

Need A Good Detox?

By Brenda Cobb

Did you over indulge during the holidays and now you're feeling a little bloated, heavy, or sluggish? Don't fret about it because this is the perfect time of year to shed those extra pounds and detox your body. Fresh organic fruits and vegetables can help you in this quest because they will nourish you really well, provide clean burning fuel for your over fed and bloated body, help you detox, and easily shed any unwanted weight. The right combinations of raw fruits and vegetables will energize you too.

High levels of toxicity can make a person really sick and diseases of all types have been linked to toxicity from eating fried foods, processed foods, and foods with chemicals, artificial colors, additives, and preservatives. We know that people are exposed to chemicals in much greater concentrations today than in previous generations. Therefore, it is more important than ever to cleanse and detox on a regular schedule.

There are over three thousand chemicals added to our food supply. Drinking water has over seven hundred chemicals, including excessive lead. Gasoline, paint, household cleansers, cosmetics, pesticides, and dry cleaning fluid pose serious threats because the body cannot break them down easily. The current level of chemicals in our food and water supply and the environment has lowered our threshold of resistance to

disease and altered the body's metabolism, causing enzyme dysfunction, nutritional deficiencies, and hormonal imbalances.

It is important to detoxify your body at least twice a year. As you flush out the toxins, not only will excess weight melt away, you will feel like a new person, more energized and full of life. Detoxification is a way to clear potential acute and chronic disease out of the body. It's a way to heal many early or later stage conditions.

In addition to eating raw and living foods, good colon cleansing in the form of colonics and enemas is an excellent way to detox the body. There are herbs that can help in detoxification, such as liver cleanse formulas and liquid zeolite. Alkaline water will help the body detox and stay better hydrated. Add a little organic lemon juice to your water and that will ramp up your detoxification. After a colonic or an enema, a wheatgrass implant, using freshly juiced wheatgrass, can help in the detoxification and healing process.

Eat organic raw and living sprouted foods while you cleanse your colon and you will accomplish several things at once. Think of it as "multi-tasking health." You can detoxify, lose weight, gain more energy, heal disease, clear up your skin, add luster to your hair, grow stronger nails, and energize yourself all with the right organic raw and living foods and a good detoxification program.

Here's a delicious smoothie to help you detox and get well nourished too.

Energizing Smoothie Cleanse

1 c apple
1 c romaine lettuce
1 c spinach
½ c celery
½ c cucumber
1 T fresh lemon juice
½ avocado
pinch cayenne pepper
1 t powdered kelp
1 c alkaline water

- Put all these ingredients in the Vita-Mix and blend until smooth.

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

Chocolate Candy is Dandy

By Sarah Townsend

If Cupid had a favorite candy, I am pretty sure it would be organic dark chocolate, because it is so delish and has amazing health benefits. Chocolate is rich in minerals and nutrients such as fiber, iron, magnesium, copper, manganese, and a few others. It is also one of the highest ranking in antioxidants compared with almost any other food.

Dark chocolate also contains a small amount of caffeine and theobromine, which are stimulants that help keep you alert, but not enough to keep you up all night. Besides this, dark chocolate has also been scientifically

proven to significantly lower your risk of cardiovascular disease, keeping the heart of your Valentine healthy. Some new research is showing that dark chocolate can also improve brain function and verbal fluency. It can help lower blood pressure and improve blood flow in the arteries.

Contrary to modern myth, dark chocolate does not cause or affect acne in any way. In fact, it actually benefits the skin by improving blood flow. More blood flow to the skin means it will help prevent sun damage, thin skin, and dehydration.

While dark chocolate has less sugar, it still should be eaten in moderation. Conventional chocolate bars sold today contain chemicals. I prefer to buy quality dark chocolate that is organic with a 70% or higher cocoa content found in the candy aisle at Life Grocery.

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.



Spring Member Appreciation Day

Saturday,
3/19/16

12:00-4:00 pm
members receive

10% off

all in-stock purchases 9 am-8 pm

Café Life Hours

Monday-Sunday
12pm-5pm

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

Favorite Herbs for De-Stressing

By Kim Strickland, ND

The holiday season can get stressful with family, obligations, stimulus, and lots of activities to attend. Remember that this is a time to relax, enjoy your friends and family, and unwind. Consider rethinking your traditions and creating ones that serve you and your family. Give yourself the gift of time; time for yourself, time for hobbies, time for relaxation, and time to just be in the now.

These are some of my favorite herbs to keep around for such times; valerian, skullcap, lavender, passionflower, and kava kava. You will find these at Life Grocery in many forms. They come in tinctures, bulk, lotions, bath salts, essential oils, and more.

Skullcap is good for anxiety, fatigue, headaches, and stress in general. Valerian is an herb I use in the evening to help me sleep. It is good for anxiety, fatigue, nerves, stress, and insomnia. However, if you need to be alert, I do not suggest this herb. I use valerian in tincture form and have it down to the number of drops to take. If I take 5 drops I sleep deeper than usual; 10-12 drops and I'm out all night and sleeping late!

Lavender flowers are popular in aromatherapy. You can buy some of the flowers in bulk and add them to bath salts. Also consider using lavender essential oil in a diffuser in your room at night.

Kava root (piper methysticum) is chewed, ground, or pulverized to make drinks or teas that can ease a person's mind while maintaining clarity. It is used in ceremonies in the South Pacific. In addition to its ceremonial uses, kava is best known for its relaxing qualities. Kava is said to elevate mood, well-being, and contentment, and produce a feeling of relaxation. Several studies have found that kava may be useful in the treatment of anxiety, insomnia, and related nervous disorders.

Passionflower, otherwise known as passiflora, is a gentle sedative; so gentle that it is used in children's formulas. It is helpful for anxiety, hyperactivity, insomnia, and stress related disorders. It can also help to lower blood pressure and is non-addictive.

Resources:

Balch, James F., Balch, Phyllis, A. *Prescription for Nutritional Healing, 2nd Edition, 1997, University of Maryland Medical Center.*

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.

Turmeric – An Amazing Herb

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

Turmeric is an amazing herb and there is research showing that it can help everything from inflammation to digestive problems to cancer. Turmeric, on its own, is not very well utilized. When taking turmeric, it's important that it's organic and that you take it with some fresh ground black pepper and something that contains fat such as an avocado, extra virgin coconut oil, or another good oil such as olive, avocado, or sesame. Heating it slightly also makes it more absorbable.

If you take the organic turmeric powder, about quarter cup, put it in a pan with about a half a cup of water stirring constantly for about seven minutes. You will now have a paste. This paste can be stored in a glass container in the refrigerator for about two weeks.

Golden milk is a delicious and highly nutritious drink made with turmeric paste. To make it, take a teaspoon of turmeric paste and mix it with about a cup of nondairy milk such as coconut, almond, hemp, or oat. Add a teaspoon of oil and a sweetener (if you like) such as grade B organic maple syrup or stevia. Adding about a quarter teaspoon of oil will enhance its effectiveness. Adding a few shakes of fresh ground black pepper makes it even more effective.

