dried coconut provides two grams of lauric acid; two ounces of quality coconut milk contains about three and a half grams. But coconut oil by far contains the best concentration of lauric acid—about seven grams per tablespoon. According to coconut oil experts Mary Enig and Bruce Fife, “The average person should eat about three tablespoons of coconut oil each day. This amount will not only provide protection against bacteria and viruses, but it will also increase your metabolism and improve the condition of your skin and hair, in addition to many other benefits. To reap the full benefits of using coconut oil, choose a high-quality source that offers coconut oil in its best form: organic, cold-pressed, and extra virgin.”

## Whole Eggs (both the yolk and the white)

Eggs are one of the highest quality sources of protein. In fact, they are the only source of all 12

essential amino acids in the right ratios, and therefore are sometimes referred to as the perfect protein food. Some people, in an attempt to eat healthier, eat only the egg whites, thus avoiding the egg yolks. However the “yoke’s” on them, because it’s the egg yolk that contains most of the nutritious lipids, vitamins, minerals, and antioxidants (such as lutein) found in eggs. According to [whfoods.org](http://whfoods.org) in their article, *Eggs, Pasture-Raised*, “All B vitamins are found in eggs, including vitamins B1, B2, B3, B5, B6, B12, choline, biotin, and folic acid. Choline is a standout among these B vitamins. In fact, eggs rank higher in choline than any of our other WHFoods (world’s healthiest foods). In the U.S., an average diet provides about 300 milligrams of choline per day—less than the recommended amount for an adult woman (425 milligrams) or an adult man (550 milligrams). Since one egg provides over 100 milligrams of choline and only 75-80 calories, it provides far more choline for far less calories than most other choline-rich foods.”

Choose free-range organic eggs rather than average grocery store eggs, because the nutrient content of the eggs and the balance between healthy omega-3 fatty acids and inflammatory omega-6 fatty acids is controlled by the diet of the hens. Many people attest that they even taste better.

In the past, eggs have been avoided due to their high cholesterol content; however studies have shown that the liver actually produces less cholesterol when an individual consumes higher quantities of it. Thus, the overall level of cholesterol in the bloodstream remains the same. A single egg contains 212 mg of cholesterol, which is over half of the recommended daily intake of 300 mg. In a recent study, 70% of participants who consumed eggs had either no rise or a negligible rise in cholesterol. Those whose levels did rise, had a rise in both the LDL (low density lipoprotein), as well as the HDL (high density lipoprotein, which is the desirable one). However, individuals with genetic disorders, such as familial hypercholesterolemia or a gene type called ApoE4, are advised to minimize or avoid them. LDL particles can either be small and dense or large. People with large LDL particles have a lower risk of heart disease than those with small dense LDL particles. “Egg consumption appears to change the pattern of LDL particles from small, dense LDL (bad) to large LDL, which is linked to a reduced heart disease risk,” according to Kris Gunnars in her article *10 Proven Health Benefits Of Eggs*.

Eggs are the most fulfilling macronutrient. In his 2008 study, Douglas Paddon-Jones states, “Potential beneficial outcomes associated with protein ingestion include the

following: (1) increased satiety—protein generally increases satiety to a greater extent than carbohydrate or fat and may facilitate a reduction in energy consumption under ad libitum dietary conditions; (2) increased thermogenesis—higher-protein diets are associated with increased thermogenesis, which also influences satiety and augments energy expenditure (in the longer term, increased thermogenesis contributes to the relatively low-energy efficiency of protein); and (3) maintenance or accretion of fat-free mass—in some individuals, a moderately higher protein diet may provide a stimulatory effect on muscle protein anabolism, favoring the retention of lean muscle mass while improving metabolic profile.” In other words, eating eggs helps you feel full and satiated and helps you burn fat while retaining lean muscle. So it’s a great tool for those who are trying to stay healthy and lose weight.

All these great benefits of coconut products and eggs were provided in an attempt to help you decide for yourself which foods will be most beneficial for inclusion in your diet. Remember that although you can reap nutritional benefits from consuming these foods, don’t go overboard to the extreme, because they do contain fat, which eaten in the extreme has been linked to a myriad of health issues. As my mother would say, “moderation is the key.”

## References:

- [http://www.naturalnews.com/026819\\_lauric\\_acid\\_coconut\\_oil.html#](http://www.naturalnews.com/026819_lauric_acid_coconut_oil.html#)
- <http://authoritynutrition.com/10-proven-health-benefits-of-eggs/>
- <http://authoritynutrition.com/how-many-eggs-should-you-eat/>
- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=92>
- Fernandez ML. Dietary cholesterol provided by eggs and plasma lipoproteins in healthy populations. *Curr Opin Clin Nutr Metab Care*. 2006;9(1):8–12.
- Paddon-Jones D, Westman E, Mattes RD, Wolfe RR, Astrup A, Westerterp-Plantenga M. Protein, weight management, and satiety. *Am J Clin Nutr*. 2008;11:1558S–1561S.

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



**Member Appreciation Day**  
**Saturday, 9/27/14**  
**12:00-4:00 pm**



# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

July/Aug 2014

Two Months of Super Savings

# Life Savings



**Entire  
Kind  
Organics  
Line**

**30% off**



**Realfood  
Organics  
Daily  
Nutrition**

**Men's and Women's Multi**

60 tabs

**\$29.59**



**All  
CLA  
Products**

**40% off**



**All Garlic Formulas**

**Aged garlic extract helps  
support cardiovascular health**

**20% off**



**Cybele's**  
FREE TO EAT™

**Gluten Free Cookies**

- Chocolate Chunk Brownie
- Oatmeal Raisin
- Chocolate Chip

6 oz **\$3.99**

**Rigoni di Asiago** **Fruit Jam**

8 oz ..... **\$4.99**

**Raw Organic Italian Honey**

10.58 oz ..... **10% off**

**supereats**  
kale+chia chips

**Kale and Chai Chips**

5 oz **\$2.99**

**fruit bliss**

**Dried Fruit**

1.76-5 oz **20% off**

**gimMe**  
health foods LLC

**Organic Seaweed Snacks**

.17 oz ..... **99¢**

.35 oz ..... **\$1.59**

**Bob's Red Mill** **Granola**

12 oz .. **15% off**

**Grains**

16-24 oz ..... **20% off**

**GO Veggie!** **Rice Cheese**

Lactose Free

- Shreds
- Slices

7.3-8 oz **\$3.79**

**BITSY'S**  
BRAINFOOD

**Organic Smart Cookies**

2.125 oz .. **\$2.39**

**Cereal**

6.7-11 oz ..... **\$5.89**

**HIGH COUNTRY**  
KOMBUCHA

- Elderberry
- Hibiscus
- Wild Root
- Ginger
- Groovy Grape

16 oz **\$2.69**

**New Products**

- Just Pure Foods Chips
- Go Raw Watermelon Seeds
- Lulu's Raw Organic Chocolate Bars and Truffles
- Laughing Giraffe Granola
- Madhava Organic Whipped Honey and Pure & Raw Honey
- TruCoCo Pure Coconut Water
- Bio Moringa Tea
- Plum Organic Go Bars
- Peter Rabbit Organic Purees
- GlutenFreeda Flatbreads
- Lifeway ProBugs Frozen Kefir
- Canyon Bakehouse GF Breads
- Nutiva Shortening
- Melt Organic Butter substitute



