

2015 - In with the New

By Susan Esposito, DC, DACNB, FABES, FACFN

As we sing *Auld Lang Syne* to another year that passes, we are given the opportunity to look forward with anticipation to the beckoning of the new year to come. A new year comes with a golden opportunity to start anew; a rebirth or redirection that entitles and encourages one to seek a new path or redirect an old one. Opportunities that provide us with a veritable sense of renewal should not be overlooked, but welcomed with the eager anticipation and appreciation that we celebrate New Year's Eve. It is tradition that we set resolutions as goals to achieve over the next year ahead. While statistically these resolutions do not prevail against the strength and resistance of the habits that we had previously established, this harsh reality should not dissuade us from committing to change the course of our lives for the better. While the new year may be the impetus for our decision to change, it is not the new year, but the strength of our resolve coupled with our motivations that carry us through to a better path for our lives.

All this being said, I encourage each one of you to take a few minutes out of your busy hectic lives and contemplate changes that you could establish that would make your life run more smoothly. This could take many forms. Are there people in your life that are hindering your achieving your personal best? Should these people be allowed to hinder your progress? Should you limit or deny them further access to creating obstacles in your life? Is your job filling your personal goals? Can you change certain aspects of your job, so that things work better for you and the organization you work for? Can you spend some time helping others? It is often

through helping others that we glean insights that manifest into brilliant changes in our own lives. Do you need to start working harder, taking responsibility for providing for yourself and others or saving for your retirement? Conversely, are you working too hard? Are you allowing your life to pass by as you chalk up your work achievements at the sacrifice of time with your family and loved ones?

This is where we need to stop and take inventory to assure that our top goals and the areas in our lives where we are putting the most time and effort are aligned. If they are not in direct proportion, then a shift needs to be made to allocate our efforts and time into areas that will produce our most important goals. For example, if loving and spending time with your family is your top goal, but you're spending all your time working and what little time you have available is spent watching sports on television or hanging out with your friends, then your time and energy is not achieving your top goal. Are you making the right choices regarding your health? Most people are aware of the appropriate choices to make regarding exercise and nutrition. Are we making these choices or are we falling prey to convenience and artificially heightened taste?

I would like to encourage all of you to recommit to making good health decisions. Life Grocery is one of your biggest allies in this regard. It is a one stop shop that will provide you with organic produce and all the top grocery items to keep your health resolutions on track. The large supplement department is staffed by knowledgeable and helpful

employees that are more than happy to direct you to the health boosting supplements that may provide you with essential support. If you are a novice to the whole world of nutrition, grab some food off the food bar or buy some healthy frozen dinners in the freezer section at Life Grocery and try them. If you like one, you can now look at the list of ingredients and try making this meal from scratch for yourself. There are hundreds, if not thousands, of cookbooks on healthy cooking and eating, try a new recipe a week. Invite friends and family over and you can not only enjoy your new found healthy lifestyle alone, but now can enjoy it in the company of loved ones. This way, you get the joy of enhanced relationships, as well as possibly introducing and encouraging those that are important to you to eat healthy too. Remember that once you make these new changes in your lives, it would be best to be healthy and live for many more years to reap the benefits.

I hope that you are inspired to make some meaningful changes in your life that will not only benefit yourself, but will be of great influence to those around you. It is said that people should lead by example, so I wish you a new year filled with opportunities to exemplify decisions and actions that promote the healthiest and happiest life for you. Happy New Year to all!

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

A New You

By Kim Strickland

For many people what they struggle most with is self-acceptance. In order to change something you must first be willing to accept it and see it for what it is. Once you have done that you can then change it. Going on diets and binge exercising do not work or stick because people do them out of a sense of disgust for themselves as they are. This never works. You know the saying that you shouldn't marry someone and expect them to change, well the same goes with yourself. Do not expect to hate what you look like or feel like and have that be a great impetus for change.

In order for change to be long-lasting, it needs to come from your authentic self, from an authentic desire to be more, give more, do more, and have more from this life. It is normal when we are young to think about what you can get from life, but as you mature, you realize that the real value in life is in giving. When you give of yourself to others, then you really begin to feel the joy in living. It is difficult to give what you are not and what you do not have. In order to be all you can be it is important to love yourself as you are, and then from that place to honor yourself by taking care of yourself.

This means giving yourself plenty of rest, exercise, quality food, fresh air, healthy relationships, and meaningful life experiences. There is no price to be put on being in a body that is strong, healthy, full of energy, and feels awesome. Michael Pollan in the *Omnivore's Dilemma* says, "According to the surgeon general, obesity today is officially an epidemic; it is arguably the most pressing public health problem we face, costing the health care system an estimated \$90 billion a year. Three of every five Americans are overweight; one of every five is obese. The disease formerly known as adult-

continued on page 3

Warm Your Body with Living Foods

By Brenda Cobb

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

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

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

Warm up your blended soups in the Vitamix blender by letting it run until the chill is off. You can even lightly warm foods in an electric skillet by turning the temperature dial to 100 degrees. This will take the chill off and not kill the enzymes. You can dehydrate food at 100 degrees and warm it up. Put your bowls or plates in the dehydrator and warm them up too. Dehydrate nut and seed loaves and burgers and serve warm. Make cookies in the dehydrator and serve them warm. They're so yummy!

Fats warm the body, so add more avocados, young coconuts, olives, nuts, seeds and oils to your cold weather menu. Foods that are rich in potassium are warming to the body. Sunflower seeds, macadamias, avocados, dates, persimmons, prunes,

pumpkins, raisins, bananas, and apricots all are high in potassium. Eat plenty of them during the cooler months.

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

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

Sweet Hot Tomato Soup

3 c fresh tomatoes
¼ c fresh cilantro
pinch or two of cayenne pepper
2 T fresh lemon juice
¼ c green onions
1 T fresh garlic
3 pitted medjool dates
2 tHimalayan salt
2 T extra virgin olive oil

- Blend all the ingredients in the Vita-Mix until the chill is off 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 info, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com

A Natural Remedy for Migraine and Sinus Headaches

By René Oswald

Have you heard of the healing properties of ginger? It has an anti-inflammatory affect by preventing the blood vessels from becoming inflamed, eliminating or greatly reducing the severity of a headache. Taking ginger as soon as you feel a headache coming on can prevent it from turning into a migraine. This is a tried and true remedy that I learned about several decades ago.

It's also important to always use organic ginger. Simply take 2-3 tablets of powdered ginger or a cup of ginger tea. You can also add fresh-squeezed ginger juice to a freshly squeezed juice, soup, or salad dressing. If you are adding it to a cooked soup, it's best to add the ginger juice just before you are ready to eat the soup in order to get the full benefit.

At the first sign of a headache, an excellent way to get ginger into your body quickly is to take a hot

ginger bath or hot ginger foot soak. Grate a 2-3" piece of fresh ginger and place it in a small cheesecloth bag or thin sock and place directly in the bath or foot-soak water. I used this remedy for over 25 years with pregnant woman who wanted to avoid taking medicine during pregnancy and they were always pleased with the results.

Hope it works well for you.

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>.

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

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

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

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

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

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Ashley Thomas	678-687-5544

In This Issue

- 1 2015 - In with the New
- 2 Warm Your Body with Living Foods
- 2 A Natural Remedy for Migraine and Sinus Headaches
- 3 Moringa in the Morning
- 4 Peaceful Thinking:
A Key to Health and Healing

Moringa in the Morning

By Linda Townsend

For over a year now, we have had some moringa nearly every morning. Moringa and mornings just seem to go together—*maybe it is just the spelling similarity?* You may not have considered moringa when you formulated your New Year's resolutions, but you may want to add it in as a supplement to your diet for 2015 and here is why:

- 92 nutrients, 46 natural antioxidants, and 36 anti-inflammatories
- 10 times more antioxidants than red grapes
- 10-30 times the amount of a cardiovascular-fighting phytochemical called anthocyanin found in red wine
- 7 times more vitamin C than oranges
- 4 times more vitamin A than carrots
- 3 times more potassium than bananas
- 3 times more vitamin E than spinach
- 3 times more iron than almonds
- 4 times more calcium than milk
- 2 times more protein than yogurt
- all 9 essential amino acids along with 9 other amino acids

Moringa certainly has an impressive list of nutrients! Maybe that is why healers traditionally have used different parts of this “miracle” tree for treatment of skin diseases, respiratory illnesses, ear and dental infections, hypertension, digestive disorders, and cancer treatment. The seeds are even used for water purification!

What personally grabbed my attention about moringa when I first heard of it was the fact that this plant provides eighteen amino acids including all

nine essential amino acids. Phenylalanine, valine, threonine, tryptophan, isoleucine, methionine, leucine, lysine, and histidine are called essential amino acids because they are not produced by the body, yet are also necessary, so they must be provided through diet. Because so few edible plants have complete proteins, it is a challenge for vegetarians to maintain a healthy balance of the essential amino acids.

When my husband and I learned about moringa, we decided that we wanted to try to grow our own so we could add fresh cut leaves in our breakfast smoothies, but we also use dried leaf supplements in the winter months because our small trees lose their leaves during that time. I love the leaves' nutty “green” taste in my salad as well.

Although moringa oleifera of India is the most cultivated of the moringa trees, therefore the most commonly found as a supplement, if you would like to try to grow your own moringa tree, the moringa stenopetala of Africa seems to be more tolerant of cooler temperatures. Even so, a moringa tree planted outside may not survive a winter (especially like the last one we had) in the Atlanta area, if the ball of its taproot freezes. The best way to grow these nutritious trees here without a greenhouse is to keep them stunted in a planter that can be moved inside during the cold months. Moringa trees grow in poor soils, and are drought and heat tolerant. Because they grow very tall making the leaves difficult to harvest, moringa tree farmers may even cut them down to stumps, from which many branches will sprout at an easy to reach height.

In my experience, potted moringa trees kept

indoors even next to a sunny window still may lose all their leaves due to lack of sunlight and being in temperatures under 75 degrees, but they are very resilient and will sprout new leaves as soon as growing conditions improve. We have both the Indian and African versions, which are pruned to keep them about 30 inches tall. This tree does well with aggressive pruning just as long as the root is healthy. Pruning encourages the tree to sprout new growths from the trunk to make them bushier which is best since we want the leaves.

There really are so many ways to use the whole moringa tree that it is difficult to list. There are also so many studies that give bits of information, like moringa leaves cooked or steeped for tea makes the iron more bioavailable and moringa has beta-sitosterol, which blocks the absorption of bad cholesterol when eaten with cholesterol rich foods. However, there is also quite a bit of unsupported hype and misinformation about moringa if you are further researching the subject on the Internet.

As noble as it may sound, growing a few trees in pots may not be your thing (as they do take quite a bit of space) and you most likely will not have leaves to harvest in the winter months unless you have a sufficient greenhouse, but thankfully Life Grocery has moringa supplements available for your convenience year around so you can get started on adding moringa to your diet right now.

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.

continued from page 1

A New You

onset diabetes has had to be renamed Type II diabetes since it now occurs so frequently in children.”

It is time to take back your life. Take back the years that have been wasted on just getting by and claim what is rightfully yours – vitality. Every cell in your body is constantly seeking a way to bring itself back to full force. Aid your body in this endeavor. Give it the nutrients it so desperately seeks. Most people eat to fulfill emotional needs. Find someone who can be an emotional support for you and call them when you want to eat; journal or walk or scream or cry, but do not eat when what you really need to do is feel. When you are truly hungry then give your body nourishment rather than empty calories.

Eating well does not need to be complicated. It can be quick and simple. Nature has provided an abundance of healthy foods. Fruits and vegetables require almost no prep time. You do however need to shop frequently to have a variety of fresh foods available at all times. Try going to Life Grocery every few days and pick up what looks delicious in the produce section. Choose a variety of colors in

your fruits and vegetables. If you have a Vitamix or powerful blender, you can make healthy smoothies in minutes. Drink a toast to a new you!

Morning Go Go Smoothie

- 1 pear
- 1 apple
- ½ c blueberries (fresh or frozen)
- ¼ c cranberries (fresh or frozen)
- juice from 1 lime
- 1 slice of fresh ginger
- handful of fresh spinach
- 1 t raw honey
- ½ t vanilla extract
- water or any kind of milk (enough to blend)
- sprinkle of cinnamon

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



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Peaceful Thinking: A Key to Health and Healing

By Dr. Kal Sellers DC, MH, MT

The most harmful toxin you will probably ever be exposed to is manufactured inside your own body. Thanks to modern research into psychosomatic physiology and the reporting of creative thinkers like Deepak Chopra, we probably have all heard about the way our bodies chemically think as one unit. Our bodies respond to those chemicals in a literal way. In this article, we will review this information and explore some answers available to anyone to deal with the stressful parts of each of our lives.

Recent research has shown that all the cells of the body “think” simultaneously. Thought “emerges” into existence in all tissues of the body simultaneously, not just in the brain. Neuropeptides, the chemicals utilized by the body to create and respond to thought, are produced in all tissues and received by all tissues simultaneously. This information can be found in Dr. Deepak Chopra’s book, *Ageless Body, Timeless Mind*. This is interesting enough, but the response of the tissues is the point of interest. Your tissues will act according to whatever thought is present.