Drinking this every day will give you the best bang for your buck when it comes to turmeric. You can also use the paste for cooking soups, stews, stir fry, or any other savory dish that you like. If you just take the turmeric capsule, be sure to take it with something that contains fat and if you eat something that has black pepper in it at the same time, all the better.

Along with supplementing with turmeric, I would suggest you avoid alcohol, meat (especially grilled meat), sugar, dairy, coffee, soda, and artificial sweetener. You need to eat more raw veggies and just a little fruit. There are certain supplements that might help. I would start with Dr. Joe's Super Greens and Dr. Joe's Essential Source, but I don't like to make any more supplement suggestions until I know more about the patient. (If you are on blood thinners, talk to me first before you take either of these supplements.)

Nutrition is important to help reduce inflammation and give the body the nutrients it needs to heal, but in order to fully obtain and maintain good health, you need to also have a normally functioning nervous system and a normally functioning digestive system. Ninety percent of your nerves don't feel pain, so you can have a malfunctioning nerve(s) and not know it. That's why I like to check, just to make sure. I look forward to helping you obtain and maintain good 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. For further information or if you have a specific health or pain related issue and would like to set up a no charge, private consultation with him (bring a friend or family member with you and the consultation for them is also no charge) or if you would like to set up a nutritional consultation (cost is \$100.) contact him at 770-427-7387 or visit drjoesposito.com.

Be sure to "Like" Life Grocery and Café on Facebook for health tips, sales, events, members only specials, and more!

The Life Line
is a bi-monthly
publication of



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: Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Kim Strickland, 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.

Volunteer Board of Directors

Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544
Linda Townsend	770-443-9963

In This Issue

- 1 Need A Good Detox?
- 1 Chocolate Candy is Dandy
- 2 Favorite Herbs for De-Stressing
- 2 Turmeric - An Amazing Herb
- 3 Time for Turmeric
- 4 No One Diet Works for Everyone

Time for Turmeric

By Susan Esposito, DC, DACNB, FABES, FACFN

I've always loved to eat curry. My mother once said to me that she would eat just about anything if it were curried. Indian Curry has a classic golden yellow color, which comes from a certain spice in the curry called turmeric. I've heard this herb pronounced in a number of ways. Some people pronounce the first "r" in the name, some don't. Some put the accent on the first syllable, some the second. (I usually pronounce it as if it were spelled "too-mare-ick," with the accent on the second syllable, although I hear many people pronounce it as "too-mer-ick, with the accent on the first syllable).

Turmeric comes from the roots and bulbs of a plant called *curcuma longa*, which is in the ginger family. It is a perennial plant that grows 5 to 6 feet high in the tropical regions of Southern Asia. It creates the yellow color of both Indian curry and yellow mustard.

The most active chemical compound in turmeric is called curcumin, which gives it strong antioxidant and anti-inflammatory effects. Antioxidants scavenge free radicals, which damage our cell membranes, disturb the production of DNA, and even cause cells to die, so antioxidants may reduce or even help prevent free radical damage. Curcumin also lowers the levels of two enzymes in the body that cause inflammation. Additionally, it helps to prevent platelets from clumping together and forming blood clots.

According to Susan Patterson at the *Alternative Daily*, "Studies that have examined the medicinal impact of curcumin have found that it keeps cells from changing from normal to cancerous and stops the spread of existing cancerous cells."

Furthermore, it works in conjunction with the body to destroy existing cancer cells so they are unable to spread to the rest of the body. Liver function is enhanced in those that use curcumin regularly, and it appears to prevent additional blood from reaching cancer cells, which retards their growth.

The University of Texas M.D. Anderson Cancer Center, reports that curcumin blocks the pathway in the body that is required for melanoma and other cancers to develop. In a laboratory setting, curcumin actually causes cancer cells to commit suicide. In addition, it has been found to shut down the protein needed to induce an inflammatory response.

According to one study, patients who suffered from osteoarthritis who added 200 mg of curcumin daily to their treatment pain, had a significant decrease in pain and much improved mobility. The control group, who received no curcumin, had no improvements.

In another study, turmeric extract blocked the inflammation pathways, which prevented the protein responsible for swelling and pain from triggering.

So many people with inflammation-induced pain take non-steroidal medications such as Tylenol for relief; however, chronic use of these medications has been associated with some rather serious side effects, such as cardiovascular problems, kidney and liver damage, as well as gastrointestinal problems."

Web MD lists the following conditions, for which turmeric may have beneficial effects:

- *Osteoarthritis.* Some research shows that taking turmeric extracts, alone or in combination with other herbal ingredients, can reduce the pain caused by osteoarthritis. In one study, turmeric worked about as well as ibuprofen for reducing osteoarthritis pain.
- *Eye inflammation (anterior uveitis).* Early research suggests that taking curcumin, a chemical found in turmeric, might improve symptoms of long-term inflammation in the middle layer of the eye.
- *Colorectal cancer.* Early research suggests that taking turmeric might stabilize some

measures for colon cancer. There is also early evidence that taking curcumin, daily for 30 days can reduce the number of precancerous glands in the colon of people at high risk of cancer.

- *Bypass surgery (coronary artery bypass graft surgery).* Early research suggests that taking curcumin three days before surgery and continuing for five days after surgery can lower the risk of a heart attack following bypass surgery.
- *A type of inflammatory bowel disease called Crohn's disease.* Some evidence suggests that taking curcumin, daily for one month could reduce bowel movements, diarrhea, and stomach pain in people with Crohn's disease.
- *Diabetes.* Early research suggests that taking turmeric daily for nine months can reduce the number of people with prediabetes who develop diabetes.
- *Stomach upset (dyspepsia).* Some research shows that taking turmeric by mouth might help improve an upset stomach.
- *Gum disease (gingivitis).* Early research suggests that using a turmeric mouthwash is as effective as a drug-therapy mouthwash for reducing gum disease and bacteria levels in the mouth, but not for reducing plaque.
- *Irritable bowel syndrome (IBS).* Early research suggests that taking a turmeric extract daily for eight weeks reduces the occurrence of IBS in people with IBS who are otherwise healthy.
- *Skin rash (lichen planus).* Taking a certain product containing chemicals found in turmeric daily for twelve days can reduce skin irritation caused by lichen planus.
- *Kidney inflammation (Lupus nephritis).* Early research suggests that taking turmeric daily for three months can reduce blood pressure and improve kidney function in people with kidney inflammation.
- *Stomach ulcers (peptic ulcer disease).* Early research suggests that taking turmeric daily for four weeks does help heal stomach ulcers.
- *Itchy skin (pruritus).* Early research suggests that taking a specific product (C3 Complex) that contains curcumin, a chemical found in turmeric, and an extract of black or long pepper (Bioperine) can reduce skin itching and improve quality of life in people with chronic itching.
- *Rheumatoid arthritis (RA).* Early research suggests that curcumin might help reduce some symptoms of rheumatoid arthritis.
- *Skin wounds due to cancer.* Early research suggests that applying a turmeric ointment might help to relieve odor and itching caused by wounds associated with different types of cancer.
- *Recover from surgery.* Early research suggests that taking curcumin, a chemical found in turmeric, daily for up to one week after surgery can reduce pain, fatigue, and the need for pain medications.
- *Tuberculosis.* Early research suggests that taking a product containing turmeric and *Tinospora cordifolia* can reduce bacteria levels, improve wound healing, and reduce liver toxicity in people with tuberculosis who are also receiving antituberculosis therapy.
- *A type of inflammatory bowel disease called ulcerative colitis.* Early research suggests that taking curcumin daily for up to six months can reduce symptoms and the recurrence of ulcerative colitis when used in combination with conventional treatments.