**Swirl  
All  
Flavors**

**20% off**



**All  
Facial  
Products**

**25% off**



**All Probiotic  
Products**

**20% off**



- **Brainboost**  
60 caps ..... \$18.99
- **Alpha Lipoic Acid**  
60 tabs ..... \$19.99
- **Ultra Joint Builder**  
90 tabs ..... \$19.99



- **Candida Stat**  
60 vcaps ..... \$12.99
- **Yeast Arrest**  
28 suppositories  
..... \$16.99
- **V-Fresh** 6 suppositories  
..... \$19.99



- **All Vibrant  
Cleanse Products**
- **All Maximum  
Vibrance Products**

**20% off**



**Ultrasonic  
Oil Diffuser**

**\$35.99**



- July**
- **Omega 3 Softgels**
  - **Ultimate Omega 3 Softgels**  
all sizes
- August**
- **All Children's Products**

**25% off**



**All Women's  
Femmenessence and  
Men's Revolution  
Products**

**15% off**



**40 Plus  
One Daily Multi**

- **Men's**
- **Women's**

**48  
tabs \$37.99**



**All Products  
15-25%  
off**



**All  
Products  
20% off**



**All  
Products  
20% off**



**All  
Products  
20% off**



**All Men's  
Products  
20% off**



# Healthy Halloween Handouts

By Susan Esposito, DC, DACNB, FABES, FACFN

It's not just ghouls, zombies, or vampires that scare me during the Halloween season, it's the ubiquitous temptation of candy. Complete with artificial colors and flavors, chemical additives, and the ever present and ever harmful fiend high fructose corn syrup, candy is the true monster that can devastate a mother's best attempts at her children's well-balanced feeding. As a child, I loved candy, but now that I'm a mother, it has become a bane of my family's nutrition goals. However, I am of the opinion that depriving my daughter of the traditional Halloween experience, including candy treats, would cause more psychological harm than a day of delicious debauchery.

Magically, there are now treats which I can purchase that will satisfy both of us. It's still candy, but it's made with healthier ingredients. If you're going to be receiving trick-or-treaters this Halloween, consider stocking your tray of goodies with some of these healthier selections. I am not suggesting the kid disappointing apple or toothbrush, these treats for the costumed door-bell ringers are the real deal!

Here is a list that I found on [www.sparkpeople.com](http://www.sparkpeople.com) that describes many kid friendly and healthy snacks that are great alternatives:

- **Barbara's Snackimals Animal Cookies** are far beyond traditional animal crackers, which usually contain trans fats and very little flavor. These crunchy cookies are even made with organic ingredients and come in Chocolate Chip, Snickerdoodle, Vanilla and Oatmeal varieties.
- **CLIF Kid ZBars** are low in fat, made with whole oats, and fortified with 12 essential vitamins and minerals. They are free of hydrogenated oils, high-fructose corn syrup, preservatives, and artificial flavors or colors. They come in 7 delicious flavors: Apple

Cinnamon, Chocolate Brownie, Blueberry, Chocolate Chip, Honey Graham, Peanut Butter and, just in time for Halloween, Spooky S'Mores.

- **FruitaBü Organic Smooshed Fruit Rolls** look and taste like all-too-familiar junk food, but are made from real organic fruit, with no artificial additives or added sugar.
- **Ginger People Ginger Chews** certainly taste good, so you can't go wrong with flavors like Original Ginger, Spicy Apple Ginger, Peanut Ginger, and Hot Coffee Ginger.
- **Let's Do...Organic Fruiti Bears Gummies** are made with organic ingredients and contain no gelatin, gluten, high-fructose corn syrup, or artificial additives. All that's left is delicious flavor. These come in boxes containing four individually-wrapped bags and are available in four varieties: Super Sour, Fruity, Classic, and Jelly.
- **Stretch Island Original Fruit Leathers** are sweet and chewy strips of real, dried fruit that will satisfy a kid's sweet tooth and count as half a serving of fruit! Stretch Island is one of many brands of fruit leather that you can buy online, in natural food stores and at many supermarkets.
- **Annie's Cheddar Bunnies** aren't candy but they are a fun, bite-size snack that kids will love. They're made with organic wheat and cheese and no artificial flavors or colors.
- **Yummy Earth Organic Lollipops and Candy Drops** come in flavors like Pomegranate Pucker and Wet Face Watermelon. Free of gluten, nuts, dairy, soy, artificial colors, and dyes.
- **Pure Fun Organic Candy** makes yummy hard candies and lollipops that are free of

pesticides, artificial flavors, synthetic colors, and gluten. They come in several kid-friendly flavors, like Tangy Tangerine, Loony Lemon, and Giddy Green Apple.

Some other fun and yummy ideas that you can either hand out or bring to Halloween parties in your neighborhood or to your children's school are:

- Bags of whole wheat pretzels, organic popcorn, or trail mix. You can purchase these pre-bagged, or make your own. If making them yourself, you can add different flavors for variety.
- Mini boxes of prepackaged raisins or craisins.
- Containers of applesauce, which come in a variety of flavors. These can be purchased in multi-packs, so you can just separate them and give them out individually.

Life Grocery provides many of the listed delicious options and more for all the little ghouls haunting your halls looking for tasty treats! This is no trick! Besides all the wonderful Halloween options described above, Life also offers a vast array of bins filled with more salty, savory, and sweet snacks than you could ever imagine.

So don't let your house be haunted with unhealthy sugary sweets this season, Life Grocery can provide you with all the necessities to make your fest less frightening. I wish you all a happy healthy Halloween!

#### References:

<http://recipes.howstuffworks.com/>

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

<http://www.clemson.edu/extension/hgic/food/nutrition>

<http://www.100daysofrealfood.com/>

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

# Carrageenan Anyone?

Kim Strickland, ND

Chances are that if you read labels at all you've seen carrageenan listed as an ingredient. What exactly is carrageenan and why are their groups advocating removing it from foods such as almond milk?