One interesting study that was reported in a self-help seminar hosted by T. Harv Ecker is worth noting. In this study, the condensate from the participants’ breath was captured. With a room full of people who were kept angry and focusing on angering things, the condensate captured over one hour was enough and toxic enough to poison 100 guinea pigs to death. This poisonous material is released when we are stressed, fearful, angry, or otherwise severely distressed. It is almost like we are set up to terminate our own lives if we get stressed enough.

One theory about why the body releases such toxins in such settings involves natural selection and survival. The organism filled with fear, anger or other negative, poisonous emotions emits a strong smell and, over time, develops a great deal of stress damage in their features. This would change selection for reproduction. In acute or immediately stressful situations, the smell will warn others to stay away. Those who learn what fear smells like will find it frequently when working closely with people. This fear smell is highly offensive and pervasive in the extreme. Anger is not so much a smell as a feeling...it is highly irritating to be around. We might do well to recognize that when one person is angry and we want to respond by getting angry, that we are actually feeling chemicals that are not our own, but that are now in the air.

In addition to the tissues of our body responding negatively in the presence of fear, anger, defeat, hatred, jealousy, envy, depression, etc...we also chemically poison ourselves and make ourselves less desirable to others.

I shall interject here that humans have the ability to love and serve those who need it most, rather than those who are the easiest or most desirable to serve. Such a change in thinking toward helping those who really need it the most can help a lot to improve humanity. I have often said that those hardest for us to serve and love are the ones who need it most. I would not necessarily want to marry such a person since that will affect my ability to serve and help others, as well as to be happy and healthy myself, but regardless of how we find ourselves facing such a case, it is best to recognize those hardest cases as the ones that need help most and act accordingly.

The pervasive odor of fear can infest clothing that was worn while the fear was present and taken off while it was still present. I shall report an interesting test we did and which we have repeated a few times. On one occasion we had a sweater at our house that was worn during a time of fear and the sweater smelled very offensive. The smell persisted even after it was washed multiple times. We put the sweater on the person who was originally wearing it when the smell appeared. We did with that person an emotional release technique. I think most of these techniques are more or less created equal, but in this case we did EFT. When the emotion seemed fully released, the smell on the sweater was gone! We have repeated this

experiment twice since then with the same result. I do not think this is magic, I think it is chemistry. Your body, when the emotional stress is reduced or relieved, then cleans up its mess and returns to the most desirable state it can reach.

I support emotional release techniques, even though I do feel strongly that people tend most often to be “caught” in a traumatic or stressful emotional state because of disease conditions in the body. If the vital organs (stomach, small intestine, large intestine, pancreas, spleen, liver, adrenal glands, reproductive glands, kidneys, etc.) are not working well, the ability to process stress of any kind is decreased.

One example is the person who goes outside after dark, especially in the cold, and feels fear. He or she thinks there is an attacker or aliens or some animal or something threatening. While a healthy respect for compromised situations should be trained into everyone, this kind of fear is actually kidney weakness and can easily be corrected by strengthening kidney chi. In general, the inability to separate real threats from non-real threats, at least relative to fear, is related to kidney vitality, strength and tone. This person generally also has weak or inflexible legs or low back.

Anyone can have an emotional burden that causes them ill. This person can benefit, whether they solve the physiological problem or not, by doing emotional release techniques. In my practice I most often use Emotion Code. If I can do a consult with someone or if I am teaching a class, I most often use Sedona Method or Mace Method. If I have a really stubborn case or a life threatening case (allergies, for example) I use EFT. I love them all.

For long term healing, however, it is important to go to work and heal the physiologic causes of imbalanced emotions or lack of adaptability to stressors that might create an emotional trap for that person.

Other tools are very helpful for discharging stress. Stress of any and all kinds is actually a trapped pattern of circulation, vitality, and energy flow. Some parts of the body become warm, some hot, and some cold. The pattern appears and the person cannot then escape that pattern. In this event, some technique for interrupting and correcting this pattern is wise to use. The first technique I was introduced to for this purpose was deep breathing. I no longer use deep breathing this way, though I continue to advocate it.

The second tool I was introduced to for interrupting stress patterns was cayenne pepper in water. I later learned about Bach Flower Rescue Remedy. I love them both. They do not work exactly the same, but given the choice of one or the other, cayenne is the more powerful of the two in my experience. It has to be strong enough to smart in the mouth and throat to make it work. It resets circulation in the whole body. It is one of the few herbs that can stop bleeding, thin blood, relax arteries, and get blood past clots all equally well. It works very quickly.

If the stress a person is under is very chronic and unyielding, I most often advocate either Tai Chi or vigorous cardiovascular exercise or both. The person needs to train their body to have a new circulation and vitality pattern if they hope to survive without poisoning his or her organs beyond repair. Tai Chi takes time to learn, though even a few minutes of rough duplication of someone doing it on a video can be powerful. Running, lifting weights, or doing load bearing exercises of any type can be immediate options. No matter how bad the shape of someone is or how bad their joints are, it is not as hard on that body to exercise as it is to stew in the poisons generated by stress patterns.

There is, of course, no problem with cross country skiing, bicycling, low impact aerobic exercise with machines or swimming. The point is to change the behavior of the body by forcing it to respond to these new, whole-body demands of healthy stress.

I know enough to know not to tell just anyone to start exercising. It is good to get approval from a doctor, to get

a physical exam, etc. It is also good to change the diet and learn to care for the liver before doing much vigorous exercise. The inability to process the metabolic load of exercise and the repairs that must come after will sabotage the best exercise program.

Finally, it is important to always work on training the mind to think healthier thoughts and the heart to respond with healthier emotions. There are many ways to do this, but probably the most effective is to saturate the mind with reading and study that are enriching to the soul and character. Study religious texts and practice exercising faith. The person of faith is a healthier person and the person who enjoys and feasts upon religious ritual enjoys better energy movement.

Many authors of enriching literature will provide depth that is absolutely honest, powerful, and healing. Seeking out this material to saturate the mind and heart is healing for sure.

Sadly, the time when we lay down the foundation upon which we build our happiness is from the age of 2 until the age of 12 (roughly). We certainly inherit many patterns as well. We may be exposed to stress chemicals (which can become our own patterns) while still in the womb due to influences of father and mother and others around us. In any case, by the time we are 12 we are set up to respond within certain parameters that can thereafter serve or sabotage us. This is no fault of the individual and when clear judgment is passed, no burden will be laid at the feet of people whose whole foundation really sucks. On the other hand, however God might view our level of guilt, the reality is that we can do some things to adapt our structure (our life built upon the foundation we were given early on) to a happier, healthier and more beneficial one. We should do all we can this way, especially if we are rearing children since our patterns will almost absolutely influence theirs.

Under the discussion of healthy thoughts and emotions belongs a discussion of social life. People who have a healthy social life experience the benefit of some chemical changes that will keep disease patterns away or at bay. This is ironically much harder for the person with a sickness pattern. Friends are not quite as friendly and the individual is more likely to have social patterns that are offensive or difficult for people around them trying to have a good time. To the friends, I say support them all you can and it will start to heal them. To the individual, I say make every effort to be selfless, observant, kind, unobtrusive and enjoyable when attending social events. Do socialize some place, any place. If nothing else is available, some research suggests even socializing with a dog will make a big difference.

Perhaps we can create a chart or a life wheel as used by life coaches. Perhaps this chart can include: diet, herbal aids, possibly weak organs (and exercises, treatments or supplements to support them), physical exercise, Tai Chi, spiritual health, healthy input for mental and emotional enrichment, religious ritual and healthy social situations. We can begin building our structure (meaning our lives as built on our personal foundations) to be something better that works better, serves us more and sabotages us less.

If these words find their way to stronger, healthier people...maybe even...maybe *especially* if they find their way to those who are not, those people should make every effort to give love, support, kind words, help and attention to those who need it most. We will recognize those who need it most because they are the hardest people to help. This kind of behavior has a deep healing effect on the human soul. It is the opposite of an eye for an eye and it really does make the whole world see!

Dr. Kal Sellers DC, MH, MT has a practice in Wyoming and in the Marietta, Georgia area where he works one week per month. You can contact him for help in healing your patterns of illness at: 307-413-9664 or email him at DrKal@Live.com.

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Sweet and Deadly

By Susan Esposito, DC, DACNB, FABES, FACFN

In our quest to appease our sweet tooth without gaining exorbitant amounts of weight, we have allowed chemical corporations to manufacture artificial compounds to enhance the sweetness of our food, but at what cost? The most notorious of these artificial sweeteners is a chemical compound called aspartame. Aspartame was approved for restricted use in dry foods initially in 1981. In 1983 it was first used in sodas, and in 1996 it was approved for use for general purposes. Aspartame is also known by its brand names, which are NutraSweet, Equal, Sweet One, and Spoonful. Acesulfame potassium is another name for the ingredient aspartame. Currently, in the United States, 4500 tons of aspartame is used in diet sodas and it is a component in more than 6000 foods all over the world, being consumed by over one billion people.

There is much concern over the safety of ingesting aspartame, due in large part by the chemicals from which it is synthesized. The three main chemicals making up aspartame are phenylalanine (50%), aspartic acid (40%), and methanol (10%). There are potential problems with high levels of these ingredients in our body. Levels of phenylalanine that are excessive in our brain can create a decrease in the level of serotonin (an important neurotransmitter), which in turn can create depression and other emotional disorders. Aspartic acid, in excess, can wreak havoc with the metabolism of neurotransmitters in the brain. It is an excitotoxin that can create excessive firing of neurons and can eventually cause neuronal cell death. Most troubling of the ingredients is methanol. Methanol in our bloodstream travels to the brain, muscle, fat, and nervous tissue, where it is metabolized, thus forming a new chemical named formaldehyde, which is known better as embalming fluid. Formaldehyde is an established carcinogen (cancer-causing agent).

Aspartame ingestion has been associated with many deleterious symptoms including: dizziness, headaches, behavioral changes, hallucinations, depression, nausea, numbness, muscle spasms, weight gain, rashes, fatigue, irritability, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain. Ironically, it is been shown in some research studies to actually cause weight gain

Since its introduction into our marketplace, aspartame has been the subject of many research studies. It is one of the most extensively tested food ingredients. Although many studies confirm the safety of aspartame as a result of their research, there are others that have shown carcinogenic effects of ingestion of aspartame. One of the limitations of the studies that suggest that aspartame consumption is safe is that they are short-term studies. However, in the *American Journal of Clinical Nutrition*, a study was published in December 2012 that was entitled, *Consumption of artificial sweetener – and sugar-containing soda and risk of lymphoma and leukemia in men and women*, by the author Eva Schernhammer, et.al., which is the only long term study to show results of aspartame consumption. The researchers in this study reviewed the diet, including aspartame intake, and rates of cancer of over 77,000 women and 47,000 men. These people were studied for a period of 22 years, amassing 2,278,396 person-years of data.

The astonishing results of this long term study show that drinking just one 12 fluid ounce can of diet soda per day leads to an increased risk of leukemia in both men and women combined by 42%, and increased risk of multiple myeloma, in men only, by 102%, and an increased risk of non-Hodgkin's lymphoma, in men only, by 31%. The

researchers in the study hypothesized that the reason the cancer rates are higher in men than women may be due to the higher enzymatic activity of alcohol dehydrogenase type 1 (ADH) in men, which potentially can cause higher conversion rates from methanol to formaldehyde.

The results of the study suggest that we may want to avoid aspartame in our daily diet. However, if you're considering returning to sugar sweetened soda as an alternative, you should know that this same study found that drinking one or more sugar sweetened sodas per day increased the risk of non-Hodgkin's lymphoma, in men only, by 66%. This is even a higher percentage than the artificially sweetened and soda.

So what is a weight-conscious person with a sweet tooth to do? The healthiest sugar-alternative sweetener that I have found is stevia. It comes from a South American plant and has not been associated with all the detrimental side effects of manufactured artificial sweeteners. Life Grocery has many products available that are sweetened with stevia, as well as several different types of stevia. These foods and beverages are tasty and low calorie, and not associated with the risks of other artificial sweeteners.

Resources:

<http://tinyurl.com/aspartame-effects>

<http://tinyurl.com/aspartame-effects-withdrawal>

<http://aspartame.mercola.com/>

<http://www.ncbi.nlm.nih.gov/pubmed/23097267>

<http://www.ncbi.nlm.nih.gov/pubmed/16507461>

<http://www.ncbi.nlm.nih.gov/pubmed/17805418>

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



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Foods That Help Prevent Inflammation and Pain

By René Oswald, RN, APH

Whether you suffer from arthritis or occasional joint pain, making a few dietary changes could make a world of difference for you. Following are some of the foods that may help alleviate pain in your life:

Sea vegetables, such as kelp, kombu, wakame, and arame: Avoid processed seaweed snacks which are laden with salt and oil and verify that your source of sea vegetables come from unpolluted waters.

Ginger, turmeric, and wasabi: These plants are all anti-inflammatory and tasty to add to juices, soups, and salad dressings.

Spirulina: Research confirms that the proteins in spirulina inhibit the production and release of histamine, which is a chemical that ignites an inflammatory response in the body. Unfortunately, spirulina is very difficult to digest and therefore is often not assimilated well in the body. The good news is that when spirulina is fermented it has already undergone the process to break it down and can therefore be efficiently used in the body. The Body Ecology company is a great source for fermented spirulina.