Although there seems to be a multitude of potential benefits from turmeric, web MD warns of the following precautions:

- *Side effects.* Turmeric is generally safe. It can cause nausea and diarrhea, especially in high doses or after long-term use. It might also pose a risk of ulcers in high doses. As a topical treatment, it can cause skin irritation. Caution is advised when turmeric is taken by people known to have gallstones; consult your health care provider first.
- *Risks.* Pregnant women should not use turmeric supplements. Talk to a doctor before using turmeric supplements regularly if you have any medical conditions, like gallbladder or kidney disease, bleeding disorders, diabetes, or immunity problems. Since turmeric can potentially increase bleeding, stop taking it at least two weeks before any surgery.
- *Interactions.* If you take any medicines regularly, talk to your doctor before you start using turmeric supplements. They could interact with medicines like aspirin, NSAID painkillers, statins, diabetes drugs, blood pressure medicines, and blood thinners. They might also interact with supplements that decrease clotting, like ginkgo, ginseng, and garlic.

Although turmeric is considered to be safe in food, always check with your doctor before adding supplements to your diet, in case a particular supplement might cause an adverse reaction in your particular condition.

According to the *Huffington Post*, "If you are being treated with any of the following medications, you should not use turmeric or curcumin in medicinal forms without first talking to your health care provider. Turmeric may strengthen the effects of these drugs, raising the risk of bleeding. Blood thinners include warfarin (Coumadin), clopidogrel (Plavix), and aspirin, among others. Turmeric may interfere with the action of drugs that reduce stomach acid, increasing the production of stomach acid."

Curcumin is poorly absorbed into the bloodstream. To increase absorption, it helps to consume black pepper with it, which contains piperine, a natural substance that enhances the absorption of curcumin by 2000%. Some people choose to swallow a few whole peppercorns along with a curcumin supplement, in order to enhance absorption. Curcumin is fat soluble, so taking it with a fatty meal may help with absorption as well.

Turmeric is a delicious and nutrition spice that can be added to most types of food for pungent, spicy flavor. Life Grocery sells many supplements containing this nutritional spice, as well as many cookbooks to give you ideas on how to incorporate it into your meals. Turmeric root is sold in the produce department when it's available.

References:

- <http://nutritionstripped.com/turmeric-tea/>
- <http://www.thealternativedaily.com/turmeric-spice/>
- <https://umm.edu/health/medical/altmed/herb/turmeric>
- http://www.huffingtonpost.com/2014/10/18/turmeric-health-benefits-curcumin_n_5978482.html
- <http://authoritynutrition.com/top-10-evidence-based-health-benefits-of-turmeric/>

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

No One Diet Works For Everyone

By Linda Townsend

I was invited to a holiday feast, but the hostess was a bit concerned that there would not be enough choices for a vegetarian. I smiled asking why she thought I was a vegetarian. She told me that she knew from things I had said that I am very health minded so she thought that meant I was a vegetarian.

My daughter has a best friend whose large family considers themselves vegetarian. Even though the mother leans toward vegan as her personal preference, the rest of the family eats fish, eggs, and chicken occasionally. They also made other modifications because a few of their children had various food allergies: one to peanuts, another to gluten, and so on.

I have a friend who believes as long as she refrains from high carbohydrate foods and fats, she is eating healthy . . . at least, healthier than she had been most of her life.

Obviously, there are numerous ideas about diets or eating styles and I would not tell anyone which the best one is, even if I could, because I strongly believe there is no one diet that is a perfect fit for everyone.

I am not an expert about diets, but I have tried many and I have been observing individuals and human nature in general for some years. In my family, the heaviest people currently are the vegetarians! Obviously, it is not just about what we refrain from eating, but what we actually *are* eating and how much . . . and maybe what we are desiring.

I believe there is a difference between a true craving and just desiring. The confusion between the two is why I cringe when I read some experts advising that you listen to your body, because people will use this as an excuse to give in to a desiring, not a true craving. A true craving to me is when the body is in need of certain nutrients found in abundance in a particular food, but that is not

usually the case when it comes to processed foods and desserts, the desired things.

On the other hand, I believe that a craving can be developed from habitually giving into a desire. I had have this long standing desire to eat a brownie almost every day, but when I gave into that desire—I was young, naïve and indestructible then, so I thought—I developed a craving for it. Not out of need for the nutrients, but just because I developed a habit. You may have done the same thing yourself, but the good news is that a change in eating habits can change your cravings. I crave a fresh nourishing salad about every day now, even more than a brownie!

I am in favor of giving into a desiring *in moderation*, like one small scoop of ice cream can be just as satisfying as several scoops, because when it comes to desserts and treats, it is not about the amount one eats that is satisfying but the flavor, which is only enjoyed while the ice cream is melting in your mouth. The rest of the digestive tract is completely indifferent to the taste of foods and more into processing nutrients, so the best choice would be the most nutritious ice cream with the least chemicals and toxins.

When trying to decide on a diet, it gets very confusing. I personally still like the eating styles related to blood types as a foundational starting point. I also believe in taking cues from your body *after* there has been a cleansing to eliminate toxins, because feeling bad can sometimes be misunderstood as a bad thing when it is actually a good one, especially when toxins are being processed out from the body.

Take fasting, for an example. In all the years I have fasted for one day a week, I know that it has done me more good than bad, but I also know from experience that if I eat much more than a nibble of sugary foods, like that desired brownie, the day

before I fast that I just set myself up for feeling terribly lethargic with a whopper of a headache that will start around noon on my fasting day and may last until sometime after my first meal the next day; this is often referred to as a sugar or carb crash. However, if I eat sensibly the day before, sticking to mostly raw foods, like the salad I now crave, my fasting day will feel just like any other day; I will not even feel tired when doing highly physical work. For me, fasting sets my baseline, so I really can tell how I react to foods and then eliminate completely or significantly reduce those that are not working towards better health for me.

I have watched so many people year after year enthusiastically start a new diet and then give up within a few weeks. If you started a new diet to lose weight as your New Year resolution, please be prepared for the plateau, when your body switches gears and weight is lost at a much slower pace, even to not losing any weight at all for a time. It usually happens around the two week mark, even on water fasts. Been there, done that many times. It can be so discouraging. One way to give your weight loss another kick start is to eat. Just take a break for a day or two, but eat sensibly with moderation on those sugary foods. Then get back to the diet.