Carrageenan is a common food additive that is extracted from a red seaweed, *Chondrus crispus*, which is popularly known as Irish moss. Carrageenan, which has no nutritional value, has been used as a thickener and emulsifier to improve the texture of ice cream, yogurt, cottage cheese, soy and almond milk, and other processed foods. It is also found in natural lunch meats.

Joanne K. Tobacman, M.D., an associate professor of clinical medicine at the University of Illinois College of Medicine, has conducted studies linking undegraded carrageenan—the type that is widely used in foods—with malignancies and other stomach problems. She has extensively studied the biological effects and published 18 peer-reviewed studies and is convinced that it is

harmful to our health. In April 2012, she addressed the National Organic Standards Board on this issue and urged reconsideration of the use of carrageenan in organic foods.

In her presentation, Dr. Tobacman said that her research has shown that exposure to carrageenan causes inflammation and that when we consume processed foods containing it, we ingest enough to cause inflammation in our bodies. All forms of carrageenan are capable of causing inflammation. This is bad news. We know that chronic inflammation is a root cause of many serious diseases including heart disease, Alzheimer's and Parkinson's diseases, and cancer. Drug investigators actually use carrageenan to cause inflammation in tissues in order to test the anti-inflammatory properties of new drugs. When laboratory mice are exposed to low concentrations of carrageenan for 18 days, they develop "profound" glucose intolerance and impaired insulin action, both of which can lead to diabetes.

The Cornucopia Institute has submitted a lengthy petition to the FDA to remove carrageenan from foods. Starting in 1961, animal studies showed that degraded carrageenan was carcinogenic. The safest thing you can do is to read labels carefully and avoid foods with carrageenan.

#### Resources:

<http://www.drweil.com/drw/u/QAA401181/Is-Carrageenan-Safe.html>  
[www.cornucopia.org](http://www.cornucopia.org)

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.

# The Gift of Health

By Brenda Cobb

You can change poor health into good health by changing what you eat. Organic raw and living, sprouted, foods are full of enzymes, vitamins, and minerals, the elements we all need for good health. Processed, denatured foods starve the body of the very things needed for good health, especially living enzymes! The body requires enzymes for every function from digestion and assimilation to elimination. It is extremely important to eat plenty of enzyme rich foods. Living enzymes are in every whole food in nature. All fresh raw fruits and vegetables are full of precious enzymes.

Cooking food kills all the enzymes. Enzyme powders, pills, or potions can help somewhat, but they are not the complete answer and can't possibly replace the enzymes found in fresh, organic, raw and living foods. These foods supply enzymes, and vitamins and minerals in an easy-to-digest form. Some vitamin and mineral pills don't digest or assimilate in the body and can pass through the system still completely whole. Other supplements that are in powdered form and created from organic raw and living foods are some of the best ways to get extra supplementation. When you invest in organic whole foods you're not only eating really well, you're getting your vitamins and minerals too. There is no better way to assure good nutrition than with organic raw and living foods.

Diseases and symptoms are caused from toxicity and deficiency and a dirty impacted colon. It is the deficiency of enzymes that is a huge problem. On the other hand if you put live enzymes in your body you can restore and maintain optimum health. Many people are on medications today for depression, learning disabilities, cancer, diabetes, heart disease, high blood pressure, and many other diseases. Pills are not the answer because drugs create more toxicity and acidity in the body and that creates more health problems.

Obesity is at an all time high, and one of the reasons for this is that people are not getting nourished at a cellular level, and are "hungry" for real nutrition. Junk food is a part of the "American Way" and there's junk food in health food stores just like in regular grocery stores. Many vegetarians and vegans are sick because of eating so much of these junk foods. Replacing processed junk food with fresh organic raw and living fruits, vegetables, and sprouts will energize the body,

help it shed excess weight, and restore health. Now that's a real investment in good health!

Raw and living foods are really delicious and this doesn't have to mean a life of only salads. There are many wonderful recipes that are easy to prepare and which offer an incredible variety of flavors to excite every palate. A wonderful way to begin the journey to better health is to clean out the cupboard of processed, dead, prepackaged food and fill the refrigerator with fresh organic produce. You can begin to replace foods that you know are not good for you with foods that will serve you better.

What better time than right now to begin to eat better and take better care of your health. After all, you're worth it.

Always use 100% ORGANIC ingredients.

## Sunny Coconut Veggies

1 c chopped sugar snap, snow peas, or green beans  
1 c chopped tomato  
1 c chopped zucchini or yellow squash  
½ c chopped green onion  
4 T raw coconut oil  
2 T chickpea miso  
4 T fresh lemon juice  
1 c sunflower seeds (soaked 8 hours in filtered water and drained)

- Chop the vegetables and set aside.
- Combine the coconut oil, chickpea miso, and lemon juice in a blender and blend until smooth.
- Pour the dressing over the vegetables, toss, sprinkle with sunflower seeds, and serve.

*Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute in Atlanta, Ga. offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing and Anti-Aging including a Therapy Spa Offering treatments to help detoxify, nourish and relax the body. For more information, call 404-524-4488 or 1-800-844-9876 and visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

# Organics: Common Sense vs. Scientific Research

By Linda Townsend

For those of us who have made the commitment to eat organic foods, it is just common sense that produce grown organically is better for the body. It seems obvious that produce grown in soil enriched with natural fertilizers and without synthetic pesticides is the better choice. However, science is not about common sense, but proven research and there just has not been definitive proof acceptable to the scientific community at large to quiet the organics vs. conventional debate.

On the other hand, it never hurts to have a prestigious medical publication like the *British Journal of Nutrition* publishing a paper on the compositional differences between organically and conventionally grown crops, as it did June of this year. An international team of experts, headed up by Newcastle University, in the UK, released "Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses" that may be considered the largest study of its kind. To do this, researchers pooled data from 343 studies comparing compositions of organic and

conventionally grown fruit, vegetables, and cereals. What is fascinating about this study is that it was not about proving whether or not organics are better or healthier, but simply proving facts about the differences in the composition between organics and conventionally grown foods, which can more easily be confirmed in laboratories and cannot be so easily ignored or refuted in the scientific community.

Their analysis showed organic produce contain up to 69% more of certain antioxidants, are decidedly less likely to contain pesticide residue, and have significantly lower levels of three toxic heavy metals: cadmium, lead, and mercury. Cadmium, in particular, was far lower and this may be significant because it is known to accumulate in the body, especially in the liver and kidneys.

Here's a breakdown comparison between organics and conventionally grown:

- In organically grown crops, antioxidants such as polyphenolics were between 18-69% higher.