Flax seeds, walnuts, hemp seeds, and chia seeds: These are all plant-based fats which are high in omega-3 fats. Avoid polyunsaturated oils, such as safflower, soybean, corn, and sunflower oils, that are high in omega-6 fats. These oils have also been linked to heart disease and cancer.

Shitake and maitake mushrooms: These fungi are anti-inflammatory and are best eaten raw or lightly steamed. Avoid deep-fried mushrooms, since most of the important healing compounds in the mushrooms are destroyed and the oil used in frying is an inflammatory food.

Papaya: This fruit contains papain, which is a protein-digesting enzyme that helps reduce inflammation.

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Pineapple: This fruit contains bromelain, which has anti-inflammatory properties and is used in many anti-inflammatory supplements for arthritis.

Blueberries, cranberries, strawberries, and raspberries: These berries are all high in antioxidants that offer anti-inflammatory protection. Conventional berries have very high levels of pesticides; therefore it's always best to purchase the organic variety.

Broccoli, cauliflower, sweet potatoes, and dark leafy greens: These vegetables are all very beneficial and are the most nutrient-dense when eaten raw or fermented.

Most fresh fruits and vegetables are anti-inflammatory; the ones mentioned are just a few that have been studied the most. You might want to consider avoiding nightshades, which contain high levels of alkaloids and are reported to cause inflammation for many arthritis sufferers. The nightshade veggies are tomatoes, potatoes, eggplants and bell peppers.

When purchasing dried fruits, buy the ones that are free of sulphur dioxide, which is a preservative that has been linked to respiratory conditions and migraine headaches.

Those who suffer from rheumatoid arthritis or any other inflammatory joint disease should:

- Get genetically tested for gluten sensitivity and food allergies
- Work with a health care professional who is knowledgeable in plant-based nutritional counseling and a rotating diet plan.
- Remove sugar, dairy, soy, peanuts, and other legumes from the diet (these foods tend to be high in lectins)

Those that adapt to eating a plant-based diet for joint pain relief are always amazed at the myriad of other benefits they encounter from changing their diet. I've never encountered anyone that regrets making the change.

Resources:
<http://tinyurl.com/no2vzmu> (Nutritionfacts.org)

*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>.*

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

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

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heather Wilmoth
Contributors: Dr. Susan Esposito, Ronnie B. Hudson, René Oswald, Dr. Kim Strickland, Dr. Kal Sellers

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In This Issue

- 1 Sweet and Deadly
- 2 Foods That Help Prevent Inflammation and Pain
- 3 Navigating Menopause Gracefully
- 4 Neurogenetics Reversed

Navigating Menopause Gracefully

By Kim Strickland, ND

Menopause comes from the Greek *meno* (month, menses) and *pausis* (pause). There is much potential for tapping into a woman's power during this 6-13 year phase of life. The role of a menopausal or postmenopausal woman, is to go forth and reseed the community with her concentrated truth and wisdom. In native cultures, menopausal women are understood to retain their "wise blood" and are, therefore, considered more powerful than menstruating women.

During this time women may complete tasks which they started in adolescence. Women may grieve the loss of unrealized dreams. Women become powerful forces against anything that stifles who they are now capable of becoming.

It is important to take time to do the things that restore you and bring you enjoyment in life. You may find a new creative outlook like painting or writing. Allow yourself time to do what you want to do.

Adrenal Function

Adrenal function is key and needs to be addressed if you have these symptoms: you awaken feeling groggy, you can't get going without caffeine, you rely on sugary snacks and caffeine to get through the day, though exhausted you have difficulty falling asleep, and interest in sex may decrease.

Make a list of your most important activities and let everything else go. Say "no" if doing it will deplete you. Get to bed by 10 pm to restore your adrenals. Accept nurturance and affection from others. How should you eat? Avoid sugar and caffeine. Get enough protein. Get light to moderate exercise, but make sure you don't feel depleted. The following supplements may help you feel better:

- Vit C – 500 mg – 2000 mg daily divided over the day
- B5 – 500 – 1000 mg daily, divided over the day
- B complex – at least 25-50 mg
- Magnesium – 300-400 mg daily, divided over the day
- One high quality multivitamin-mineral a day
- DHEA – 5 mg twice daily – this may make you feel like yourself – essential for energy, vitality, and sex drive
- Nettle tea – drink daily to help restore adrenal function and balance your system
- Siberian ginseng – try 100 mg twice a day. Take second dose before 2pm as it is stimulating.

Do this exercise:

- Stop yourself and observe your emotional state.
- Name what is bothering you and write it down.
- Focus on your heart area.
- Shift your attention to a happy, funny, or uplifting person, event, or place and imagine it for a few moments.
- Bring something to mind that allows you to feel unconditional love or appreciation like a child or a pet and hold that feeling for at least 15 second.
- Now note how you feel different.

Hot Flashes

About 75% of American women will experience hot flashes; 15% will have severe hot flashes. They

can lead to embarrassment, physical discomfort, and can interfere with sleep when they occur overnight.

There are several acupressure points which can help alleviate these. They are K2, Li4, G24.5, and GB20. See <http://www.buzzle.com/articles/acupressure-points-chart.html> to find them. Below you will find supplements which may help as well.

- Black cohosh and hops
- Vit E 100 – 400 IU two times per day
- Citrus bioflavonoids with ascorbic acid – 200 mg 4-6 times daily
- Soy protein, 50 g per day (1/5 of a block of tofu) [Editor's note: Be sure to use organic or GMO-free soy.]
- Herbs that may help – Siberian ginseng, dong quai, fo-ti, wild yam, chaste tree
- Natural progesterone cream

Vaginal Dryness, Irritation and Thinning

Vaginal dryness is uncomfortable, increases susceptibility to vaginal and urinary tract infections, and has a negative impact on sexual experience with both physical and psycho-emotional ramifications.

- Black cohosh, dandelion leaves, oat straw – taken orally
- Use natural lubricants such as *Oh Warming Lubricant*
- Testosterone ½ mg-1 mg transdermally or as a vaginal cream, daily or every third day, will restore vaginal mucosa without excessive estrogen levels
- Pueraria mirifica – this can also help with hot flashes. It is a breast enhancer.
- Maca
- Cranberry capsules and unsweetened juice for urinary health

Anxiety, Heart Palpitations, Fogginess, and Insomnia

Heart palpitations are a common disturbing symptom in otherwise healthy perimenopausal women, though cardiac and thyroid problems should be ruled out. Memory difficulties may occur as a function of hormonal changes, and are worsened by lack of sleep and emotional stress. For many women, this is the most disconcerting symptom. Insomnia is a common problem, and lack of sleep aggravates stress, memory loss, depression, and physical discomfort. Try walking, meditating, journaling, and being kind to yourself first.

- Motherwort, vitex, passionflower – herbs which promote hormonal balance and relaxation.
- Eleuthero – an adaptogen used to increase mental alertness and performance, enhance concentration, increase energy and stamina, reduce stress and fatigue, reduce dream-disrupted sleep and insomnia, enhance immunity, and improve detoxification. It is anabolic, which means it helps build muscle and prevents the breakdown of muscle as we age.
- Shatavari – a powerful rejuvenating tonic for women. It is nourishing and calming, as well as hormonally balancing; it is used for irritability and many hormonal imbalances affecting the mood, for example, emotional symptoms of PMS and menopause. It is also

used as a fertility tonic and may be used for vaginal dryness, low libido, and sleep problems in perimenopause.

- Rhodiola – helps promote a calm emotional state and supports strong mental performance, optimal immune function, and hormonal balance. It is a key adaptogen for reducing anxiety. It improves mental and physical stamina, improves sleep, and reduces stress, "burn out," and irritability.
- Holy basil (tulsi) – used to improve energy and relieve fatigue, for its anti-inflammatory and antioxidant actions, and to lower blood glucose, triglycerides, and cholesterol.
- Ashwaghandha – considered both a food and a tonic medicine for improving energy, memory and learning, promoting libido, and preventing premature aging. It is used to improve sleep, reduce anxiety, improve memory, and reduce inflammation and oxidative stress (damage from inflammation).

Bone-Health Program

There is a direct relationship between the lack of estrogen during perimenopause and menopause and the development of osteoporosis. When a woman reaches menopause, her estrogen levels drop and can lead to bone loss. For some women, this bone loss is rapid and severe. The amount of bone you have when you reach menopause will affect your chances of getting osteoporosis. Women can lose up to 20% of their bone density during the 5-7 years following menopause. To help prevent this and build bone consider trying some of the following prior to and during menopause.

- Do two to three 40 minutes of weight bearing exercises per week
- Eliminate phosphates (sodas)
- Limit caffeine
- Vit D3 1000-2000 IU per day
- Beta carotene (15 mg) 25,000 IU per day
- Natural progesterone cream
- Vit C 2000 mg per day
- Magnesium 300-000 mg per day
- Calcium 1000-1500 mg depending on diet
- Oatstraw tea with a pinch of horsetail builds bone

As you can see menopause is not one size fits all. There are a plethora of symptoms and no woman will navigate through this life change in the same way. Take time to nourish the relationship you have with yourself and support yourself both physically, nutritionally, and emotionally. Eat well and listen to your body. In the next article I will share homeopathics which are helpful during this life change.

Resources:

www.avivaromm.com

www.drhomeo.com

Northrup, Christiane, *Women's Body's Women's Wisdom*, 2010

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.

Neurogenetics Reversed

Dr. Kal Sellers DC, MH

Neurogenetics is the study of how genetics affects the development of the nervous system. Modern research into epigenetics (the idea that genetics are the outcome of the environment inside and outside the body or at least that genetic expression is affected by these forces) has begun to question the absolutism of genetics, including neurogenetics. In this article, we will discuss the disagreement and point to practical work being done that appears to alter genetics.

In the year that Dr. Frances Pottenger turned 31 years old, he began his famous study on cats and nutrition. In 1942 he completed the study. He continued to teach about his discoveries throughout the remainder of his life. The results can now be viewed in a republication of the entire study and his conclusions under the title *Pottenger's Cats*. Some other writers later called his work "Pottenger's Prophecy" because he predicted the outcome of eating processed food and how long it would take to reverse the effects once they had set in. Though his study was with cats, his information clearly applies to humans as we can readily see around us.

His cats went from a relatively uniform size and ideal health on 100% whole, raw food, to being widely varied in appearance and developing an equally wide array of diseases—all diseases common to modern humans—when put on cooked food diets. The gestation and birth was more difficult for the cats of the first generation eating cooked food, but the process got increasingly difficult until the cooked food cats became either totally sterile or unable to produce viable offspring. This occurred by the third generation. At the time, humans were only in the second generation of really eating processed, food but his work has borne itself out in modern humans, even though we continue to get some raw food (slowing our own degeneration).

The interesting thing to our topic is that the cats appeared to become genetically diverse with diverse diseases appearing in parents and made worse in the children. When put back on healthy diets, the cats capable of healing would gradually heal, the offspring would become healthier and the apparent "genetic" diversity would begin to disappear.

We can just about stop the discussion here. The reality of our genetic diseases and conditions is that they are not genetic at all. Indeed, the rather bold conclusion is that genetics themselves are either an adaptation to the environment (or maybe a code for adapting to the environment) or it is merely a transcription tool for making a body based on some stored intelligence elsewhere in the body. This transcription tool either makes a healthy or a sick body based on the resources available and the stimulation present at the time. It is a repeating transcription tool intended to be slow to change in order to maintain homeostasis. This backfires when the homeostasis is actually undesirable. Then we want it to be changeable and fast, rather than in two more generations.

The discussion does not stop here, however, so let us go on.

Somewhat recently, a product by Patakara that was developed in Japan—a lip exerciser of sorts—was shown to have the potential to reverse the effects of Down's syndrome. The device stimulates the neural synapses in the brain allowing the central nervous system to regain control of the dissociated parts of the body. Many diseases have been helped with the device.

This research postulates that neurology has a greater impact on genetic expression than genes do. Indeed the real "genetics" may be stored in our neurology, or

neurological patterns. DNA may simply be a stable medium for transcription of codes into physical bodies. Neurological patterns are easily transferred from both parents from conception to adulthood. It would be somewhat constant, but would also change steadily according to environmental causes and conditions. The ability for this neurology-oriented device (the Patakara lip trainer) to totally change a Down's syndrome case to a healthy specimen of normal intelligence and appearance certainly lends credence to this idea. Is it possible that the neurology of the parents forms the physical structure of the young, including the transcription pattern we call DNA? Can major changes in neurology (beyond a certain threshold) cause rewriting of DNA or more intelligent expression of DNA? Good questions these may be, but they are as yet unanswerable by modern science. Unfortunately, they are not even being studied seriously because DNA is considered such an absolute creator of the structure and function of life.

Of course, perhaps more than answering this question, we just want to know what to do to get well, to change our genetics and to have healthy children. These tools here discussed are some of the most potent at the present time. Let us discuss the last one and then revisit what to do about it all.

In this next study, genetically fat rats and genetically thin rats were brought together and intestinal flora experiments were conducted (this has recently appeared on TED talks). These rats were initially raised in a bubble and protected from exposure to microorganisms. Later, fecal transplants were performed taking the feces (and the microbiome pattern) from both fat and thin rats to see the effect.

The microbiome from fat rats was able to cause the thin rats to get fatter and the microbiome from thin rats was able to cause the fat rats to become thinner with a very high rate of success in this study. Later, microbiome (more fun to say than feces) transplants were done with fat and thin humans into the rats. The effect was the same.