Keep in mind that the very best diet for you is really a customized eating style, rather than a temporary change of habits, and it may not have a particular name or fit a particular category, but it will be the best for you and your health for the years to come, especially if organics are a top priority in your food selections, because the less toxins in your body the better for your health.

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



Spring Member Appreciation Day

Saturday,
3/19/16

12:00-4:00 pm

members receive

10% off

all in-stock purchases 9 am-8 pm

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!

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Jan/Feb 2016

Two Months of Super Savings

Life Savings



New Products
Organic
Raw Protein
and Greens



19 oz

30% off



All Biochem
Whey Protein



1 lb

\$20.99



All Ultimate Formulas
#1 Selling in U.S.
No Fishy Burp
3rd Party Tested for Purity
Great Tasting Liquids

25% off



Kyo-Green

2.8 oz. \$13.99

5.3 oz. \$22.99



- **Oil of Oregano**
60 vcaps. \$19.99
- **Olive Leaf**
60 vcaps \$19.99
- **Elderberry**
4 oz \$15.99



- **Daily Care**
30 caps \$21.99
- **Daily Care**
60 caps \$39.99
- **Trim Synergy**
60 caps \$55.99



- **Triology Power for Men and Women**
30 packets \$37.99
- **Maximized Turmeric**
60 caps \$34.99



- **Ultra Joint Builder**
90 tabs \$18.99
- **NAC Sustain**
100 tabs \$17.99
- **Whey Protein all flavors**
32 oz \$27.99



All Essential Oil Blends

10% off



All Multivitamins

20% off

Veggie Protein 1 lb
Vanilla and Chocolate

20% off



All Acute Cold n Flu Formulas

25% off

Coconut MCT Oil

16 oz \$9.99



All Swirl Blends

20% off

All Olive Leaf Formulas

25% off



All Udo's Probiotics

20% off



All Hair Color Products

\$10.99



All Diffusers

\$36.99



All Probiotics

20% off

NEW PRODUCTS

- HBA**
- Aubrey-Handcrafted Oils
 - Nubian-Patchouli / Buriti Bar Soap, Lotion, and Body Wash
 - Aroma Naturals-Amazing 30 Lotion
 - Essential Oxygen-Food Grade Peroxide 32oz
 - 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



Raw Broccoli Bites

- **Asian Citrus**
- **Garden Ranch**
- **Zesty Nacho**

1.5 oz **\$3.39**



Raw Kale Chips

- **Bombay Curry**
- **Honey Mustard**
- **Kool Ranch**
- **Zesty Nacho**

2 oz **\$4.39**

All Biosil Products 25% off



*“I take BioSil every day...
I’m amazed at the results
I see in my skin, hair, and nails!”*

“Look Youthful, Look Beautiful, Look Healthy with Smart Choices”

You don’t look this youthful, beautiful, and healthy at 61 without making some very smart choices. For this, Christie relies on both her own instincts and advice from experts in the fields of nutrition, exercise, and supplementation. That’s why Christie eats healthy foods and gets in 10 to 20 minutes of exercise a day. Christie also knows the right supplement can work wonders. And that’s why she takes BioSil every day. “I am amazed at the results I see in my skin, hair, and nails!” Why BioSil? Simple...

Christie: “Gain Back Your Collagen and Keep It!”

Christie understands that collagen “plumps” your skin and makes it smooth and youthful looking. In addition, she knows collagen gives your skin its vital elasticity. What’s more, collagen is responsible for helping to make your hair thicker and stronger. It makes your nails stronger too. Christie chooses BioSil, because it’s clinically proven to activate the enzymes that generate collagen.† BioSil helps you regain lost collagen and add new collagen.† Plus, BioSil protects both your new and existing collagen from breakdown due to the age-related rise in levels of homocysteine, the body’s anti-collagen amino acid.† That makes BioSil one very smart choice!

Christie: “I Like Knowing it’s Collagen with My Own DNA Fingerprint!”

BioSil is not “made out of collagen,” it “generates collagen” through your body’s own natural pathways.† That means the collagen you add is collagen with your own DNA fingerprint. That’s why BioSil helps you look beautiful, youthful, and healthy – naturally!

Christie: “I Appreciate the Scientifically Valid Clinical Trials”

BioSil employed the double-blind, placebo-controlled clinical protocol, the gold standard in clinical trials. The trials are conducted on the actual product, BioSil, not a “key ingredient.” The results are based on calibrated scientific measurements, not personal opinion. And the results reported are all statistically significant, meaning the results came from taking BioSil, not some outside factor.

See Christie’s list of food choices and exercise routines
www.BioSilUSA.com

Christie: “No Animal By-Products, That’s Extremely Important to Me”

“I am a vegetarian. And I’ve spent a lifetime helping to protect the wonderful creatures who’ve been on the earth longer than we humans. That’s why I’m very happy BioSil contains no animal parts whatsoever.”

Clinically Proven BioSil®

- Reduces Fine Lines & Wrinkles 30%^{††}
- Strengthens & Thickens Hair 13%^{***†}
- Improves Skin Elasticity 89%^{††}
- Strengthens Nails^{††}

As demonstrated versus placebo in the published clinical trials: † Barel et al. 2005, Archives of Dermatological Research 297, 147-153. ** Wickett et al. 2007, Archives of Dermatological Research 299, 499-505. Results may vary.



The First and Only Advanced Collagen Generator® - One Very Smart Choice!

©2016 Bio Minerals NV. Manufactured by Bio Minerals NV, Belgium. ch-O-SA, BioSil, the ch-O-SA logo and Advanced Collagen Generator are registered trademarks of Bio Minerals NV.

† This statement has not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure, or prevent any disease.

The Fountain of Youth

By Linda Townsend

In the late 1970's, vitamin E was touted as "the fountain of youth." Since then, every few years that honorary title would be given to a new supplement backed by research, books would be written and read, companies would produce it as fast as possible, and hopeful people would buy it off the shelves. There is nothing wrong with natural supplements, I have taken a few myself, but somehow I just never really believed that the fountain of youth can be found in a bottle. It seemed to be as illusive as when Marco Polo searched for it, but the real fountain of youth has been found: it springs from within our own bodies by design.

In 1956, Choh Hao Li, an endocrinologist, discovered a hormone produced by the pituitary gland called the human growth hormone or hGH. Its function was first believed to regulate growth, causing children to reach adult height. Back then the hormone had to be extracted from the pituitary gland of human cadavers, each contributing only a precious few drops causing it to be very expensive and it could have side effects, even causing death in a few cases.