*continued on page 3*

The Life Line  
is a bi-monthly  
publication of



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

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:** Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Dr. Kal Sellers, 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 *Healthy Halloween Handouts*

1 *Carrageenan Anyone?*

2 *The Gift of Health*

2 *Organics: Common Sense vs. Scientific Research*

3 *Healthier Lunches- What's For Lunch?*

4 *Dandelion Root: Powerful, Simple, Sophisticated Healing Herb*



---

# Healthier Lunches – What's For Lunch?

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

What did you have for lunch yesterday? If you are the typical American, you had something along the lines of a burger, fries, chicken, soda, or pizza. Now, let's consider another question. What is the number one complaint of my patients and people who attend my lectures? Across the board, the answer is fatigue. It seems almost everyone I encounter would like to have more energy.

So, what does this have to do with lunch? When questioned, most people say they are more fatigued after eating lunch than before. Mid-day fatigue happens most often because of what you had for lunch. One of the major reasons for this is most lunches contain large amounts of fats. Fats, especially saturated fats, found in animal products (meat and dairy), cause red blood cells to clump together. Red blood cells carry oxygen in the body and when the red blood cells clump together they are not very effective in carrying oxygen. This lack of oxygen causes the body to get tired.

If you want to put this to the test, tomorrow have a healthy lunch, maybe a salad with an oil and vinegar dressing using olive or flax seed oil. Don't limit yourself to lettuce only; add carrots, radishes, garbanzo beans, cucumbers, or any other veggies you prefer. Then notice how you feel that afternoon. The following day, have a meal with a lot of fat. If you still eat meat, have a beef burrito with cheese, a cheese and meat pizza, or a ham and cheese sandwich. Pay attention to how you feel after this fatty meal. I feel confident that you will notice that you had more energy following the healthy meal, but felt tired after the unhealthy one.

## Eating Healthier Lunches

Eating lighter, healthier lunches will increase productivity in your life. If you have children, this becomes equally, if not more, important. Children's performance is directly linked to their diet. For over 30

years in my practice, I have counseled hundreds of families on how to improve their mental functions, as well as their health, especially their children's. One very effective way to improve mental function and over-all health is to improve nutrition. Eating the foods you are biologically designed to eat can take an average student, employee, or family member and make them above average. It can take an above average person and bring them to a whole new level. Everyone benefits from giving the body the nutrients it needs. It's important to realize that most school lunches will adversely effect how your child thinks and acts. I have spoken with numerous teachers who all agree that grades are traditionally better in the morning classes (before lunch) than in the afternoon classes (after lunch).

Some school cafeterias offer salad bars and meat-free/dairy-free meals. If your child is going to eat in the cafeteria, instruct them on how to make the best choices available to them. Also, when you are eating out, follow these simple healthy eating rules. First of all, remember that there is always something to eat. In all my years of eating out and traveling over the world, I have never been forced to miss a meal because there wasn't any food available that I could eat. If eating Mexican, have beans instead of beef. If you are having Chinese, try the stir fried veggies, mu shu veggies, veggie lo mein, or veggie chow mein. Italian food also offers plenty of healthy options, including pasta with marinara sauce, pesto with no cheese (See my book "Eating Right For The Health Of It" that's sold at Life Grocery, for several pesto recipes, as well as over 200 other recipes that are vegan, wheat-free, hypoallergenic, easy to make, and delicious!), or just salad with Italian dressing. Thai food is also a good choice and can be easily made without meat; just tell your server you want veggies only. The sauce and veggies taste just as good as the meal with meat and might even be cheaper. Also, many American restaurants now serve veggie burgers.

## Packing Healthier Lunches

If you are packing lunch, make an organic peanut butter and organic fruit-only jelly sandwich. Keep in mind that you can also make your sandwich with almond butter, cashew butter, or filbert butter. Be sure to use a 100% fruit jelly and healthy gluten free bread. Or try a bacon, lettuce, and tomato sandwich without the bacon. I also suggest canned organic soup, which can cost as little as \$1.25 and is low in calories, low in bad saturated fat, is filling, and is good for you. Add a few carrot sticks, celery sticks, and a piece of fruit and you will feel better, live longer, and enjoy every day instead of being tired and unable to perform at your best.

Nutrition is important because it is the fuel that runs your body. This, along with a properly functioning nervous system, is the combination to achieve optimum health. If you have any back pain, headaches, leg or arm pain, or if you don't feel as healthy as you should, be sure to get a thorough chiropractic evaluation to find out if you have a pinched nerve that is preventing your body from functioning at 100%. By eating this way and being sure your spine and nervous system are not malfunctioning, you avoid most of the things that prevent you from being all that you can be.

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

---

continued from page 2

## Organics: Common Sense vs. Scientific Research

- On average, toxic heavy metal cadmium was 48% lower in organically grown crops.
- Concentrations of total nitrogen were 10% lower, nitrate 30% lower and nitrite 87% lower in organic. (Nitrite reacts with the hemoglobin forming a compound called methemoglobin, which reduces the blood's capacity to carry oxygen.)
- Pesticide residues were four times more likely to be found in conventional crops than organic ones.

This study draws attention because it refutes two previous studies widely accepted by scientists. The UK Food Standards Agency (FSA), in 2009, commissioned a study which was the first systematic review of the literature on organic food versus non-organic food. On the basis of nutritional superiority, the conclusion reached by researchers from the London School of Hygiene and Tropical Medicine was that no evidence was found to justify selecting organic over convention foods.

Researchers from Stanford University School of Medicine, in the later 2012 study, also a literature review on organic versus conventionally produced food, concluded similar findings. It stated that with the exception of "weakevidence" of higher phenol levels in organic produce, there was no significance in the evidence suggesting that eating organic foods is nutritionally beneficial over conventionally grown.

This latest study points to some significant differences in the composition of organics, but study leader Carlo Leifert, professor of ecological agriculture at Newcastle University, acknowledges that it does not scientifically prove that organics are more beneficial than conventionally grown. However, he believes these findings suggest that people eating organics would comparatively consume additional antioxidants equivalent to eating between one and two extra portions of fruit and vegetables per day to people eating the same foods conventionally grown. While numerous studies have related antioxidants to a reduced risk of chronic diseases, including cardiovascular diseases and certain

cancers, Professor Leifert stated, "But this study should just be a starting point. We have shown without doubt there are composition differences between organic and conventional crops, now there is an urgent need to carry out well-controlled human dietary intervention and cohort studies specifically designed to identify and quantify the health impacts of switching to organic food."

Of course, many scientists are resistant to accepting this latest research—and common sense is not scientific.

One could argue that if there are no significant differences that a person can conduct his own personal experiment by switching to organic foods, at the very least, without causing harm. I did this over twenty-five years ago based on common sense and I know what it did for me then and has continued to do for me in comparison to members of my family with the similar genetic profiles. Are you curious what it might do for you?