The process of fecal transplants being somewhat uncomfortable to most people aside, the subject of the absolutism of genetics arises again and is questioned. The rat study is more detailed than what is presented here and if the reader seriously wants to look at that information, the TED talk by Rob Knight entitled "How our microbes make us who we are" is a reasonable place to start.

Our DNA is 99.9% similar to other humans around us. Our microbiome pattern, however, may only be 10% similar to people around us. The DNA of the microbes affects us and outnumbers our own DNA at a rate of at least 100 to 1. Our microbiome pattern is related to our individual species and our own individuality with about a 95% accuracy. Differences in individual people, including behavior, is, at least in part, a product of our microbiome pattern. Variations in what proportions and what individual subspecies of microbes we have will create our health, the level of toxicity we have when exposed to toxic chemicals, the likelihood of being bitten by bugs, and the response of our immune system to myriad influences.

Currently, by looking at the microbes in the gut, we can tell with 90% accuracy who is obese. With the whole human genome we can only predict obesity with about a 60% accuracy. Currently mice can be protected from gaining excess weight by giving them a specific pattern of microorganisms.

Aside from the obvious need to protect the microbiome of children as sacred, the whole study lends

itself to the question at the beginning: "Does our DNA actually dictate or is it just a reference manual that gets constantly rewritten and that may be intentionally rewritten by changing our guts and changing our neurology?"

This article is mostly made up of postulates and questions to encourage the otherwise victim-minded person to consider that maybe it is not the "realistic" point of view to view one's self as just "genetically" sick, fat, weak, or whatever. Unfortunately, we have considered genetics to be a cruel master to the weak for too long.

Here are just seven practical points we can take home from this article today:

Consider anything to help brain health, including the Japanese Lip Trainer, exercise, Tai Chi, Chiropractic and herbal supplements to help the brain.

Consider getting a dog that gets to spend some time outside. This contribution will affect both microbiome health and neurological health. Stop sterilizing everything.

Keep up on fecal transplant technology and options. It might turn out to be a reasonable option that can be done at home or near you.

Learn about pre-biotic foods that help to promote a healthier pattern in the microbiome. Learn about chemistry of a healthy gut and encourage it with proper diet. The gut should be acidic, not alkaline like the blood.

Get on 100% whole, mostly raw food and never leave it. Keep kids on it.

Avoid antibiotics unless it really is a life-threatening situation. Many herbalists, homeopathic practitioners, and other natural healers may be able to provide other options about 99% of the time! Do NOT give antibiotics to kids unless it is life threatening. If an antibiotic must be given, choose members of the penicillin family, which is far less toxic than other types in use today.

Carefully consider the research questioning vaccinations. The chemicals from vaccines have been found in the gut and cause abnormal irritation of the nervous system and the gut chemistry in those areas. A normal microbiome cannot be sustained in that situation.

This information opens the possibility of healing that we previously were closed to. It even helps us have a possible focus that might prove very helpful to healing many serious problems that are currently approached with little success.

Dr. Kal Sellers DC, MH has a chiropractic, sports medicine and herbal medicine practice in both Wyoming and the Atlanta, GA area. He can be reached through www.Enlightenedrevolution.com or at 307-413-9664.

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Atlanta Area in Focus as Fluoridegate Scandal Unfolds Water Fluoridation Moves Closer to Collapse

By Daniel G. Stockin, MPH

The long-controversial practice of adding fluoride chemicals to city water is under increasing scrutiny now as a series of developments are unfolding. The Fluoridegate scandal is of particular concern to Atlanta area residents, as a number of the developments are tied to Atlanta and Georgia.

For decades, dental organizations have told legislators, the media, and the public that “extensive research” has shown water fluoridation to be safe. But now reports in the media and in the scientific literature are causing people to ask questions: Can water fluoridation harm people, especially sensitive subgroups? How could fluoridation safety have been extensively researched when the *National Research Council* listed volumes of very basic research that has never been done? Could it be that fluoridation is actually not an effective cavity fighter as dental groups portrayed?

Newsweek Magazine and *WebMD* recently carried stories about possible links between fluoridated water and thyroid impairment. *Newsweek* also published a piece about a study linking fluoridation to ADHD.

In March, the *World Health Organization* published a report on harm from excessive ingestion of sugars, and in it stated that in fluoridated communities, cavities continue to persist, “especially in adults.”

Last year, the Health Minister of Israel banned water fluoridation!

A *Psychology Today* blog published last summer, written by a gerontologist, pointed out that in fluoridated states Kentucky and West Virginia, around 40% of seniors have no remaining teeth. Clearly these seniors gained no so-called cavity prevention benefit from drinking fluoridated water; they incurred only the risk and harm. Georgia is a mandatory fluoridation state. A bill has been introduced in the Georgia legislature this year to alter the mandate, but has thus far been stalled.

In its exhaustive report on fluorides, the *National Research Council of the National Academies of Science* listed kidney patients, diabetics, seniors, outdoor workers, and children as “susceptible subpopulations” that are especially vulnerable to harm from ingested fluorides. Everyone in these groups will want to pay attention to this. Atlanta has a 40% higher kidney failure rate than the national average, and outdoor workers here drink substantial amounts of city water due to hot and humid weather. Why have susceptible subgroups not been told this information?

People are speaking out on the disturbing issues coming to light, including Erin Brockovich, a nationally known environmental activist and

consumer advocate. Locally, leaders in the African American civil rights community, such as Andrew Young, Rev. Gerald Durley, and Bernice and Alveda King of Martin Luther King Jr.’s family called for a halt to fluoridation in 2011. Now a series of disturbing documents have surfaced, showing how *Atlanta’s Centers for Disease Control*, the world’s foremost promoter of fluoridation, responded to these leaders’ statements. There is actually quite solid evidence that African Americans are disproportionately harmed by water fluoridation, and this is coming out as Fluoridegate continues to unravel.

Now is the time to push to a final cessation of fluoridation. Our small nonprofit in Ellijay, just north of Atlanta, continues to work hard to collapse the fluoridation. Financial and volunteer help is especially needed. Visit our website at www.nextstagescience.org.

Daniel G. Stockin, MPH, is a career public health professional, the former manager of the EPA Western Regional Lead Training Center. He may be contacted at The Lillie Center at 706-502-4348 or by email: stockin2@yahoo.com.



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Homeopathics for Menopause

By Kim Strickland, ND

About 80% of women experience some kind of menopause symptoms. Symptoms can include dramatic mood swings, depression, hot flashes, headaches, heart palpitations, panic attacks, vaginal dryness, and other unpleasant symptoms as a result of changes in female hormones. Homeopathy will significantly help a woman in peri-menopause and menopause stages and help her to a balanced hormonal, physical, mental, and emotional state in this important time of life.

The most common remedies for navigating menopause include belladonna, calcarea carbonica, glonionium, ignatia, lachesis, natricum muriaticum, pulsatilla, sepia, and sulphur. If you want to try a mixed homeopathic remedy try Newton Labs Menopause Formula. It has the above remedies plus several others in low potency. By using a mixed remedy you will not need to match your symptoms with the remedy.

The way that homeopathics work is according to the principle that like cures like. It is important that you match what you are experiencing to the remedy. I will give a brief description of each of the remedy characteristics and the type of woman who may need each remedy. You can find homeopathics in the supplement section of Life Grocery.

Belladonna has flushes of heat that are very sudden and intense. Pulsation or throbbing may be felt in the head, or any part of the body. A heavy flow of blood that feels very hot appears with some periods. Short bursts of anger can occur during headaches or in stressful situations. Migraines, blood pressure fluctuations, and a craving for lemons or lemonade are often seen when this remedy is needed.

Calcarea carbonica is generally chilly and gains weight. They are responsible, hard-working, easily fatigued, and may have strong anxiety. Night sweats and flushing may occur. Legs and feet may be stiff or cramp. They crave eggs and sweets.

Glonoinum has intense hot flashes. They have pulsations in the head. Menstrual flow may start then stop too early, followed by palpitations or headaches. There is irritability and muddled thinking. Staying in the sun too long and lying down can aggravate them.

Ignatia is a very sensitive remedy. The woman may try to hide her feelings being moody or hysterical, with lots of emotional ups and downs. Headaches, muscle spasms, and cramps occur with irregular periods. A heavy feeling in the chest, sighing, yawning, and sudden outbursts of tears or laughter may occur.

Lachesis are hypersensitive to tight clothing around the neck or waist. They are very talkative with strong emotions. There are intense hot flashes

with red or purplish flushing, palpitations, congestion, and constriction. They need physical and emotional outlets. Period may occur every 21 days. The left ovary can also be painful and swollen, and there may be prolapsed uterus. Women may be asthmatic since reaching the menopause. They generally feel worse in the mornings and can't stand the heat.

Natrum muriaticum is reserved with strong emotions being held in. There is usually deep grief from loss and disappointment. They crave salt and feel worse from the sun. There are irregular periods with backaches or migraines.

Pulsatilla has changeable moods and tends to be weepy. They get sad thinking of their children growing and leaving home. They crave desserts and butter. Irregular periods, queasy feelings, alternating heat and chills, and lack of thirst are common. They are aggravated by stuffy rooms preferring to be outdoors.

Sepia is one of the first remedies to consider for menopause. It usually exhibits indifference and irritability towards her family which is a marked change from being calm and gentle before menopause. They crave vinegar and sour foods. There is sadness and no interest in daily activities including meeting friends. There may be flooding or scanty periods. There may be no interest in sex. Hot flushes, headaches, backaches, and a feeling of pelvic organs sagging are possible. Exercise improves the mood. Think of sepia in all cases of hormonal imbalance. The menopause of sepia is typified by hair loss, irritability, hot flashes, profuse night sweats, and leaving the woman feeling overwhelmed and/or indifferent. Sepia women may have involuntary attacks of weeping, without knowing why.

Sulphur women have hot flashes and flushing in the early morning hours and throw the covers off. They may be very anxious, weep a lot, and worry excessively about health. They are often mentally active inclined toward both fastidious or messy habits and feel worse from warmth.

Resources:

<http://www.homeopathyforwomen.org/menopause.htm>
www.drhomeo.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.

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

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

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heather Wilmoth
Contributors: Daniel G. Stockin, Dr. Joe Esposito, Ronnie B. Hudson, Dr. Kim Strickland, Linda Townsend

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In This Issue

- 1 Atlanta Area in Focus as Fluoridegate Scandal Unfolds Water Fluoridation Moves Closer to Collapse
- 2 Homeopathics for Menopause
- 3 Secret of Extreme Health - The Digestive System
- 4 The Calm After the Outbreak

Secret of Extreme Health - The Digestive System

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

Let's discuss the basic needs of your digestive system, or what we "in the business" call your "gut." When we say "gut," we are not referring to the beer belly that you have so lovingly created and tended for so many years. We're referring to the internal workings of your digestive system.

Having been in practice for several decades, I have found that a majority of patients have some type of digestive problem, but few are willing to talk about it. In fact, I would say 85% of my patients tell me they have digestive problems and I suspect that 15% lie! That means that everyone has some kind of digestive problem.

A good percentage of all emergency room visits are related to the digestive system. That statistic even surprised me, as I primarily think of the emergency room as a place that is set up for trauma. But when you think about it, you don't have to have a steering wheel rupture to your intestines to cause trauma to your digestive system.

The father of medicine, Hippocrates, said, "*All disease begins in the gut.*" Do you find it as unbelievable as I do that medical schools traditionally have spent nearly zero time on nutrition? Thankfully, this is turning around and gaining traction, but academia's focus on drugs and surgery has been the foundation of Western medicine. What is the cornerstone of Eastern medicine? Good digestion.

The Standard American Diet (SAD for short, isn't that ironic?) perpetrates that trauma on an incremental and exponential basis every day.

You've probably heard about the French Paradox. Their breakfast is a carbo-load event – croissants and coffee or a BOWL of hot chocolate! They eat bread and butter at every meal — and it's not even good bread – it's that pasty-white, stale stick with virtually no nutrition that tastes like a paper towel roll full of cotton! And the last part of the paradox — they eat cheese after every dinner, and we're not talking part-skim! Brie comes in double- and triple-crème!

And alcohol! French wine consumption is SIX times higher than that of Americans! And of course, you have to have an aperitif to get your appetite going, and a digestif to get your digestion going, and both of them are very high in sugar.

The French eat 50% more animal fat than Americans, 60% more cheese, and four times more pork!

So, how is it that their heart attack rate is a quarter less than ours? They claim it's the resveratrol and quercetin in their red wine, but actually, there are key factors not accounted for in the study (because they are fundamentally looking at chemical causes):

- They adhere to small portion size
- They primarily consume fresh produce and meats
- They primarily eat unprocessed foods

- They walk miles more per week than the average American
- They religiously observe vacation time

Just look at all of the ads on TV. It seems like every other ad is for some kind of drug for digestive problems. By the way, have you also listened to the potential side effects they rattle off?

It seems that in our society, it would appear that we can talk about cancer, heart disease, diabetes, osteoporosis, and even erectile dysfunction and not feel embarrassment. However, one of the most common conditions people suffer from is apparently a taboo subject to discuss out loud.