In 1985, a biotech company, Genentech, brought to market a genetically engineered growth hormone that has helped children grow to normal heights. The hGH gene is collected from bacteria, mammalian cells, or yeast then used inserting a cDNA gene into E-coli with a signal sequence added for the gene to be translated and purified. Whether this sounds impressive or disturbing to you, the results were that this FDA approved hGH is a synthetic. Even so, once more of its benefits were realized, it became an expensive fad, especially among athletics and body builders.

Production of the human growth hormone lowers as we age. This decrease is associated with a myriad of conditions related to aging, as well as diseases common when the body is not able to regenerate and heal itself as efficiently as it could in its youth. These include decreased muscle mass and strength; increased body fat, especially around the waist; increased risk of heart disease; osteoporosis; low energy levels and decreased stamina; diabetes; impaired concentration and memory; anxiety and depression; and even thinning skin and wrinkles.

If a deficiency in hGH contributes to all those conditions, imagine what an increase does to reverse them! What would it be worth to you to heal as quickly and well as a child? To have the stamina to exercise and actually see gains in muscle mass even after you have plateaued for a long time? To just feel better with a clearer mind when you wake in the morning and keep it throughout your day? To reduce pain, inflammation, and allergies? To actually see the effects of increased collagen in your skin reducing wrinkles?

Would it be worth it to you enough to go through the process of encouraging the fountain of youth within? All it takes can be summed up in one word: fasting! *This is where many people step on the brakes.* Fasting is just not something people in general want to

do and, frankly, as much as I have fasted over the last two decades, I cannot say I highly enjoy the process, but I fast regularly because I have thoroughly been amazed by the results!

From September to November, my family underwent a highly stressful time and I ended up stopping my one day each week fast, probably when I needed to continue it the most. Things improved by December, but I was already at my holiday weight and then I gained more. I was about 20 pounds over my healthy average weight and I felt it. I did not feel well most of the time. My digestion was sluggish. I woke up every morning with aches and pains, particularly an ongoing nagging pain in my hip caused by an injury resulting in inflammation. My face . . . well, I just looked older with pronounced wrinkles.

I began my annual January fast to get down to a specific weight. As I am writing this article, I am just now coming off of it. During the fast, I lost those 20 pounds, the aches and pains are gone including that hip pain, and my wrinkles have diminished to the point that again when I tell people my age, they do not believe me. I even had blood work done and I was in the green on all things, except two where just a bit off which would be typical while in a fast.

How does this happen? A great deal of research has been done on the relationship between fasting and hGH levels. Fasting for just a 24-hour period can increase hGH 13 times in women and nearly 20 times in men! Isn't that so much better and cheaper than getting a shot of synthetic hGH? Many health conscious athletes are turning to intermittent fasting to keep boosting their hGH naturally, usually fasting for a 16 to 24 hour period once or twice a week. While intermittent day fasts are more popular, fasting for five to six days causes another hGH spike even higher, which explains why a person's energy increases on the fifth to sixth day of a long fast. The longer the fast,

the more toxins can be eliminated from the body also, but be aware of that third day of the fast, it is the worst one and once you get past it, you should start to feel better (unless you are detoxifying from a heavy amount of toxins).

Toxins are the other contributing factor to premature aging and disease. That is why what we eat when not fasting is as important as fasting. While fasting to increase hGH also reduces toxins in the body, the inner fountain of youth would work even more efficiently if there were less toxins with which to contend. In other words, eat fresh organic foods as much as you can in between your fasts for the very best results. Longer fasts really cause me to feel differently about food. For one, it is as challenging to begin eating again as it was to stop, so I am far more choosy about the quality and quantity of the foods I eat. It is far easier to choose the more nutritious eats as organic, fresh, and raw over conventional and processed foods after fasting.

I believe that some form of fasting can be done by most everyone (you have to do some fasting for certain medical tests anyway), but if you are taking any medications or are under a doctor's care, please consult with your physician before fasting. Begin with short fasts, even if just one meal, to get to know how your body will respond. Even a small spike in hGH is better than chronic deficiency. I am renewing my routine to fast one day a week at least, which is actually a 36-hour fast the way I do it, but I am planning to step that up to two days a week as many weeks as I can this year. How about you? Are you ready to drink of the healthy, healing benefits from the fountain of youth within?

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



**Spring Member
Appreciation Day**

**Saturday,
3/19/16**

12:00-4:00 pm

members receive

10% off

all in-stock purchases 9 am-8 pm

Carrageenan Anyone?

By Kim Strickland, ND

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

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

Joanne K. Tobacman, M.D., an associate professor of clinical medicine at the University of Illinois College of Medicine, has conducted studies linking undegraded carrageenan—the type that is widely used in foods—with malignancies and other stomach problems. She has extensively studied the biological effects and published 18 peer-reviewed studies and she is convinced that it is harmful to our health. In April 2012, she addressed the National Organic Standards Board on this issue and urged reconsideration of the use of carrageenan in organic foods.

In her presentation, Dr. Tobacman said that her research has shown that exposure to carrageenan causes inflammation and that when we consume processed foods containing it, we ingest enough to cause inflammation in our bodies. All forms of

carrageenan are capable of causing inflammation. This is bad news. We know that chronic inflammation is a root cause of many serious diseases including heart disease, Alzheimer's and Parkinson's diseases, and cancer. Drug investigators actually use carrageenan to cause inflammation in tissues in order to test the anti-inflammatory properties of new drugs. When laboratory mice are exposed to low concentrations of carrageenan for 18 days, they develop "profound" glucose intolerance and impaired insulin action, both of which can lead to diabetes.

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

Resources:

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

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

www.cornucopia.org

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

The Tiger Chase Cravings

By Sarah Townsend

Do you hide in the corner, peeling back the wrapping of a chocolate bar or with an open bag of chips, just so you can feel better? We all have comfort foods, mainly sweets or something full of carbohydrates. When you feel stressed or upset, maybe you will grab some chocolate or sweet bread. Why do these sweet foods help us feel better? And why is it mainly sweets and carbohydrates?

The sugars in the carbohydrates prompt the increase of serotonin production in the brain, which is the same chemical in our body that makes us feel emotionally better.

Fat, meanwhile, simply just soothes. A study revealed a group of subjects who viewed a sad movie or listened to sad music and received an injection of saturated fat were less affected emotionally than those who received saline shots (<http://www.webmd.com/food-recipes/20110725/why-comfort-foods-are-so-comforting>).

However, sometimes when you are really stressed, your body does not want food. Stress involves the same natural chemicals that would be released if a wild animal were chasing you. Therefore, our stress response is there as a survival mechanism, and it is highly unlikely you would eat chips or chocolate while being chased by a tiger.

The way to stop these cravings is to focus on something else. Exercise is a great way to relieve

stress, whether it is yoga or a fifteen minute walk around the block. Another idea is writing down what you feel or doing something you particularly enjoy. All these things may help you relieve stress without the need to eat comfort foods to feel better. All these things help you realize you are not being chased by the tiger or that you really even want food, therefore you do not need to eat comfort foods to feel better.

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.

Be sure to "Like" Life Grocery and Café on Facebook for health tips, sales, events, members only specials, and more!