*Linda Townsend is a freelance writer of health-related issues and can be contacted at [4biohealth@gmail.com](mailto:4biohealth@gmail.com).*

# Dandelion Root: Powerful, Simple, Sophisticated

By Kal Sellers, DC, MH, LMT

In a clinical practice with herbal medicine and holistic healing, it is always an ongoing focus to determine which remedies, protocols, and approaches work best. The goal really should be how to work one's self out of a practice with each patient who comes in. This focus results in an ongoing modulation of what is used in practice. The result includes some changes, some corrections, and some rotating of remedies that all work well in an effort to secure what is the best. Sometimes, something simple shows up as a very important tool in modern practice. This is the case with dandelion root in our practice.

Dandelion root has gotten famous as a specific for cysts, tumors, swelling, or any cell proliferation above the diaphragm. Largely this is believed to be because of the way dandelion causes heat to go back down through the liver and out of the kidneys and out through the bowel in the form of bile and bowel activity. Additionally, dandelion is known to be very rich in inulin, which is an indigestible sugar that is like fertilizer to healthy flora in the intestines.

Dandelion pulls heat down that is rising inappropriately. Because of this, many headaches might be helped very well with dandelion root. In addition, dandelion is a very mild, safe and effective liver remedy, increasing bile flow, gently and slowly cleansing and offering some cooling stability to the liver. Some people need the stability because cleansing the liver can leave them a real mess emotionally. Liver cleansing tends to throw off hormones and neurotransmitters that are waiting to be broken down and have been in "storage." For this reason, some people are better off to start out by cleansing very mildly using a milder herb. Dandelion fits this need very well.

One unexpected benefit from dandelion root was the use of it for people whose arms and hands "fall asleep" at night. This seems to be related to swelling of the nerves and is related to heat rising as well as heat and liver irritation in general (which can cause so-called idiopathic edema of the abdomen). This use was

inadvertently discovered by us in clinical practice. Some individuals got a lot of relief from this problem using the dandelion root. Dandelion is mildly cooling to the body, slowing the pulse and lowering blood pressure slightly. The hot person will feel better taking it.

Dandelion is one of those herbs which can be used alone very well. It causes few peripheral symptoms and so requires no mitigating herbs. One herb it works well with is white willow bark. Typically, one willow bark capsule twice daily and 3 dandelion root capsules three times daily is a reasonable acute dose for up to 4 weeks. One willow bark and 2 dandelion root capsules twice daily works well for longer-term needs.

Willow bark was used by Thomsonian herbalists and Physiomedicalists for decades as a liver remedy. It probably works better there than anywhere. The efficacy of it as a painkiller might have something to do with the effect on the liver also. It certainly helps with inflammation and is cooling also.

Both dandelion and willow bark are carminative. This means they ramp up the digestive secretions from the mouth to the stomach, to the liver, gall bladder, and pancreas to the duodenum and the small intestine. All digestion will be helped with these and irritable bowel will be cooled and calmed down. Healing will be accelerated by the willow bark to some extent while the dandelion root will provide inulin for helping maintain friendly flora.

Dandelion root is strengthening to the kidneys. It is mildly diuretic. The leaf of dandelion is more famous for its diuretic (increases secretion of urine) effect. We have found the leaf to be too strong when there are weak kidneys. Weaker kidneys do much better with the root. This helps with low back pain and helps to concentrate the urine better. Thus it helps the kidneys and the liver.

In every group there is someone who does not want to take capsules and wonders how else the herb might be prepared. Dandelion root is certainly best taken as a decoction anyway so let us talk about how to make a slow decoction to get the most potent effect from the plant. Regular infusions will prove disappointing as this simply

does not extract the potent values we are seeking. Roasted dandelion root will not provide the inulin very well as the roasting breaks this sugar down and makes the root more sweet with sugar we can taste and use. In this case, we want the sugar for our flora, so roasting is ill advised.

A slow decoction of dandelion root is made as follows: Put one teaspoon (or a little more) of dandelion root (dried, cut is best) in each cup of distilled water on the stove in an appropriately sized pan. Bring this to a boil and then immediately reduce to a very low simmer (sometimes we will transfer this to the crock pot at this point and put it on low with the lid off or keep warm with it on) where it should stay for at least 2 hours. Ideally, this would simmer very slowly all night or for 5-6 hours. This can be done in a crock pot or double boiler. It is hard to maintain temperature in a regular pan on the stove.

The finished product is strained off and kept in the fridge. The effective dose is a wineglass full (2 ounces) 3 times daily. It will keep in the fridge for 3-4 days so quantities should be planned accordingly.

Dandelion is simple and inexpensive. It grows almost everywhere on the planet. It is often cursed as a weed. It is, instead, an elegant medicine that so many can use. It will prolong life when given to the right person and body type, but almost anyone can use it for temporary needs. We think it is coming up to beg us to use it and ease our suffering. The irritated liver makes angry, overstimulated, over-passionate people who are out of balance. We hope to encourage the use of the lowly dandelion root as a modern antidote.

*Dr. Kal Sellers DC, MH has a practice in the Atlanta area as well as in Wyoming. He teaches natural healing, herbal medicine, and chi gong. He does a blend of techniques including chiropractic, visceral manipulation, reflexology, the Rolf Method of Structural Integration, and Oriental diagnosis and treatment. You may contact him at 307 413 9664, [holisticchiro.org](http://holisticchiro.org), or [starvalleyherbalcollege.com](http://starvalleyherbalcollege.com).*

## NEW PRODUCTS

### HBA

- Body Wash (Assorted Scents) Soap Box
- Giovanni- Tangerine and Papaya Butter (Shampoo/Conditioner)
- Andalou- 1000 Roses Facial Line
- Kiss My Face- Spray On Lotions
- Terry Naturals- Comfrey Cream
- Now Almond Oil (Gallon Size)
- Emuaid- First Aid Ointments
- Shikai- Very Clean Hand Soap (Assorted Scents)
- Wyndmere- Nebulizer Essential Oil Diffuser
- Acure- Facial Line

### SUPPLEMENTS

- Probulin- Probiotic Line
- Mushroom Matrix- Reishi, Lions Mane, Turkey Tail, Immune Blend and More
- Spectrum- Tropical Fruit Blend (Ground Flax Seed)
- Garden Of Life- Kind Organics Entire Line
- Extreme Edge- PreWorkout Shake, PostWorkout Shake
- Megafood- Turmeric Nutrient Booster Powder
- Amazing Grass—Raw Reserve Greens\Protein



# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Sept/Oct 2014

Two Months of Super Savings

# Life Savings



**Entire  
Kind  
Organics  
Line**

**30% off**



**Realfood  
Organics  
Daily  
Nutrition**

**Men's and Women's Multi**

60 tabs

**\$29.59**



- **Oil of Oregano**  
1 oz . . . . . \$14.99
- **Lung, Bronchial & Sinus Health**  
90 tabs . . . . . \$17.99
- **Olive Leaf**  
90 caps . . . . . \$16.99



**All Garlic Formulas**

**Aged garlic extract helps  
support cardiovascular health**

**20% off**



**Flat Bread**

- Tomato
- Garlic

- **Parmesan**
- **Original** 15.8 oz

**\$5.99**



- **Macarons**
- **Brussel Bites**
- **Snip Chips**

**15% off**



4-4.4 oz

**Baby Vege & Fruit Snacks  
All Flavors**

**\$1.59**



2.75-3 oz

**Chocolate Candy  
All Flavors**

**\$3.29**



**Organic Cheese**

- Bars . . . 8 oz . . . \$4.79**
- Slices . . 6 oz . . . \$3.49**



- **Rolled Thick Oats** 32 oz **\$2.99**
- **Gluten Free Scottish Oats** 20 oz **\$4.49**
- **Oat Bran**
- **Steel Cut Quick Oats**
- **Steel Cut Oats** 18-24 oz **\$2.49**



- Oat Bar . . . 3 oz**
- . . . . . \$1.99**

- Oat GF Bars . . 3 oz . . . \$2.49**
- Oat Bites . . . 5 pk . . . \$4.79**



**Organic Bars**

- 1.6 oz . . . . . \$1.39**
- 6 pk . . . . . \$4.79**



**Organic Teas  
All Flavors**

**14 oz \$1.29**



**All  
Choice Teas**

**16 bags \$3.79**





**All Kids Formulas**

**20% off**



**All Curamin Products**

**20% off**



**All Probiotic Products**

**20% off**



- **Glucose Optimizer**  
120 tabs .....\$24.99
- **Plant Protein**  
19 oz .....\$15.99
- **D-Ribose**  
3.5 oz .....\$14.99



- **Breast Blend**  
90 vcaps .....\$17.99
- **Breast Cycle Blend**  
60 vcaps .....\$11.99
- **Womans Phase 1**  
120 vcaps .....\$19.99



**Bio PQQ 20 mg**  
30 tabs .....\$23.99  
**All Clean Series Products**

**25% off**



**Ultrasonic Oil Diffuser**

**\$35.99**



**All Single Essential Oils**

**10% off**



**Femmenessence**

- **Maca Harmony**  
120 vcaps .....\$29.79
- **Maca Life**  
120 vcaps .....\$29.79
- **Maca Pause**  
120 vcaps .....\$29.79



**All Bone Strength Formulas**

**30% off**



**All Candida Freedom Products**

**15% off**



**All Products**

**25% off**



**All SambuGuard Formulas**

**20% off**



**All Products**

**20% off**



**All Shampoos & Conditioners**

**20% off**

## Savor the Flavor

By Linda Townsend

My grandparents would invite people over to eat a meal with them all the time, when my mother and aunt were growing up. My grandmother was a wonderful cook and her pies were legendary. But, what we all remember the most about her culinary delights was that she was never satisfied with the temperature of her mashed potatoes. By the time it was spooned onto her plate, it was always too cold for her, which she would say every time after taking the first bite; everyone waited for that moment.

When people talk about their fondest holiday memories, it always includes food at some point in the conversation, doesn't it? It just seems like the best times to be with other people always involves eating. Don't we all look forward to old favorite specialties as well as new dishes whenever we have a get-together with family and friends?

Of course, we do try to avoid conversations on the downside of all that feasting, which is how much weight we gain. If you have read some of my prior articles, you know that I strongly believe in fasting. I personally fast at least 50 days a year (one day each week, give or take), plus I also fast at least a week or two during the year and I have even fasted for 40 days straight—no food at all for nearly six weeks! That year I fasted over 100 days in total and benefited from some phenomenal healing. On the flip side, however, I am not against feasting either. Gaining just a bit of weight during the holidays and indulging in foods I normally do not eat is not a terrible thing, *if* done with some moderation.

Actually, our ancestors did not have an abundance of food all the time as we do now. They did not have refrigerators, nor was out-of-season or exotic produce freighted in from other regions. Lifestyles and available foods were very seasonal. Before these modern time conveniences, it was not just a tradition to feast in the fall

on freshly harvested foods and hunted game; it was how people survived winters with only stored foods. Centuries of feasting at harvest time became ingrained in our traditions, however, we now have the convenience of grocery stores and all kinds of food year around, so we do not have that forced feast or famine lifestyle. Instead, we need to use self-discipline.

Eating highly nutritional and organic foods is extremely important; however even eating the right foods without self-discipline can still have undesirable effects. For instance, I have a cousin who is an RN and 100% vegan, but even though she is quite knowledgeable about health, her under five foot frame is carrying about a hundred pounds more than it should.

My secret to having some self-discipline during the holidays when there are trays of yummy looking treats before me is in something my aunt told me as I was growing up: *"The taste of the food is only enjoyed in the mouth, so chew slowly."* I had never really thought about the fact that once the food is swallowed, the real enjoyment of it ends . . . until the next bite, which obviously was my problem. You see, at that time I was on the same course that most of my family was; I was a heavy set young teenager, who was aware that I needed to lose more than just a few pounds and I had no discipline to do so. I tended to eat fast, always trying to get to the next bite for that pleasure factor, but I slowly and steadily began losing weight just by enjoying each bite as she suggested.

It was quite a simple thing really. I did not have to go on a restrictive diet or avoid any particular food. I would just take smaller bites and allow myself to enjoy that one bite longer than I had been doing before. Instead of eating half a box of cookies, I found that I could get as much pleasure eating just one or two and the box would last for a longer time. By doing it this way,

I really was not depriving myself at all! I could eat the same amount of cookies, but just do so over several days, rather than in a few minutes. Each bite of food became less about quantity and more about quality for me.

I also found that avoiding my favorite specialties often resulted in me eating more of something else than I normally would and with far less satisfaction than I would have if I had eaten what I was craving . . . and I was still craving it! So, yes, as much as I am teased about being a health food advocate by some friends and family members, they also know I never say "no, thank you" to an "ooey goeey" brownie—until I have had that first yummy "chocolatey" bite that I will savor as it dances on my taste buds for as long as I can make it last. Then, knowing I have a few more bites from that one piece to likewise enjoy, I can say "no, thank you" to a second. Once swallowed, the enjoyment is over and then it is about calories. It makes no difference to the rest of my digestive tract how good one or three brownies taste, so I do not have to eat more to be happy if I enjoy the one piece as if it was the last one I will ever have. And, it probably will not be—there just must be more brownies in my future—so I do not have to go in all out feasting mode right then and there.