Digestive problems are not only uncomfortable, and sometimes can cause embarrassment, they also have a direct link to your overall physical and mental health. We spend billions of dollars each year to attempt to cover up the symptoms of digestive problems, but very few doctors talk about actually correcting the causes of the problem, or avoiding the things that often cause the problems. Digestive disorders can often snowball from mild discomfort all the way to cancer.

The Mechanics of Digestion

So, let's talk more about digestion and how it works.

Digestion starts when you think about food. Okay, for example, everybody think about a big, juicy lemon. In your mind, take that lemon and slice it open into quarters. I want you to take that lemon quarter, put it in your mouth and start sucking on it. Just thinking about sucking on a lemon, what happened? Your mouth started salivating. Saliva's main job is to break down carbohydrates. Cool, huh? So digestion actually starts when you think about your food. That's why it's important to actually enjoy your food. Then you swallow your food and it goes into your stomach.

Your stomach's main job is to digest proteins and break them down into amino acids. I know, you've heard this before. Your stomach has acids and digestive enzymes that dissolve the proteins into these amino acids. The amino acids then pass into your small intestine. Your pancreas produces digestive enzymes.

So now let's talk about digestive enzymes. There are actually three primary types of digestive enzymes – protease, amylase, and lipase. Their jobs are to break down the proteins, carbohydrates, and fats. This is why it is so important to take care of your pancreas. This is one of the reasons that pancreatic cancer is so deadly. It robs the body of the ability to digest food and break these proteins, carbohydrates, and fats into amino acids. If you don't have the ability to do this, you can die.

Most people think that the pancreas' main job is just to produce insulin, but it is much more than that.

Have you ever squirted liquid dishwashing detergent into a greasy pan? Have you ever watched how the detergent seems to just dissolve the grease?

That's what your gall bladder does – it dissolves the fats so you can absorb them. Your gall bladder stores bile. Bile digests fats. When you eat what I call a "big, fatty meal," your gall bladder squirts bile into this fat and dissolves it.

If you've had your gall bladder removed, it's vital that you stay away from "difficult to digest" fats such as hydrogenated oils, animal fats, trans fats, even vegetable oils. Vegetable oils — such as peanut, corn, and cottonseed oil — are very high in omega 6 fatty acids and can cause a tremendous amount of inflammation, and if not digested properly, can cause some major problems. Without a gall bladder, there is no reserve of "dish detergent" to break the fats down properly.

"Good" fats would be extra virgin organic coconut oil, macadamia nut oil, avocado oil, and oils from other nuts and seeds. The "bad" fats are the ones that are processed chemically or mechanically altered.

Then your small intestine absorbs the nutrients, passes what's left into the large intestine, and your large intestine absorbs water, packs it into fecal matter, where it then passes out of the body.

So your digestive system is a very complex mechanism.

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

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The Calm After the Outbreak

By Linda Townsend

Now that the Disneyland measles breakout in the U.S. is fading from the media and we can breathe some relief, I would like to revisit what happened in its wake; that is to say, I would like to address the fear of greater or future outbreaks, the blaming of the unvaccinated for the outbreak, and the other *outbreaks*, like the heated arguments on social media.

First of all, the *Centers for Disease Control (CDC)* states on their website that “evidence of immunity” for measles includes being born before 1957.¹ The assumption is based on the vaccine not being available before 1963, so most people were exposed to measles in their lifetime prior to then. I was born in the middle of those times, so in that frame of thought, they would say that I may have already been exposed to measles, but I was still vaccinated when I started school so my immunity would be due to the shot statistically.

The other side of that discussion would be if nearly everyone before 1963 had contracted measles or were the fortunate one-in-ten that had been exposed, having anti-bodies but did not have symptoms, then it was highly unlikely that I would have been exposed to it because most everyone around me had immunity. Either concept may be consistent with statistics of decades before the vaccine was developed, which clearly showed a downward trend cutting the death rate of measles averaging approximately 10 per 100,000 a year before the 1920’s to less than 5 per 100,000 between 1920 and 1930 to less than 2.5 per 100,000 in the 1940’s. In the 1950’s, the measles mortality rate was an average of less than one per 100,000 and it continued this downward trend lowering even more after the vaccine was available in 1963.²

Although outbreaks have decreased to the point that a few hundred in a population of 320 million is considered “large,” being vaccinated against a disease is not absolute. The recent Disneyland measles outbreak that began in December 2014 ended with infecting 147 people, most in California. The *CDC*’s report “Measles Outbreak—California, December 2014–February 2015” published February 20, 2015 stated that among the 110 California patients, 49 (45%) were unvaccinated and of those 12 were infants too young to be vaccinated, so there were only 37 (33%) at the eligible age. There were also 47 (43%) with an unknown or undocumented vaccination status. This left 14 (13%) individuals that developed measles even though they had records of having received at least one dose of the vaccine and there was at least one of them who had received three doses. Why does anyone need more than one dose? According to the *CDC*, one dose is effective for 93% and second doses were first recommended in 1989 being 97% effective³, although some believe these percentages to be lower.

There are 22 known genotypes of measles⁴, however the U.S. population has been vaccinated for the A measles genotype only⁴; the Disneyland strain was genotype B3⁵. Although scientists stated

in defense that there are no known biological differences between viruses of different genotypes, that is not the message they give us in regards to yearly influenza vaccines. Others also have said that elevations in vaccine-induced antibodies, on which projections are based, do not guarantee real world immunization against the targeted pathogen, which is the only true measure of their effectiveness.

Community immunity sounds ideal, but the truth is measles is out there, so there most likely will be outbreaks into the U.S. now and then. Closer to home, an infant in Georgia contracted measles after traveling abroad, but there was no “outbreak” and Georgia has been considered in the clear for weeks. I urge us all to keep these U.S. outbreaks in perspective. In 2014, there was a spike of 644 U.S. cases of measles, which is about two per million. There has not been a fatality due to measles in the U.S. since 2003. Some other countries are far less fortunate even with immunizations.

The *World Health Organization (WHO)* has gathered research that suggests measles and some of its complications are more severe in individuals with Vitamin A deficiencies. As a result, *WHO* on its website recommends:

All children in developing countries diagnosed with measles should receive two doses of vitamin A supplements, given 24 hours apart. This treatment restores low vitamin A levels during measles that occur even in well-nourished children and can help prevent eye damage and blindness. Vitamin A supplements have been shown to reduce the number of deaths from measles by 50%.

Some suggest additional Vitamin C and Vitamin D as well to combat the severity of symptoms once infected and as added resistance against measles.

My husband and I chose not to vaccinate our daughter. We understand that there could be a number of complications should she ever contract measles, but in countries with good health care, higher nutritional diets, and better hygiene, these complications are significantly lower, according to statistics. Should my daughter decide to get vaccinated, I would support her decision because she is now able to intelligently question medical care professionals, research for information on the possible risks both ways, and make decisions about her own health care without being pressured against her wishes.

The blaming and shaming of the unvaccinated during the media frenzy over the Disneyland measles outbreak went viral on the Internet and invaded my life personally. People blamed me for my convictions against vaccinating my child and tried to shame me in how I was putting their children at risk. Truth? *We all are at risk!* The outbreak was not caused by the unvaccinated, but by measles that affected both the vaccinated and the unvaccinated. I have never

considered the vaccine I received to be an assurance of immunity against the measles, and now experts warn immunity can wane over time suggesting another dose of the vaccination to improve protection. Even if a person has had the measles once is no guarantee against getting them again. My sister was sick in bed diagnosed with the measles at least twice, probably different strains, within the eighteen months after she was first immunized and I am not counting the measles symptoms she had from the shot itself.

Illnesses are the fear factor we all share, but we need to make informed decisions in all aspects of health care with calm, level heads, and it is understandable if a person shifts his or her convictions after evaluating information, rather than hype, on either side of the issue.

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¹ <http://www.cdc.gov/measles/hcp/>

² *Vital Statistics of the United States 1937, 1938, 1943, 1944, 1949, 1960, 1967, 1976, 1987, 1992; Historical Statistics of the United States - Colonial Times to 1970 Part 1*

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⁵ http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6406a5.htm?s_cid=mm6406a5_w

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.

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Don't Act Your Age (Especially When Your Teenager is Watching)

By Linda Townsend

Did your parents or friends ever say “Act your age!” when you were young? I think I decided to stop being my age somewhere along the way. Initially, I was like every child, I could not wait until I was older. My mother warned me not to be in too big of a hurry because once I was older, I would probably wish to be younger.

I really have not wished to be younger, but I have always wanted to be healthy and live longer. It was more of a general goal for my life in my twenties and thirties, but when I was forty, I had a life changing experience: I gave birth to my daughter, my one and only child. Yes, I definitely was not acting my age becoming a first time mama breastfeeding my baby with many friends holding their first grandchildren on their laps. Then staying in good health had even more purpose: I would need to be in good health for as long as I could be for my daughter's sake and for her to learn why it is so important to have a healthy lifestyle.

This year, my daughter turned 14 and I am now teetering on 55! I suppose it was inevitable that I would notice some additional physical challenges, most are minor yet obvious. Graying hair does not bother me and I do not try to hide it; I think the graying is natural and beautiful. A few laugh lines, as I like to think of the additional wrinkles, are not so bad and they remind me to smile more than frown, just so I can honestly call them “laugh lines.” Wearing reading glasses now and then to see fine print or do my artwork is a small nuisance, but it looks kind of cute—at least to me. All these signs of seasoning I am proud to bear. I always admired the wisdom of older people, listening to their life stories, and drawing aged faces in my art.

Showing my age is not a real concern for me, but most people still guess me to be at least ten years younger than I am. You really want to know the secret to looking younger than you are? Some will say it is all about genetics and skin care, but I think it is more about lifestyle and diet. Don't get me wrong, good skin care does help with reducing the appearance of aging, but I attribute having less toxins in my body, keeping fit, and

having a youthful attitude as the reasons that I maintain that more youthful essence.

I have been eating organics for over 25 years, which minimizes my chemical body load. I drink lots of water, teas, and watered down fruit and vegetable juices. Most mornings I make a breakfast smoothie loaded with various combinations of organic vegetables, fruits, moringa, flax or chia seeds, coconut oil, and yogurt. It is my raw, whole food daily supplement, full of vitamins, minerals, essential proteins, oils, and more.

In addition, I take further steps to detoxify my body by doing a liver-gall bladder flush at least once a year, but usually three to four times a year. I do a colon cleanse at least two times a year. I fast at least one day a week and also for at least 10 successive days at least once a year, which also has been proven to naturally increase the “fountain of youth” human growth hormone. These are my minimums; I usually practice these things more often. Having a massage on a regular basis is another therapy I enjoy to help with detoxification. I believe that all these things keep those little aches and pains I may have now and then from becoming chronic, restrictive, agonizing torments typical with aging.

As to keeping fit, I had gotten out of the habit for a time, but now I am back to exercising usually two to five days a week. My workout is a combination of cardio, resistance exercises, free weights, rebounding, and stretching. I believe my workouts prepare me for weekly rigorous housekeeping and gardening outside during good weather so I do not get injured or as tired doing these productive and satisfying tasks.

What I had been struggling with, in recent months, is keeping a youthful attitude. I jokingly have been telling my friends that I always planned to live to 128 years old, so I am a little early to be going through a mid-life crisis! What I was doing is what many people do: I was looking at my chronological age thinking it is all downhill from here and what things I have not yet done that I still want to do. When I started thinking I am getting old, I started *being* old! So, a few weeks ago, I

decided to turn that around and start thinking that I am still young, active, and healthy, because I am. After all, I have 73 years left to get to my goal! Laugh, but it works for me.

Truth be told, aging is the one thing we all want to avoid, but it is coming, fast or slowly, welcomed or not. How you will age depends greatly on your attitude. You may be thinking you are already past hope, that you are too old, too ill, or just too tired. I once read about a woman in her early 80's, who had been suffering with crippling arthritis for a few years. She could not move without pain and she could barely walk, but she decided to not give in to hopelessness. One day she changed her diet and began taking martial arts, moving through her pain. At first, she could hardly do the easiest of the necessary exercises, however in time she became a black belt with a side kick that was as high as she was tall. I saw the picture—not bad for a great grandma!

I believe it is possible to change the course of your aging process or at least slow it down, if you are willing to work at it. Being youthful is an attitude, so be young at heart, active in body, detoxify, support your health with an organic diet, and embrace the person you see in the mirror with a sparkle in those eyes. You are not the only one who is watching; your children and your grandchildren will be also.

All that I have been doing over the years has paid off in many ways. I am as active as women half my age and I have been healthy as my daughter has been growing up. As I look back, I realize that I have been sharing what I have learned and practiced with you through The Life Line for fifteen years. I also have passed on my knowledge and healthy lifestyle to my daughter . . . and even some talents. I hope you will welcome Sarah Townsend as she begins her own writing career and read her articles about subjects that she feels would interest teens . . . and, perhaps, also those of us who just will not act our age!

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.



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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," it doesn't necessarily mean it is good for you. Many foods with these claims have added undesirable 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 Life Grocery.

HEALTH MUST HAVES

- Assortment of fresh **ORGANIC** 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.