The Life Line
is a bi-monthly
publication of



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: Heather Wilmoth
Contributors: Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Kim Strickland, 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.

Volunteer Board of Directors

Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544
Linda Townsend	770-443-9963

In This Issue

- 1 The Fountain of Youth
- 2 Carrageenan Anyone?
- 2 The Tiger Chase Cravings
- 3 Supplements - Do I Really Need Them?
- 4 Spring Smoothies

Supplements – Do I Really Need Them?

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

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

A vitamin, by definition, is a substance that will cause a disease if the body does not have enough of it or if the body cannot utilize what it does have. Vitamins do not produce energy on their own. Once a substance is found to meet these guidelines, it will be called a vitamin.

A vitamin will help in food metabolism and assist in releasing energy from digested food. The amount needed for good health is relatively small, so vitamins are considered micronutrients, as opposed to macronutrients such as carbohydrates, proteins, and fats. Vitamins will also assist in enzyme functions in the body, so you may hear them referred to as coenzymes. Nothing in the body can occur properly unless we have an enzyme in the chemical interaction.

We are born with a certain amount of basic enzyme stores and as we age, the body will use those stores to create two types of specific enzymes: Digestive enzymes, which are used to break down and digest food, and metabolic enzymes, which are used for every chemical reaction in the body. Should you deplete your enzyme stores, bodily functions will begin to malfunction or worse yet, cease all together.

Most chronic diseases can be linked in some way to enzymes and the fact they are depleted or not functioning properly due to coenzyme problems. Things that will deplete enzymes stores are stress, excessive physical exertion, fever, aging, and poor diet.

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

Supplements and the RDA

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

very fine line. For example, up to 100 mg. of zinc is shown to help strengthen the immune system, but over 100 mg. of zinc may actually harm the immune system. B vitamins, when taken in an isolated form, have been shown to deplete other B vitamins. This is a very strong argument for using whole food supplements, which are supplements made from whole foods that contain a wide variety of vitamins and minerals that work synergistically to create a stronger vitamin function.

One example is concerning vitamin C and bioflavonoids. In order for bioflavonoids to work properly they must be taken along with vitamin C. Bioflavonoids appear to be helpful in fighting cancer and other diseases. Whole foods means foods that are in their natural state and are not altered. Examples are foods such as raw apples, carrots, lettuce, nuts, seeds, etc. These foods are certain to contain nutrients that likely have not yet been discovered and will likely be proven necessary for optimum health and will work with other nutrients to allow all of the nutrients to be more effective. Whole food supplements also minimize the risk of hypervitaminosis. In a world of pollution, stress, and diets consisting of more and more cooked foods, as well as decreasing caloric needs due to a more sedentary lifestyle, it is difficult to get enough high quality foods to meet our Optimum Daily Allowance. Many experts recommend a supplement to get all you need for good health. Now we are left with these questions: Which supplements are best? Are synthetic supplements just as good as natural ones?

Synthetic vs. Natural Supplements

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

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

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

What is a mineral?

Minerals are inorganic, meaning they do not contain carbon, and are not of animal or vegetable

origin. They are required by the body in small amounts and have various functions. Minerals are not absorbed very well in their natural state so oftentimes manufacturers will bind them to proteins in order for them to be absorbed better. This process is called chelation and it is when an inorganic mineral is bound to an organic (meaning containing carbon) substance. Most of the time, minerals found in whole foods are naturally chelated and are easily absorbed. Calcium is an example of a mineral. A caution concerning calcium is that in one study of 70 different brands of calcium supplements on the market showed that a majority of them contained lead levels above the recommended levels. For this reason, it is wise to avoid calcium supplements that contain natural oyster shells, dolomite, and bone meal products. Not all of these will contain high levels of lead, however there are better choices.

Studies have shown that if your diet consists of mainly fruits, vegetables, grains, seeds, and nuts and you avoid high acid foods including alcohol, meat, sugar, dairy, coffee, sodas, and artificial sweeteners, you will not need a calcium supplement. The reason behind this is the seven foods listed above are acidic and your body uses calcium and other minerals to neutralize the acids. We do not need more calcium if we are eating a good, whole food diet. We just need less dangerous acid.

So, do I need supplements?

If your diet consists of a plant based menu and you avoid alcohol, meat, sugar, dairy, coffee, sodas, and artificial sweeteners, and at least 60% of your diet is raw, you probably do not need a supplement. However, it is a good idea to add a whole food supplement to your diet in order to reach your Optimum Daily Allowance. Be sure your supplements contain whole foods and don't contain artificial colors, additives, or fillers.

*Dr. Joe Esposito is a chiropractor, the author of **Eating Right For The Health Of It!**, the syndicated radio show host of HEALTH TALK ATLANTA, and the director of Health Plus Wellness Center. He is committed to making healthy living commonplace. For further information or if you have a specific health or pain related issue and would like to set up a no charge, private consultation with him (bring a friend or family member with you and the consultation for them is also no charge) or if you would like to set up a nutritional consultation (cost is \$100,) contact him at 770-427-7387 or visit drjoesposito.com.*

**Member
Appreciation Day
Saturday,
3/19/16
12:00-4:00 pm
members receive
10% off
all in-stock purchases
9am-8 pm**

Spring Smoothies

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

As we are emerging from the chill of winter, and enjoying the warmth that is brought on by spring and summer, it is a great time to reintroduce smoothies into our daily routine. Many people forgo the pleasure of drinking a frozen smoothie during the winter months, preferring to enjoy warmer fare to stave off the chill from their bones. So now as the buds re-emerge on plants and trees, so may the smoothie re-emerge in our kitchens!

The term “smoothie” was first popularized on the west coast of the US in the 1930’s, when, thanks to the invention of the electric blender, these yummy concoctions were first created and sold. They became widely popular in the later part of the 1900’s as health food chains marketed these beverages, touting their inherent benefits due to the myriad of fruits, veggies, proteins, and other “super food” ingredients that can be added to make this highly nutritious snack or meal. They are quick and convenient and depending on the ingredients, can be used for all types of diets and health initiatives. They are commonly used as part of detox plans, weight loss plans, and body building plans, as well as numerous other specialty diets. Smoothies and their benefits are as limitless as the imagination of those who make them.

Springtime is often associated with rainbows and the return of color to our natural surroundings. So I thought I might share some tasty and healthy smoothie recipes, one for each day of the week and each representing a color of the rainbow. My only issue in preparing this list of the seven smoothies in rainbow colors, was that the last two colors (indigo and violet) are actually just two shades of purple and in my opinion, not that much different in color. So I decided that instead of using those exact colors, I would add brown as the seventh color. So the smoothie colors I will include are: red, orange, yellow, green, blue, purple, and brown. There are entire diets based around eating foods of all different colors, because the colorful foods inherently contain different healthful ingredients. This was another reason that I wanted to include smoothie recipes that were all different in color. I added brown, because I wanted to add a smoothie that included cacao, for its flavor and antioxidant benefits.