Let's confess: We know we are going to indulge a little or a lot during the holidays and then bulge a little or a lot for it afterward. We always gain first and go through the pain of losing the weight later.

Now let's make a commitment: This year for the holidays we are going to savor the flavor of every bite of food we eat and every moment of our lives making new good memories and enjoying our family and friends.

Linda Townsend is a freelance writer of health-related issues and can be contacted at [4biohealth@gmail.com](mailto:4biohealth@gmail.com).



**Saturday,  
12/13/14  
12:00-4:00**



**Winter Life Fest  
and Member  
Appreciation Day**

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



# Holiday Treats with Vegetables

Kim Strickland, ND

It is holiday season: Halloween straight thru to New Year's Eve. Once again we've made it to that time of year when we are bombarded with desserts and candy. Every gathering has them. It's almost as if the gathering is an excuse to eat sweets. Please remember that moderation is the key. The best bites are always the first and the last one so why not try having just two bites. Volunteer to bring a dessert or main dish that you know is at least a little bit healthy.

## Pumpkin Swirled Brownies

2c gluten free flour blend (I use brown rice, arrowroot, millet, sorghum, and amaranth flours)  
 2t baking powder  
 1 t sea salt  
 2t cinnamon  
 1 t nutmeg  
 ½t ginger  
 1 can pumpkin puree  
 ¼c brown sugar  
 ½c maple syrup, plus 1 T  
 2t vanilla  
 2eggs  
 3T melted butter or ghee  
 ½c cocoa powder

- Preheat oven to 350 degrees.
- Line a 9 x 13 pan with parchment paper.
- Mix the flours through the spices.
- In a separate bowl mix the pumpkin through the butter.
- Remove 1½c of the pumpkin mixture and add 1 T of maple syrup and cocoa to it.
- Add the flour mixture to the wet ingredients.
- Pour in the pan and drop the cocoa pumpkin mix in and cut vertically and horizontally with a knife to swirl the chocolate in.
- Bake for 25-30 minutes. Check doneness with a toothpick.
- Cool before removing from pan.

Adapted from: [www.BalancedPlatter.com](http://www.BalancedPlatter.com)

## Pear and Banana Crisp

Recipe from Bob Greene

2 pears, sliced  
 1 banana, sliced  
 1 t sugar  
 ½c oats  
 1 T honey  
 pinch of salt  
 2 T ground walnuts  
 5 T milk of choice (1 for oat mixture, 4 for topping)

- Preheat to 375 degrees.
- Combine fruit and sugar. Place into a pie plate.
- Combine oats, honey, salt, walnuts, and 1 T milk in processor for 1 minute.
- Put fruit on top and bake for 20 minutes.
- Drizzle last 4 T of milk around edges.

## Macaroni and Cheeze with Veggies

1 lb of penne pasta  
 ½ butternut squash, peeled and chopped  
 1 onion, chopped  
 2 carrots, diced  
 4 garlic cloves, minced  
 1 pack Daiya Cheddar, shredded  
 salt and pepper to taste  
 1 lb of turkey bacon (optional)

- Prepare penne pasta.
- In a large pot, place the vegetables with just enough water to cover.
- Bring to a boil and cook until veggies are soft.
- Preheat oven to 350 degrees.
- Place veggies in a blender and puree.
- Pour over cooked pasta in a casserole dish and mix thoroughly.
- Mix in cheese.
- Add salt and pepper to taste.
- If using bacon, add in crumbled, cooked bacon.
- Bake for 30 minutes.

*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.*

## Oldie But Goodie: Mori-Nu Pumpkin Pudding

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

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

The Life Line  
is a bi-monthly  
publication of



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

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, Dr. Susan Esposito, Ronnie B. Hudson, René Oswald, 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 Savor the Flavor
- 2 Holiday Treats with Vegetables
- 3 Healthy Holiday Hostess Gifts or Stocking Stuffers
- 3 Staying Satisfied and Sane Over the Holidays
- 4 " . . . But What's In It?"

# Healthy Holiday Hostess Gifts or Stocking Stuffers

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

Another holiday season is upon us; a glorious time for celebrations, reunions, holiday traditions, and ringing in a new year. All these wondrous events have one major commonality—devouring deliciously delightful delicacies. Although many people use the holidays as their excuse to indulge in all the sinfully delicious and unhealthy treats that are plentiful at this time of year, it is not necessary to stray from the path of health consciousness in order to enjoy tempting tasty treats that will satisfy both pallet and sense of indulgence.

My good friend Paula often brings the most wonderfully rich and decadent tasting healthy snacks to gatherings. She has shared the recipes for three of them with me and allowed me to share them with all of you. Any of these recipes would be perfect for bringing to a party as a hostess gift inside a pretty box or on a holiday plate. They could also be used to serve at your own holiday party, either at home or at the office. The beauty of bringing any of these treats to a gathering is that you will guarantee having something raw, vegan, gluten-free, delicious, and healthy to eat, even if these offerings are not on your chosen diet.

Not only are these good options for bringing to parties, you can also package them for holiday presents to give to your health conscious friends or use them as stocking stuffers.

I wish you all the most happy and wonderful holiday season and encourage you to try these recipes. I've had them all and they are very delicious!

## Raw Brownie Bites

2 c whole walnuts

1 c raw cacao

¼ t sea salt

2½ c Medjool dates, pitted

1 c raw unsalted almonds, roughly chopped

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

## Chocolate Bark

*Chocolate sauce*

2/3 c cacao butter (melt carefully in double boiler set up)

+1 c cacao chocolate powder

5 T agave nectar

½ t vanilla liquid

pinch of salt

*Combine in a separate bowl*

4 T goji berries

2 T cacao nibs (from cacao beans)

½ c shredded coconut

4-5 brazil nuts, chopped

2 T hemp seeds

- Mix dry ingredients, and then combine with the chocolate sauce.
- Pour into a rectangular cornbread pan or baking dish (or any dish with straight sides).

- Put in refrigerator to set up.
- Take out once set, and cut into squares.

## Holiday Patties aka Cow Patties

*Paula calls these "Cow Patties," but I thought "Holiday Patties" might sound better if you're presenting them as a gift*

2 c raw cashews

¼ c agave nectar

½ t celtic sea salt (or any good salt)

¼ c cacao nibs or cacao chips (chunks of raw chocolate beans)

- Pulse the cashews in Vitamix, food processor, or blender to create a powder.
- Empty into a mixing bowl.
- Add cacao nibs and ½ tsp sea salt.
- Add agave slowly, mixing until clumps form.
- Form the cookies by scooping out between 1-2 tablespoons, depending on how big you want your cookies.
- Roll them into a ball and flatten just a bit to create a cookie shape.
- Periodically dip your fingertips into a cup of water to keep the batter from sticking to them.
- Cover a cookie sheet with parchment paper and place cookies on sheet.
- They can be eaten as is, placed in freezer to harden them, or dehydrated.