- A variety of flours for baking and breading. Coconut flour, garbanzo bean flour, almond flour, and buckwheat flour can be used in most recipes in place of refined white flour.
- A variety of "good" grains such as whole grain brown rice, buckwheat, quinoa, corn (make sure it's organic or non-GMO), grits, or pasta made with any of these whole grains. If you are gluten free, stay away from whole wheat.
- All natural nut butters. Check labels to make sure 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.
- Experiment with different types of vinegar. They can be a wonderful way to add flavor, without added sugars, preservatives, or calories. After all, vinegar is a natural preservative. Organic, raw apple cider vinegar is best. It can help alkalize your body and it gives you a good source of probiotics.
- Raw, local honey.
- Coconut milk 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 undesirable 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, which is a substitute for 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 (there is some controversy about agave being a low glycemic sweetener. Some agave may actually contain as much fructose as high fructose corn syrup!)
- White rice
- Processed foods are basically commercially prepared foods designed for ease of consumption. Examples are ready to eat packaged food, frozen meals, frozen pizza, shelf stable products, prepared mixes, (such as cake mix), candy, soda, and potato chips.
- Premade condiments, dressings, and marinades. Most of these have sugar and other unpronounceable ingredients.

continued on page 3

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Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 12-5pm
Sunday	11am-6pm	Sunday 12-5pm

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, Linda Townsend, Sarah Townsend

Life Grocery Store, Inc. Mission Statement

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

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In This Issue

- 1 Don't Act Your Age (Especially When Your Teenager is Watching)
- 2 Nutrition for Athletes and Everyone Else
- 3 Teen Keen on Coconut Oil
- 4 A Toast to Your Good Health!

Teen Keen on Coconut Oil

By Sarah Townsend

When I was a little girl, I wanted my hair long like Rapunzel's, except only to my knees. I never imagined how much care I would have to put into it. Back then, my mom was washing my hair. Now, I wash my own hair and I began noticing that the longer my hair grew, the drier the ends became. Trimming helped, but the ends would still be dry, even though my hair is only just past my waist now. This was a problem and I needed a solution. That's when we found out about hot coconut oil hair treatments.

Life Grocery has unrefined organic coconut oil that we use because it is ideal for the hair treatment. Coconut oil makes hair thicker and silkier by bringing in vitamin E, vitamin K, and proteins that hair needs. It also brings in moisture for dry hair.

To do a hot coconut oil hair treatment, you take some coconut oil in your hands and rub it between them until it has melted from the heat of your hands. Then, you massage it throughout all your hair from the top to bottom, especially on the ends if you have long hair like me. Afterward, lay out in the sun to heat up the oil so it soaks into your hair. If it is winter or the weather is stormy, you could just use a blow dryer instead by putting your hair in a shower cap or turban. Just keep the blow dryer six inches away so that the plastic doesn't melt. Then shampoo your hair like normal and wash out all the coconut oil. You can use a conditioner, also.

The treatment will leave your hair smoother and fuller. Your revitalized hair will be shinier, have more body, and just look livelier. The treatment is easy, takes little time, and the results are immediately noticeable to everyone. I like to do this treatment for my hair at least once a month. In summer, when I am doing activities, like swimming, that dry my hair out more, I try to do it more often.

I no longer really want my hair down to my knees, but at least I know how to take care of it if I change my mind. This treatment is good for people with hair of any length. I hope you like it as much as I do.

Sarah Townsend is a teenager keen on healthy living and the daughter of Linda Townsend, a regular contributor to The Life Line. You can contact her at 4biohealth@gmail.com.

Life Grocery is seeking health care practitioners, energy workers, green businesses, artists, and other like minded individuals who would like to participate in our quarterly member appreciation days or would like to present lectures, please email your interests to rcbudson@mindspring.com. You will be placed on our mailing list and will be notified of upcoming Member Appreciation Days.

continued from page 2

- Pre-sweetened fruit juice
- Anything containing transfats
- High fat content products or processed meat

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, organic corn or rice pasta, fruits, vegetables, beans, oats, millet, quinoa, and root vegetables. Not great sources are sugar, wheat, 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), organic 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. Try to eat organic and limit 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 transfat and most vegetable oils. Oils high in omega 6 fatty acids can increase inflammation, slow healing, and increase pain. Examples of oils high in omega 6 are peanut, safflower, corn, canola, and soy oils.

Good sources of fat are raw nuts and nut butters, olive oil, ground chia seeds, 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 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!*

NOW LET'S GET COOKING!

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

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A Toast to Your Good Health!

By Susan Esposito, DC, DACNB, FACFN, FABES

There exists a lot of controversy regarding the consumption of alcoholic beverages in regards to your health. There are those who claim that alcohol should be avoided at all costs. One of the justifications for alcohol avoidance is due to the problems associated to drinking alcohol in excess. According to the center for disease control (CDC), "Drinking too much can harm your health. Excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year in the United States from 2006–2010, shortening the lives of those who died by an average of 30 years. Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years. The economic costs of excessive alcohol consumption in 2006 were estimated at \$223.5 billion, or \$1.90 a drink."

The CDC also cites both short term and long term risks associated with excessive consumption of alcohol as follows:

Short-Term Health Risks: Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- Miscarriage and stillbirth or fetal alcohol spectrum disorders (FASDs) among pregnant women.

Long-Term Health Risks: Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.

- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including lost productivity, family problems, and unemployment.
- Alcohol dependence or alcoholism.

The *Dietary Guidelines for Americans* defines moderate drinking as no more than one drink per day for women and no more than two drinks per day for men. The CDC also informs us that in the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in the following examples: 12-ounces of beer (5% alcohol content), 8-ounces of malt liquor (7% alcohol content), 5-ounces of wine (12% alcohol content), 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

Despite the reported dangers of drinking alcohol in excess, there are also reports touting the health benefits of consuming one particular alcoholic beverage in moderation (1-2 glasses per day max), which is red wine.

You may have heard about some generic benefits of the antioxidants and resveratrol in red wine, yet another study has shown more benefits of enjoying this particular beverage. A study published in the *American Journal of Clinical Nutrition* (Am J Clin Nutr. 2012;95:1323-1334) reported that people who drank two glasses of red wine per day, specifically dry red wine, not dessert wines that are high in sugar, had increased levels of the gut bacteria that are beneficial to your health and decreased levels of the harmful gut bacteria that are detrimental to your health.

The results of this same study showed that drinking the two glasses of red wine per day also decreased systolic and diastolic blood pressure, triglycerides, LDL cholesterol, and C-reactive protein (CRP). CRP is a measure of overall inflammation in your body, so this result implies an association between the moderate consumption of red wine and potential reduction of inflammation.

In this study, red wine was compared against equivalent alcohol servings of gin. What is interesting is that consuming gin created none of the benefits that were

seen with the consumption of the red wine. This leads to the conclusion that the health benefits associated with the red wine were probably related to the polyphenols and resveratrol in red wine and not necessarily the alcohol content itself. However, there may be a synergistic effect of the alcohol and other compounds in red wine, because in this study there was a group that drank de-alcoholized red wine, and this group showed a decreased blood pressure benefit.

White wine has been shown to provide some health benefits, but to a lesser extent than red wine, because it has lower antioxidant levels.

Lastly, drinking red wine with a meal has been shown in another study to moderate the blood sugar response you get from that meal.

So the question now is which red wine should you drink to gain the most benefit? According to Yale-New Haven Hospital, "Researchers at the University of California, at Davis, tested a variety of wines to determine which types have the highest concentrations of flavonoids. Their results concluded that the flavonoid favorite is Cabernet Sauvignon, followed closely by Petit Syrah and Pinot Noir. Both Merlots and red zinfandels have fewer flavonoids than their more potent predecessors. White wine had significantly smaller amounts than the red wine varieties. The bottom line is the sweeter the wine, the fewer the flavonoids. Drier red wines are your best bet for a flavonoid boost."

Perhaps a glass of red wine per day, like the proverbial apple, may help keep the doctor away, if the results of these studies are to be believed. So here's a toast to your continued good health!

References:

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



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Where is Your Heart?

By Linda Townsend

Being a homeschool mom and a health advocate, I try to teach my daughter more about anatomy and how the body works in greater detail than most students her age. She has learned about the heart and its function. She diagrammed the names of the major parts. She did the same about the blood cells too. She then began to think she knew all she needed to know, at least to pass a textbook test. If I was a “teaching to the test” kind of teacher, I probably would let her get by with that, but, I am just not that kind of a teaching mother, so the lesson continued because everything in the body is connected and complex.

Eating just a little bit of the wrong thing or even too much food causing red blood cells to clump together in stacks, is just not found in the textbooks. Rouleaux, usually a temporary and reversible condition, is basically how red blood cells react to toxins and acids within the bloodstream. Just drinking one can of soda can cause this condition for two hours, so drinking several sodas a day could have an accumulative effect where more cells are clumping and do not have time to recover. Rouleaux can cause fatigue, aches, increased pain, poor circulation in the extremities, difficulty concentrating, and a number of other side effects from blood being sluggish and not flowing freely, especially in the smaller blood vessels.

Should Rouleaux persist, it can, over time, contribute to many health issues because the clumping together interferes with the individual blood cell’s job of bringing oxygen and nutrients to body tissues and organs. It also makes the blood harder to pump adding stress on an already oxygen and nutrient deprived heart.

I learned many years ago that a liver-gall bladder flush (also not mentioned in textbooks) is one of the best ways to clear up the bloodstream, because once the liver is cleaned out, it is far more effective in doing its job of filtering toxins from the blood. I had a live blood cell analysis the day after I did a flush and my blood cells looked perfect, something the doctor said he never had seen without taking digestive enzymes regularly! As a part of an experiment, I ate a restaurant meal in the evening and then had my blood tested the next morning. I already knew what I was likely to see because I felt achy and had a mild stomach ache. Rouleaux was confirmed. Then I took a digestive enzyme supplement that he suggested and within ten minutes the aches were gone. A follow up blood test a few minutes later proved that my blood was again back to perfect.

The man being tested next to me was not so fortunate. His blood had lots more “garbage” in it and after he was given the supplements, his blood had improved some, but it was still not in a good state at all. I began thinking about how many people go about living their lives with their blood in such a bad state most, if not all, of the time and never know if that is contributing to or even causing whatever health problems they may have, especially with the heart. Then I wondered what my blood might have looked like before the flush because I felt so much better after it. It is the things we cannot see that can affect us the most!

People know where the heart is, they can feel it pumping. Many people, too many, do not really know where their other organs are or what they do. Far more people are not in touch with the basic connections between something as simple as poorly digested foods having a bad effect on the blood, which contributes to a number of health problems.

This is why health education beyond the textbooks is so important to me and why I desire my daughter to understand how essential a healthy, organic diet is to maintaining better health. She has become so self-aware in the last year, but she has also taken her parents’ health for granted as much as she takes her own. A younger body can take so much more abuse to its systems than an older one, but that does not mean young people should be putting their bodies to the test. We need to teach our children, be an example for them, and live it with them heart, mind, and soul.

You probably know where your physical heart is, but what about the heart others see? That is the one that makes your desires known, what you treasure. That is why it is said home is where your heart is. I say your health is where your heart is. So, where is your heart?

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.

Savory Flatbread or Crackers

By René Oswald, RN, APH

This is one of my favorite raw/vegan recipes when I’m craving a chewy bread alternative. It’s also very fast and easy to make. That’s all you’ll need is a high-speed blender and a dehydrator.

Ingredients

- 1 medium zucchini
- 2 c water
- 3 cloves garlic, core removed
- 2 ½ c sunflower seeds, sprouted
- ¼ c sesame seeds, soaked for 8 hours
- 2 t fennel seeds
- 1 t celery seeds
- 1 T dill weed
- 1 c ground flax seed

- Cut zucchini into 1½” pieces and place in high-speed blender container. Pour water over the zucchini and cover with sunflower seeds, sesame seeds, fennel, and celery seeds.
- Blend on high speed for 15 seconds or until smooth. Transfer batter to a large bowl and stir in the dill weed and ground flax seed with a wire whisk.
- Spread batter evenly onto 2 dehydrator trays lined with Paraflex. Score bread into desired size and shape. Sprinkle with Himalayan salt if desired.
- Dehydrate at 110°F for 2-3 hours or until the sheet easily pulls away from the batter.
- Flip the sheets over and remove the Paraflex sheets. Continue dehydrating until the bread is the consistency that you desire.
- If you would prefer to make crackers with this recipe, just dehydrate them until crisp.
- Store bread or crackers at room temperature.

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>.

Healthy Holidays

By Linda Townsend

The popular practice of gift giving this time of year can be so stressful! Even with nearly a year to prepare and decide, in the final days I am completely befuddled. As I began thinking about what gifts to give each person I care about, I realized the gift I want most to give them is the incentive to eat and live healthier lifestyles so they will feel better, live longer, and enjoy life more.

How can this be done without causing one of those holiday gift disasters that leaves the wrong kind of lasting impression that is never forgotten or forgiven? I mean, it is one thing if someone really wants workout equipment or a yoga mat or running shoes, but you know most people have a completely different take on these items when received if they did not. Yet in January some of these same people probably will buy such exercise equipment and diet supplements for themselves! I think most health advocates just take the safe route and avoid the gifts they would rather give, which may be why the most promoted gift ideas in previous years end up ripped from its wrapping paper and forgotten in a week or why impersonal gift cards are so popular.

Another thing that is very fashionable to excess during the holiday season is food, especially sweets! Years ago, I used to make a wide variety of cookies and candy to give as gifts, but I now select very few to make and give away. I did not want to continue in the hypocrisy of giving (and sampling as I make) the very kinds of foods that do not fit into my idea

of encouraging better health. I am not against a little indulgence now and then, but nearly everyone I know makes additional sweets at this time of the year to share with family and friends, so do they really need mine too?