Hopefully you will enjoy drinking this springtime rainbow and reap the nutritional benefits with each glass!

RED Serves: 2 Calories: 328 each

Quinoa Banana Berry Smoothie

½ c cooked red quinoa (cook and chill)
1 frozen banana (pre-sliced)
1 c frozen raspberries
1½ c green tea (home brewed without added sweeteners is best), add more or less depending on consistency preferred.
6 ice cubes

- Blend all ingredients in blender until smooth.

ORANGE Serves: 2 Calories: 144 each

Carrot Ginger Turmeric Smoothie

Carrot Juice

2 c carrots
1½ c filtered water (only if blending rather than juicing)

Smoothie

1 large ripe banana, previously peeled, sliced and frozen (more for a sweeter smoothie)
1 c (140 g) frozen or fresh pineapple
½ T fresh ginger (1 small knob, peeled)
¼ t ground turmeric (or sub cinnamon)
½ c (120 ml) carrot juice
1 T lemon juice (1/2 small lemon)
1 c (240 ml) unsweetened almond milk

- Juice carrots or, if blending, make carrot juice by adding carrots and filtered water to a high speed blender and blending on high until completely pureed and smooth. Add more water if it has trouble blending. Scrape down sides as needed.
- Drape a large, thin dish towel over a mixing bowl and pour over the juice. Then lift up on the corners of the towel and begin twisting and squeezing the juice out until all of the liquid is extracted.
- Transfer carrot juice to a mason jar with a cover. It will keep for several days, though best when fresh.
- Add smoothie ingredients to blender and blend on high until creamy and smooth.
- Add more carrot juice or almond milk if it has trouble blending. Scrape down sides as needed.
- Taste and adjust flavors as needed, adding more banana or pineapple for sweetness, lemon for acidity, ginger for bite, and turmeric for warmth.

YELLOW (This recipe claims that it helps melt belly fat, along with 30 minutes of daily exercise, but we’ll see....)

Fat Melting Yellow Smoothie

½ c pineapple
½ c mango
½ banana
1/3 c almond milk
1 T fresh orange juice
1 t flax seeds
1 T crushed almonds

- Blend all ingredients in a blender until smooth.
- For a frozen smoothie, freeze the fruit ahead of time.

GREEN Serves: 2 Calories: 162 each

Skinnylicious Protein Smoothie

1 avocado, peeled, seeded
1 organic (sweet) apple, cored, leave peeling on the apple
1 frozen banana

1 c baby spinach, loosely packed
1 c kale loosely packed, stems removed
1 c green tea, unsweetened (home brewed is best)
8 cubes ice

- Add the above ingredients to blender and blend until smooth.
- Add less green tea for a thicker smoothie.

BLUE Serves: 2

Almond Butter and Blueberry Smoothie

1 c almond milk
1 c blueberries (strong antioxidant)
4 ice cubes, or more to taste
1 scoop vanilla protein powder
1 T almond butter, or more to taste (full of protein)
1 T chia seeds, or more if desired

- Blend all ingredients in blender until smooth.
- Substitute flax seeds for chia seeds if desired.
- Coconut milk can be substituted for almond milk if desired.

PURPLE Serves: 2 Calories: 205 each

Red Cabbage and Blueberry Purple Smoothie

2 c red cabbage, chopped
1 c blueberries, fresh or frozen
2 medium bananas, peeled
2 t chia seeds, soaked for about 10 minutes
8 oz filtered water

- Start by adding the liquid to your blender, followed by the soft fruit.
- Blend on high for 30 seconds or until the smoothie is creamy.

BROWN Serves: 1 great way to start your day!

Raw Banana Cacao Breakfast Smoothie

1 frozen banana, sliced
2 medjool dates, pitted
2 T raw almond butter
2 T raw cacao powder
1 T chia seeds
1 c raw almond milk

- Blend all ingredients in blender until smooth.

References:

<http://skinnynms.com/quinoa-banana-berry-smoothie/>
<http://minimalistbaker.com/carrot-ginger-turmeric-smoothie/>
<http://www.healthyfoodstyle.com/melt-belly-fat-like-crazy-drinking-this-delicious-smoothie-every-day/>
<http://skinnynms.com/skinnylicious-protein-smoothie/>
[http://allrecipes.com/recipe/238528/almond-butter-and-blueberry-smoothie/?](http://allrecipes.com/recipe/238528/almond-butter-and-blueberry-smoothie/)
<http://www.incrediblesmoothies.com/recipes/red-cabbage-and-blueberry-purple-smoothie-recipe/>
<http://mydarlingvegan.com/2014/01/raw-banana-cacao-breakfast-smoothie/>

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

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Mar/Apr 2016

Two Months of Super Savings

Life Savings



New Products
Organic
Raw Protein
and Greens



23 oz

30% off



All
Products



25% off



All CLA
Products



35% off



Moducare

90 vcaps\$23.99

Kyo-Green

2.8 oz\$13.99

5.3 oz\$22.99



- **Aller Ease**
16 oz \$19.99
- **VM 100 Complete Multi**
32 oz \$28.99
- **Active 55 Multi**
32 oz \$28.99



- **B Complex 100**
100 vcaps. \$15.99
- **B Complex 50**
100 vcaps. \$9.99
- **B Complex Chewable**
50 wafers. \$8.99
- **Mega B-Stress**
120 vcaps. \$14.99



- **Triology Power for Men and Women**
30 packets. \$37.99
- **Pro-Matcha Protein All Flavors**
14-20 oz \$39.99



- **Alpha Lipoic Sustain**
60 tabs \$19.99
- **Joint Builder**
120 tabs. \$17.99
- **PS 100**
60 caps \$21.99



**Buy Any 7
Essential Oils
Receive Storage
Case for Free
(while supplies last)**



**All
Products**

25% off



**All
Products**

20% off



- **B-12 Energy Boost**
12 shots \$18.99
- **B-12 Packets**
75 packets. \$9.99
- **Relora**
60 vcaps \$12.99



**All Floradix
Formulas**

20% off



**All
Hair Color
Products**

\$10.99



**All
Products**

20% off



**All
Probiotics**

20% off



**All Omega 3
Products**

25% off



**Femmenessence &
Revolution Products**

20% off



**All
Products**

20% off



Raw Kale Krunch

2.2 oz

\$4.99



All Products

15% off



Chewy Fruit and Veggie Snacks

.42 oz

\$1.19

New Supplement & HBA Products

- Kuli Kuli Pure Moringa Powder
- Sunshine Protein Meal Replacement
- St. Tropica Hot Oil Treatment Coconut Oil Packs
- River Soap Company Assorted scents of bar soap
- Redmond Clay (topical and internal)
- Genesis Today Liquid Liver Cleanse
- Home Health Hyaluronic Acid Cream
- Moom Hair Remover
- Vibrant Health Pro Matcha (Protein + Matcha Tea)
- Life Extension Dopa (Mind) & Flora Assist (Mood)
- Natures Plus Org Pea Protein & Org Sunflower Protein