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

# Staying Satisfied and Sane Over the Holidays

By René Oswald

Reprinted from Nov/Dec 2012 Issue of *The Life Line*

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

- When at a party with an "all-you-can-eat" buffet, try to visit with your friends far away from the food table. This will reduce the temptation to keep grabbing food as you talk. You'll eat less and feel better later.
- Go for the fresh fruit and vegetable platters while refraining from the high-fat dishes.
- Avoid starving yourself before going to a party. This will reduce your temptation to

overeat. Eat healthy foods before you go and you'll be less tempted to indulge in unhealthy choices.

- Limit alcoholic beverages, they are high in calories without the nutrients. Alcohol stimulates your appetite and diminishes your self-control. Have a drink of Kombucha as a celebration drink. The fizz may give you that familiar feeling of champagne. You'll still have fun without the morning after hangover!
- Stick with your usual exercise routine and if you have to change your usual regimen because of winter weather be sure to schedule your activities ahead of time and take the time for yourself every day.
- Refrain from telling your loved ones anything negative about the foods they are eating. Live by example and they will take notice of

the positive energy you emit and they may even ask you what you're up to.

- Check out the *Living Cuisine for Happy Holidays eBook* and build your confidence in the kitchen, making these easy and tasty holiday favorites for both your health-conscious and not-so-health-conscious acquaintances.

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



# "... But What's in It?"

By Betsy Bearden

Reprinted from Nov/Dec 2011 Issue of *The Life Line*

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

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

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

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

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

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

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

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

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

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

## Golden Gravy

½ c nutritional yeast flakes

¼ c flour

½ c vegetable oil

1½ c water

2-3 T Bragg's Liquid Aminos or soy sauce

\*\*salt and fresh cracked black pepper to taste.

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

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

\*Source: *The Farm Vegetarian Cookbook*

Betsy Bearden is a certified, published writer, author of *Normal People Eat Tofu, Too*, and president of *Creative Writes*. She has worked as a volunteer chef and cooking class instructor and as a reporter for *The Paulding Neighbor Newspaper*. You can reach her at [betsybearden@bellsouth.net](mailto:betsybearden@bellsouth.net) or visit her website at [www.creativewrites.net](http://www.creativewrites.net) or at [www.tofucookbook.net](http://www.tofucookbook.net).



## Winter Life Fest & Member Appreciation Day

Saturday, 12/13/14

12:00-4:00 pm

members receive

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

# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Nov/Dec 2014

Two Months of Super Savings

# Life Savings



**Entire  
Kind  
Organics  
Line**

**30% off**



**Maxi-Skin  
Collagen**

2.7 oz ..... **\$11.99**

90 tabs ..... **\$15.99**



**NEW!**  
**Whole Earth  
and Sea  
Whole Food Line**

**25% off**



**All Garlic Formulas**

*Aged garlic extract helps  
support cardiovascular health*

**20% off**





• **Mexicano Chocolate Bars**  
**All Flavors**

2.7 oz . . . \$3.49

• **Crunch Bars**  
**All Flavors**

.85 oz . . . \$1.29



**All  
Flavors**

2.8-3.5 oz

**15% off**



**Cookie Dough**  
**All Flavors**

14 oz

**\$5.49**



**Organic  
Extracts**  
**All Flavors**

2-4 oz

**20% off**



**All Cookies**  
**Soft or  
Crunchy**

6-7 oz

**\$3.29**



**Cactus  
Water**

16.9-33.8 oz

**20% off**



**Crunch Ma-Me** . . . . . 7 oz  
**Frozen Shelled Edamame**

. . . . . 16 oz **15% off**

**Toasted Edamame** . . . . . 3.5 oz  
**20% off**



**Dairy Free**

• **Cream Cheese (3 Flavors)**

8 oz . . . . . \$2.99

• **Parmesan Cheese**

4 oz . . . . . \$3.79

## New Products

- Go Raw Mint Truffles
- Simply Organics Vegetable Seasoning Mixes
- Theo Peanut Butter Cups
- C2O Pure Pulp Coconut Water
- Rumian Organic Gouda Cheese and Fontina Cheese
- Tofurky Vegan Sausage: Andouille, Chicken and Apple, Spinach Pesto; Maple Bacon Vegan Tempeh Strips
- Clifia Chocolate Coconut Almond Milk
- Julian Paleo Bread
- ChiaPods Oats and Fruit
- Cucina Cranberry Sauce

- Wesbrae Canned Vegetables: Green Beans, Golden Corn
- Stahl Sliced Beets
- Rishi Organic Tea: Turmeric Ginger, Blueberry Hibiscus, Matcha Supreme Green
- Traditional Herbal Tea: Burdock, Fennel, Lemon Balm, White Mulberry, Mulberry Leaf
- Yogi Tea: Honey Throat Comfort, Raspberry Ginger Digest, Roasted Dandelion Detox
- Bixby Chocolate Bars
- Beanitos Puffs: Hot Chili Lime, White Cheddar
- Natures Path Granola Bars

**Jarrow Formulas**

**All Probiotics**  
**25% off**



**All Protein Formulas**  
**20% off**

**Probulin**  
THE NEXT GENERATION OF PROBIOTICS

**All Probiotic Products**  
**20% off**

**NEW CHAPTER**

- **Oregano Force**  
30 soft gels ..... \$25.99
- **Turmeric Force**  
60 vcaps. .... \$23.99  
120 vcaps. .... \$41.99
- **Holy Basil Force**  
60 vcaps. .... \$25.99

**VITANICA**

- **Adrenal Assist**  
90 vcaps. .... \$16.99
- **Lysine Extra**  
60 vcaps. .... \$14.99
- **Butterbur Extra**  
120 vcaps. .... \$24.99

**TWINLAB**

**All Cleanseries Products**  
**25% off**



**All Olive Leaf Products**  
**20% off**

**Natural Health International**  
Conscious | Leading | Empowering

**All Femmenessence Maca Formulas**  
**\$29.79**



- **Sambu Guard**  
5.9 oz ..... \$12.99
- **Sambu**  
5.9 oz ..... \$13.99
- **Sambu Guard for Kids**  
5.9 ..... \$13.99



**AllerEase & All ACF Products**  
**25% off**



**All Products**  
**20% off**



**All Ultimate Omega Products**  
**25% off**



**All Hand Sanitizers**  
**25% off**



**All Products**  
**20% off**



**All Lotions & Soaps**  
**15% off**