Do you have this dilemma also: wanting to give things that encourage health without offending people? I wish I could just make everyone see the love I have for them that sparked the gift's inception instead of considering it in poor taste or being judgmental. Wouldn't it be so nice to give friends something they really could use and would appreciate like a bottle or two of their favorite supplements? How about an infuser along with some essential oils and a booklet to explain their benefits? Maybe something more traditional like a basket filled with a variety of organic fruits, cheeses, teas, or soaps? Some people might be interested in experimenting with a few homeopathic remedies, so maybe you could put together a customized starter kit. For the person who likes to read, books filled with knowledge on health are always welcomed gifts and there are plenty from which to choose in the book department at Life Grocery (all discounted 20%!).

If you are not sure what a person might like, why not give him or her something more personal, like your company? Imagine how nice it would be to have a meal together at Café Life; relaxing with a friend sharing healthy food is almost like giving

yourself a gift!

You could also just bring a friend to Life Grocery to see what interests him or her and make it your present later. How could loved ones be offended by a health-related gift when you spent time and gave your attention to determine what they like, but may not buy for themselves? In addition, you may be helping the people you care about make a lasting change in their diet and lifestyle, especially if you buy Life Grocery memberships and gift certificates for them and they begin shopping here, too!

There are a variety of ways to make these holidays healthy for the people you care about the most, but do not forget that you are the best endorsement for that lifestyle change you would like to see in them. If you are healthy, or even if you have been managing some health challenges well, people will want to also live the healthy lifestyle you are living. So, this holiday season reduce your stress by asking the people at Life Grocery how they can help you in putting together the best health gifts. Enjoy time with the people you care about and take care of you also.

Here is wishing Healthy Holidays to you and your family and your friends!

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.



Winter Member Appreciation Day

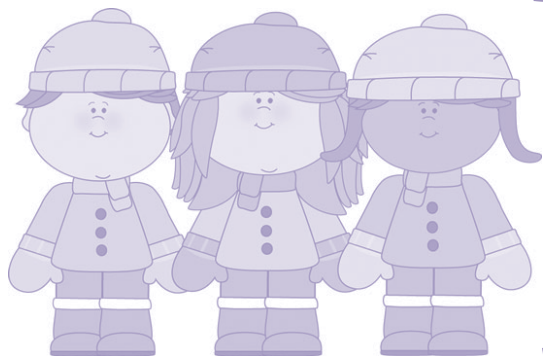
Saturday,
12/19/15

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Life Grocery is seeking volunteers who have experience in upholstering furniture. We need to complete reupholstering the chairs in Cafe Life and will offer a volunteer discount in exchange for the work. If you are interested and have experience, please contact Ronnie at 770-977-9583 ext. 124 as soon as possible. Thanks!

The Mediterranean Diet vs. Statins

By Susan Esposito, DC, DACNB, FABES, FACFN

I recently read an article that compared the results of taking statin drugs to the results of changing one's diet to "the Mediterranean diet." I thought the results were compelling enough to share. First, however, let's take a look at statins and the Mediterranean diet.

According to Dr. Michael Roizen, MD, an internal medicine doctor who writes for an online pharmaceutical website, *sharecare.com*, 15 million Americans are now taking a statin drug, according to the large pharmaceutical survey organization (IMS, Instructional Management Systems).

Statin drugs are prescribed to patients to lower cholesterol levels, because high cholesterol levels have been associated with cardiovascular disease (CVD). There are studies that show statin drugs can be effective in treating CVD in the early stages of the disease and in those who have an elevated risk at having CVD in the future. Statin drugs work by blocking the action of the liver enzyme that is responsible for producing cholesterol. Too much cholesterol in the blood can cause a buildup of plaque on the walls of the arteries. That buildup can eventually cause the arteries to narrow or harden. Sudden blood clots in these narrowed arteries can cause a heart attack or stroke.

Some of the more common brand names of statins on the market are: Lipitor, Lescol, Mevacor, Altacor, Livalo, Pravachol, Crestor and Zocor.

However, as with most drugs on the market, these drugs can have side effects. The more common ones are: muscle pain, increased risk of diabetes mellitus, and abnormalities in liver enzyme tests. Additionally, they have rare but severe adverse effects, particularly a condition called rhabdomyolysis, which is extreme muscle inflammation and damage. With this condition, muscles all over the body become painful and weak. The severely damaged muscles release proteins into the blood that collect in the kidneys. The kidneys can become damaged trying to eliminate a large amount of muscle breakdown caused by statin use. This can ultimately lead to kidney failure or even death. Rhabdomyolysis is extremely rare, only occurring in less than one in 10,000 people taking statins.

An alternative, and more "natural" way that people may combat heart disease is by adopting the "Mediterranean diet". The Mayo Clinic has this to say regarding the Mediterranean diet:

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, an analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson's and Alzheimer's diseases.

Key components of the Mediterranean diet are:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts
- Replacing butter with healthy fats, such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)

The diet also recognizes the importance of being physically active and enjoying meals with family and friends.

The Mayo Clinic suggests these steps if you are interested in getting started on the Mediterranean Diet:

- **Eat your veggies and fruits — and switch to whole grains.** A variety of plant foods should make up the majority of your meals. They should be minimally processed — fresh and whole are best. Include veggies and fruits in every meal and eat them for snacks as well. Switch to whole-

grain bread and cereal, and begin to eat more whole-grain rice and pasta products. Keep baby carrots, apples, and bananas on hand for quick, satisfying snacks. Fruit salads are a wonderful way to eat a variety of healthy fruit.

- **Go nuts.** Nuts and seeds are good sources of fiber, protein, and healthy fats. Keep almonds, cashews, pistachios, and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat and/or sugar added. Try blended sesame seeds (tahini) as a dip or spread for bread.
- **Pass on the butter.** Try olive oil as a healthy replacement for butter or margarine. Lightly drizzle it over vegetables. After cooking pasta, add a touch of olive oil, some garlic and green onions for flavoring. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Try tahini as a dip or spread for bread too.
- **Spice it up.** Herbs and spices make food tasty and can stand in for salt and fat in recipes.
- **Go fish.** Eat fish at least twice a week. Fresh or water-packed tuna, salmon, trout, mackerel, and herring are healthy choices. Grill, bake, or broil fish for great taste and easy cleanup. Avoid breaded and fried fish.
- **Rein in the red meat.** Limit red meat to no more than a few times a month. Substitute fish and poultry for red meat. When choosing red meat, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon, and other high-fat, processed meats.
- **Choose low-fat dairy.** Limit higher fat dairy products, such as whole or 2 percent milk, cheese, and ice cream. Switch to skim milk, fat-free yogurt, and low-fat cheese.

I could not find any articles that mentioned side effects of the Mediterranean diet; in fact, some of them state that there are no known side effects.

So how do you compare the effectiveness of this diet to statins on preventing heart disease? In research, a figure called the NNT (the number needed to treat) is used to compare the outcome of two different treatments. The following is the article, "NNT for Statins vs. the Mediterranean Diet" by Shereen K. Lehman, DC, MS and James Lehman, DC from the ACA (American Chiropractic Association) newsletter, April 2015, which I wanted to share:

NNT represents an estimate of the number of people who need to undergo the treatment of interest in order to prevent one additional adverse outcome from occurring. For example, if an intervention has an NNT of 10, it means you'd have to treat 10 people with that specific intervention to prevent one additional bad outcome. As a measurement, the NNT is considered to be more clinically useful than sorting through relative risks, odds ratios or absolute risk reduction. However, it's important to understand the population that was studied and what the specific outcome of interest is. For example, a medication used to prevent heart attacks from occurring will have one NNT for people who have never had a heart attack, but probably a different NNT when it's used for people who are trying to prevent a second incident.

The NNT is typically included in the results of research studies and reviews. An organization called The NNT Group reviews various therapies and diagnostic interventions and lists the findings on its website, *thennt.com*.

NNTs and Statins

Time frame matters too. According to The NNT Group, statin drugs given for five years, in order to prevent heart disease in people who have no history of heart disease, is 104. That means that 104 people have to take statins in order to prevent one extra person from having a heart attack. The NNT Group calculates the number needed to harm (NNH) as well. According to its findings, one in

continued on page 3

The Life Line
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Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 12-5pm
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If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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

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

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heathere Wilmoth
Contributors: Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Linda Townsend, Sarah Townsend

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In This Issue

- 1 Healthy Holidays
- 2 The Mediterranean Diet vs. Statins
- 3 If You Can Catch a Disease, Can You Catch Health? Health - How to Catch it!
- 4 Healthy Holiday Treats
- 4 Put Down That Cookie, Santa!

If You Can Catch a Disease, Can You Catch Health? Health – How to Catch it!

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

It seems that every day we see more and more advertisements for a new drug to help with everything from the common cold to menstrual cramps. My question is “if each drug does what it says it will do, why do we need to keep inventing new ones?”

I want to start by saying I am not against the use of drugs, I am against drug abuse. We as a society are taught that if something is wrong with our health, it must mean we have to take a pill to correct it. I submit a different approach to this universal problem. My proposal is to build up and maintain the immune system so we are less likely to get sick. And in many cases, if we do get sick, it may not be such a bad thing.

The fact we do get sick is a sign that our immune system has been overloaded and is no longer able to deal with the problem in a sub-clinical manner. Sub-clinical means the problem is being worked on internally and there are no obvious symptoms). It is a much wiser approach to try to find out why we are unable to deal with the problem sub-clinically and correct the cause, not just treat the symptoms.

There are many reasons why our immune systems may not be functioning at peak performance. The most prevalent cause of immune malfunction is the food we consume. Food is the one thing we are all exposed to, usually several times a day. It is a good idea to consume foods that will help enhance the immune system or at the very least, not weaken it.

There are the *7 Deadly Sins* of food that will cause the most damage to the immune system. They are alcohol, meat, sugar, dairy, coffee, soda, and artificial sweetener.

One fun fact about sugar is that a normal white blood cell should destroy 14 bacteria (or germs) in its lifetime. White blood cells are the part of the immune system that will attack “bad” invaders in the system. If you consume 24 teaspoons of sugar, about the equivalent of 2 cans of soda, that same white blood cell will only be able to destroy one white blood cell. This effect on the immune system can last for up to 12 hours. That is a 92 per cent decrease in the immune system’s ability to destroy bacteria! The typical American consumes 52 teaspoons of sugar a day. Alcohol digests down into sugar. It will not only weaken the immune system, but studies have shown that the consumption of alcohol will diminish the body’s ability to burn fat. This is the reason that, even if you drink “lite” beer, you are likely to develop a “beer belly” because you lose much of your ability to burn off fat.

There are several *evil runner ups* to the *7 Deadly Sins*, such as white breads and pasta, refined foods, hydrogenated oils, most commercial canned soups, most chips, cereals with added sugars, chemicals, steroids, hormones, antibiotics, many food additives, colorings, and flavors. (Note: if you smoke, you can pretty much ignore all this advice, because smoking just destroys the immune system. Quitting smoking must be your top priority!)

Another point that must be made is that even if you avoid all these foods and eat a vegetarian diet, if you cook your foods they will put a stress on the immune system. Once a food, even a health food, is heated above 120 degrees F, it begins to lose its nutrients and put a stress on the immune system. An example is that if you eat a raw carrot, or any raw fruit or veggie, there is almost no increase in your white blood cell count. White blood cells are the part of the immune system that will attack “bad” invaders in the system. When you eat the same amount of carrots, only this time they are cooked, the white blood cells count increases dramatically, indicating that the immune system is attacking the cooked food. Many folks are not willing to go to an all raw diet, but the more cooked food we eat, the more stress on the immune system.

Emotional stress will also put a strain on the immune system. It is impossible to not have stress in your life, so we must do what we can to deal with it. One way to deal with stress is to learn deep breathing exercises. When we get stressed, we tend to hold our breath. Try taking a real deep breath, breathing in for 5 seconds, hold the breath for 15 seconds and exhale for 5 seconds. Be sure to exhale all

your breath. Do this 10 times and watch how much better you feel. You may suffer from negative emotions toward a friend, family member, or loved one. Purging yourself of anger and hatred is a must in order to boost the immune system. Believing in you, being good to yourself, seeing the beauty all around and seizing the day will all help to keep the immune system in good health.

This life is not a dress rehearsal, we only get one chance on this earth, so don’t waste time with trivial matters. Think if the stress that is bothering you is worth damaging your health. Will this situation be important a year from now, or even a week from now? If not, don’t stress over it. It may not only be mental stress that weakens the system, but physical stress.

If you have a nervous system that is not functioning at 100%, this will cause an adverse effect on your immune ability. Nerves carry messages from the brain, down the spinal cord, and out to every organ in your body. If a nerve is being pinched, it will not carry normal instructions to the part of the body it is in charge of controlling. That part of the body will not be able to function at 100%. If it is an immune organ that is malfunctioning, it will have a negative effect on the whole immune system. Even if it’s not an immune organ that is being affected, whenever a part of the body is not working to the best of its ability, it will have a direct or indirect adverse effect on the whole body.

Trauma to the body can cause the spine or other bone to move out of normal alignment and pinch a nerve. Sometimes a pinched nerve will cause pain; however 80% of all the nerves in the body do not feel pain, so you can have a pinched nerve and not experience pain.

Exercise is a very good way to enhance the immune system, however recent studies have shown that too much exercise can have a reverse effect on the immune system’s ability to help keep us disease free. Low to moderate exercise will help build and maintain the immune system. Walking is the best form of exercise. It is low impact on the joints, can be done just about anywhere by just about anyone, and not only helps the body, but also creates endorphins in the brain, which are chemicals that make you feel good.

Overexertion actually lowers the ability of the body to fight disease and leaves us susceptible to attack from bacteria and other microorganisms. Too much exercise will also create free radicals, which are molecules that attack the cells in the body and can cause the cells to weaken or even die. If free radicals attack the DNA of cells, it can cause them to mutate and can lead to cancer. Exercising three times a week for 20 minutes a day will do the body good. It is also better to exercise regularly, even if only for a short period of time, then it is to work out real hard only once in a while. A few minutes a day or every other day is better than one hour once a week.

A simple plan to keep the immune system working at its best is to avoid foods that weaken the immune system, get on a regular exercise plan, even if just a few minutes a day to start, and drink at least eight glasses of pure filtered or distilled water every day. This will help flush out your body of impurities so the immune system can work more efficiently. Eat at least 70% of your diet from a wide variety of raw fruits and vegetables, as well as raw seeds and nuts. Get a regular spinal checkup to be sure your nervous system is working normally.

If you have pain, get it checked, but even if you do not have pain, it is a good idea to be sure there are no problems. Just like you get your eyes and teeth checked, you need to get your spine checked. Your nervous system controls everything, so always check to see if the nervous system is involved in any health issue you might have.

Get plenty of rest. Your body heals when it sleeps. Sleep enough so that you wake up refreshed. If you have trouble getting up in the morning, go to bed earlier. Certain herbs, such as garlic and echinacea, will boost the immune system. It is especially a good idea to take these during the cold and flu season. Vitamins A, D, E, and B complex, as well as zinc and selenium, also help the immune system. The best place to get these nutrients is from raw fruits and

vegetables. If you do take supplements, it is best to get these nutrients from supplements made from whole foods that are processed at very low temperatures to insure that the nutrients are not destroyed during processing.

By not poisoning yourself, eating right, and keeping the nervous system working properly, you really can “catch health.”

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

continued from page 2

The Mediterranean Diet vs. Statins

50 people on statins develops diabetes and one in ten experiences muscle damage as defined as rhabdomyolysis. Undiagnosed muscle pain, such as myalgia, wasn’t included.

The picture changes when considering patients who have a history of heart disease. In this case, according to the reviewers, the statins NNT is 83 in order to prevent an additional death from occurring and 39 for preventing a nonfatal heart attack. The harms are the same as in the previous instance.

In comparison, the Mediterranean diet has been studied in a large randomized trial and is included on The NNT website. When followed for five years, the Mediterranean diet has an NNT of 61 for preventing stroke, heart attack, or death with no harms noted. According to The NNT, the Mediterranean diet appears to be a better choice than statins for primary prevention of stroke, heart attack, or death.

When the focus is shifted to studies on patients who’ve had one heart attack and are trying to prevent a second one, the NNT for the Mediterranean diet drops even lower. In fact, the NNT for preventing that repeat heart attack is 18, and the overall NNT for preventing death or cancer in this group is 30.

It’s alarming to me how medicated our society has become. We can see the evidence that by choosing a healthy diet, with healthy foods, superior outcomes may be attained over taking the most widely prescribed medication for certain health issues.

This article is strictly to provide information. **Please do not stop taking any medication you are currently prescribed without discussing it with your doctor!**

May you have a joyous holiday season and in the spirit of the Mediterranean diet, I offer you a toast with red wine.

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

Healthy Holiday Treats

Ready for Holiday indulgence? Sure you are! We all love the celebrations and parties that fill our social calendars with good times and delicious food. We love it while we are eating it, and then comes the downside. Typically the average American gains several pounds during the holidays from eating rich, high calorie foods. This holiday it can be different. You can indulge in all your old favorites and add some new, really great tasting healthy recipes too.

Mention the word healthy and automatically people think, "This can't taste good and be healthy too." But, that's not true anymore. There are lots of delicious recipes that are easy to prepare, will impress your guests and be guilt free too. You can literally have your cake and eat it too.

Your time is precious, so you not only want the great food, you don't want to spend long hours in the kitchen. A big plus with these treats is that you don't have to cook anything up.

Planning your holiday party should be enjoyable, not stressful. You can prepare these recipes the day before and they'll taste even better after the flavors meld together. You won't be running around like a crazy person on your party day. Not only can you give a great party, you can enjoy it with the rest of your guests.

Go shopping at your local health food store and purchase organic ingredients. This will be a wonderful gift for your friends. You will be feeding them the best possible food money can buy, free of chemicals, pesticides, and harmful toxins. Everything will be fresh and your friends will taste the difference. You'll be nourishing not only their bodies, but their spirits too. The living enzymes, vitamins, and minerals will give everyone a burst of energy and I guarantee they'll lick their plates clean and beg for more of your secret recipes. So, don't tell them it's healthy; just feed them well, stand back, and take the compliments you deserve!

Creamy Veggie Dip

4 c spinach
½ c red pepper
½ c yellow squash
1 large clove garlic
2 ripe avocados
2 T lemon juice
½ t cumin
pinch chili powder
2 t Himalayan salt

- Put the garlic in the food processor first and chop, so that it is diced into very small pieces.
- Add the spinach and chop until it is very fine.
- Add the avocado, lemon juice, salt, chili powder, and cumin. Blend until very creamy.
- Chop the red pepper and squash by hand and then combine everything in a pretty bowl. Garnish with red pepper.
- Serve with fresh vegetables like celery, carrots, and cucumber slices.

Strawberry Fig Pudding

2 c fresh figs
1 c pitted medjool dates, soaked overnight, drained, and rinsed
4 c strawberries
1 c of chopped macadamia, soaked whole overnight, drained, and rinsed

- Combine the fresh figs, strawberries, and dates in the food processor and blend until creamy.
- Fold in the chopped macadamia nuts by hand.
- Put in a decorative bowl and decorate with a whole fig in the middle surrounded with a few macadamia nuts.

Portabella Mushrooms with Nut Filling

1 c walnuts
1 c sunflower seeds
2 T chopped garlic
1 c red papper
¼ c fresh basil
1 T coconut aminos
pinch cayenne pepper
baby portabella mushrooms

Marinade for the Mushrooms

½ c coconut aminos
½ t fresh jalapeno pepper
1 t fresh ginger
1 t garlic

- Toss the baby portabella mushrooms with the marinade and refrigerator overnight so the marinade can soak into the mushrooms.
- Soak the walnuts and sunflower seeds overnight in 5 cups filtered water. Drain and rinse.
- Chop the garlic in the food processor first so it is in very small pieces.
- Add all the other ingredients, except the red pepper, and blend until creamy.
- Fill the mushroom caps with the nut mixture and sprinkle with chopped red pepper.

Tomato Olive Salad

3 c tomatoes
½ c sweet onion
1 c cucumbers
1 c raw olives
2 T olive oil
¼ c fresh lemon juice
pinch nutmeg
1 t Himalayan salt

- Chop the tomatoes, onion, cucumbers, and olives.
- Combine with the olive oil, lemon juice, nutmeg, and salt and toss.

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 info, call 404-524-4488 or 1-800-844-9876 or visit www.livingfoodsinstitute.com.

Put Down That Cookie, Santa!

By Sarah Townsend

Dear Santa Claus,

I have been a pretty good girl this year and I have a lot of things to ask for, but lately I have been concerned about your health. Eating so much sugar around the holidays is very bad for you. So, instead of us leaving out cookies for you, we are leaving out my newest, most favorite holiday recipe: cinnamon apples!

My cinnamon apples are made with fresh sliced organic Granny Smith apples from Life Grocery's fruit selection. They are put in a bowl or on a plate, and cinnamon powder is evenly distributed on every slice. They make a great reindeer treat, too!

You do not have to use only Granny Smith apples. Life Grocery carries other apples like Fuji, Rome, Gala, and Pink Lady's, depending on the season. All of them taste good with the organic cinnamon powder, found in the spice section at Life Grocery. Cinnamon helps with digestion when eating all those other cookies.

Apples do have sugar, but it is not artificial or refined stuff you find in candy. It is all natural sugar that gives you the energy to deliver presents all night. They also have fifty percent more vitamin A than oranges, and an abundance of vitamin C. Apples can purify your blood and help detoxify your body.

I really hope you listen to me, Santa. I am concerned because I want you to be around for a lot longer. We kids need you.

Sarah Townsend is a teenager keen on healthy living and the daughter of Linda Townsend, a regular contributor to The Life Line. You can contact her at 4biohealth@gmail.com.

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Vitamin C Spray

2 oz. \$8.99

Chewable D³ 2000 IU

30 chewables. \$11.99

Liquid Plant Iron

8 oz. \$20.99

NORDIC[®]
NATURALS 

All Ultimate Formula Products

25% off

natural
Factors[®]



Oregano Oil

1 oz. \$14.99

Active Defense Echinamide

5 oz. \$11.99

KYOLIC[®]
Aged Garlic Extract[™]

Kyo-Green

2.8 oz. \$13.99

5.3 oz. \$22.99

Moducare

90 vcaps. \$23.99



- **Elderberry Syrup**
3 oz \$15.99
- **Olive Leaf**
60 vcaps \$19.99
- **Astragalus Supreme**
60 vcaps \$19.99



- **Sunflower Lecithin**
100 softgels \$5.99
- **Relora**
60 vcaps \$13.99
- **B-12 Shots**
12 vials \$19.99



- Trilogy**
- Mens (3 in 1) Multipacks**
30 \$37.99
 - Womens (3 in 1) Multipacks**
30 \$37.99



- **Gaba Ease**
60 vcaps \$13.99
- **Adrenal Assist**
90 vcaps \$16.99
- **Adrenal Tonic**
4 oz \$19.99



- **Sore Throat**
100 tabs \$7.99
- **Sniffles n Sneezes**
4 Kids
125 tabs \$6.99
- **Defend "Cold & Mucus"**
Syrup 4 oz \$7.99



All Formulas
20% off



- **Vitamin C 1000 mg**
100 tabs \$9.99
- **OptiZinc 30 mg**
60 caps \$4.99
- **Lysine/Beta Glucan**
60 caps \$8.99



All Essential Oils

10% off



- **IP6**
120 caps \$10.99
- **Vitamin D³ 1000 IU**
100 softgels \$5.99
- **Mushroom Optimizer**
90 caps \$12.99



All Revitalizing and Anti-Aging Products
15% off



All Olive Leaf Formulas
25% off



**Buy 17 oz
Get 8.5 oz for FREE!**



All Products
\$10.99



All Cold n Flu Formulas
25% off



All Green Formulas
25% off



10 oz

Fruit Spreads

\$3.89

Gourmet on the Go

6.2 oz

\$2.69



EDEN.

Organic No Salt Added Beans - All Varieties

Organic No Salt Added Black Eyed Peas

15 oz

\$1.99



All Varieties Organic Tea

Box of 16 bags

\$3.39



All Varieties Organic Tea

Bottle 14 oz **\$1.39**

Box of 16 bags **\$3.99**

Clean Energy 8.4 oz **\$1.59**

NEW PRODUCTS

Grocery

- Earth Circle Organic Bulk Moringa Powder
- Pure Bliss Organic Energy Bites
- Woodstock Trail Mixes and Thompson Raisins
- Yum Gummy Bears
- Bob's Red Mill Natural Almond Meal
- Enjoy Life Dark Chocolate Morsels
- Simply Organic Sloppy Joe Mix
- Organic India Tulsi Tea Cleanse
- Organic India Tulsi Tea Sleep
- Imagine Rice Nog
- Westsoy Chocolate Peppermint Soy Beverage
- Almond Breeze Pumpkin Spice Beverage
- Rudi's Organic Light Jewish Rye Bread
- Milton's Corn Bread Crackers
- Cascadian Farms Raisin Bran Cereal
- Midel Candy Cane Cremes
- Birch Bend Pancake mix Gingerbread spice and Double Chocolate mint
- Gardein Porkless Bites Sweet & Sour
- Hilary GF Traditional Stuffing
- Clifia Almond Milk Holiday Nog
- Kevita Organic Kombucha
- Rebbl Organic Super Herb Elixirs

- Pamela GF Pumpkin Bread Mix and GF Spice Cake Mix
- Ginny Bakes Organic GF Cookies
- Annie Bunny Pasta Soups
- If You Care Cooking twine
- Wally's Flea & Tick Carpet Powder
- Wally's Pet Flea and Tick Shampoo

HBA

- Aubrey-Handcrafted Oils
- Nubian-Patchouli / Buriti Bar Soap, Lotion, and Body Wash
- Aroma Naturals-Amazing 30 Lotion
- Essential Oxygen-Food Grade Peroxide 32 oz
- Desert Essence-Organic Oil Blends
- Moringa/Rose Hip/Jojoba
- Coconut/Coffee/Jojoba

Supplements

- Garden of Life-My Kind Organic Vitamin C spray
- Organic Plant Iron Liquid
- Siddha Flower Essence Remedies
- Vibrant Health-Trilogy Multi Packs for Men and Women