NEW PRODUCTS

Grocery

Artisana

- Raw Organic Coconut Butter
- Raw Organic Virgin Coconut Oil

Dr in the Kitchen

- Organic Flackers: Cinnamon Currant; Rosemary

Madecasse

- Vanilla Beans

Nutiva

- Organic Coconut Manna

Baby's Only

- Organic Toddler Formula Whey Dairy

Dr McDougall's

- Azteca Butternut Organic Soup
- Low Salt Vegetable Organic Soup

Epic Seed

- Chia Seed Greek Yogurt Blackberry
- Chia Seed Greek Yogurt Blueberry

Follow Your Heart

- Cheese Alternative Ground Herb Block Non-GMO
- Cheese Alternative Mozzarella Block Non-GMO
- Vegan Cheese Mozzarella Shreds Non-GMO
- Vegan Cheese Cheddar Shreds Non-GMO
- Vegan Powder Egg Non-GMO

Jennies

- Coconut Macaroon Gluten Free Backpack

Bark Thins

- Dark Chocolate Pretzel Snack

Tofurky

- Deli Slices Bologna Non-GMO
- Deli Slices Roast Beef Style Non-GMO
- Maple Bacon Organic Tempeh Strips

S7S

- Kale Chips Dill Pickle
- Kale Chips Lemon Olive Oil
- Kale Chips Sea Salt

Late July

- Organic Sriracha Tortilla Chip

Kettle

- Organic Kettle Chips Jalapeno
- Organic Kettle Chips Sea Salt Vinegar
- Vegetable Chips Beet Parsnip Sweet Potato
- Vegetable Chips Sweet Potatoes

Kind Bar

- Black Truffle Almond Sea Salt
- Dark Chocolate Almond Coconut
- Dark Chocolate Almond Mint
- Honey Roasted Nuts Sea Salt
- Raspberry Cashew Chia

Kashi

- Dark Chocolate Chia Cashew Bar
- Honey Nut Baklava Bar
- Chocolate Sea Salt Nutty Bar
- Peanut Hemp Crunch Bar

Woodstock

- Organic Rice Bites Dark Chocolate Sea Salt
- Organic Rice Bites Strawberry Yogurt

Schar

- Croissant Gluten Free
- Croissant Hazelnut Cream Gluten Free
- Artisan Baker White GF Bread

Beetnik

- Organic Grass Fed Beef Chili
- Organic Grass Fed Beef Meatballs
- Organic Chicken Meatballs

Riley

- Organic Dog Treats Apple
- Organic Dog Treats Peanut Butter Molasses
- Organic Dog Treats Sweet Potato

Zukes

- Z Bones Carrot

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

May/June 2016

Two Months of Super Savings

Life Savings



**Kind
Organic
Products**

30% off



**New
Item**

**BioChem
Whey Protein Powder
with Matcha Tea**

10.5 oz

\$19.99



Olive Leaf

90 caps\$15.99

Super Mushroom Blend

60 vcaps\$41.29

Lung, Bronchial, and Sinus Health

90 tabs\$18.99



Kyolic Formula 100

300 caps\$19.99

Kyo-Green

5.3 oz\$22.99

Moducare

90 vcaps\$23.99



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



- **Turmeric Extract**
60 caps. \$10.99
- **Boswellia**
60 vcaps. \$13.99
- **Yeast Cleanse**
90 vcaps. \$10.99
- **Circulegs**
60 vcaps. \$12.99



- **Full Spectrum Minerals**
120 caps. \$11.99
- **OptiZinc**
100 vcaps. \$6.99
- **Liquid Vitamin D-3**
1 oz. \$9.99



- **Inulin FOS**
6.3 oz. \$8.99
- **BrainBoost**
60 caps. \$17.99
- **PomeGuard**
60 vcaps. \$16.99



All Hair Color Products
\$10.99



New Line

All Products

20% off



All Flax Oil

20% off



All Probiotics

20% off



All Udo's Probiotics & Oils

20% off



- **All Ultimate Omega Formulas**
- **Algae Omega**

25% off



All Products

20% off



Steel Cut Side

- **Jambalaya**
- **Cheesy Oats**
- **Madras Curry**
- **Tomato Risotto**

7-9 oz **\$3.99**



Kale Chips

- **Chili Lime**
- **Garlic Onion**
- **Kool Ranch**
- **Smoky Bacon**
- **Sea Salt**

.75 oz **\$2.19**



Bottled Tea

14 oz **\$1.49**



Roasted Seaweed Snacks

.17 oz \$.99
.35 oz \$1.39

One Little State, One Big Company — The First GMO Labeling Victory!

We have been fighting for genetically modified organisms (GMO) foods to have required labeling for so long. In 1994, GMO foods sneaked quietly onto our grocery store shelves without the majority of consumers being aware. In fact, even today nearly 70% of the population believe they have not eaten GMO foods even though they are in 60-70% of all packaged foods!

The food companies could have labeled their products just as secretively from the beginning—after all, how many average grocery shoppers actually read the labels?—but they did not. Perhaps they felt it was unnecessary because GMOs were FDA approved. Perhaps they did not want consumers to become curious or reject GMO foods just because they were something new. Perhaps it was just about profits, even though grocery organizations have spent millions lobbying in defense against mandatory labeling.

Still, people began taking notice and learning more about health issues related to GMOs. By 2015, around 60% of Americans believe that GMOs are unsafe to eat and two-thirds of the population support labeling of GMO foods, according to polling. Even so, bills mandating GMO labeling on a federal level have been defeated repeatedly, as well as any state bills that tried the same, but . . . that all changed very recently.

Two years ago, one of our fifty states, a rather small one with just 0.19% of the country's population, passed into law what will be felt across the nation! However, it was not until March 18th of this year that the first company conceded. On that day, General Mills announced that it would begin to label its products containing GMOs by July of this year in order to comply with this one state's new labeling law—that will include *all* their products *all* across the *entire* nation, because it is impossible to label only the products sent to one state. Thank you, Vermont!

This concession has been held off as long as it could be. General Mills, along with many other food companies, was hoping for protection against Vermont's law to come from the federal level. There was a bill opponents dubbed the "DARK Act," standing for Deny Americans the Right to Know, in the U.S. Congress that would have stripped away all rights of the individual states to mandate GMO labeling, as well as possibly negate over 130 other state protection laws for seed and food across the nation. Vermont's valiant effort would not only have been overridden by this DARK bill, but it would have resulted in *only* the U.S. Congress having the right to change the laws regarding any such labeling of GMOs in the future. The DARK Act was defeated, albeit narrowly with a 48-49 vote, in the U.S. Senate on March 16th.

Now other food companies are also working to add GMO labeling to their products to comply fully with Vermont's deadline. While we are excited about this step in the right direction, it can have a downside: other states can make their own

laws specifying how products containing GMOs are to be labeled and that can make for ". . . a confusing patchwork of state-by-state rules," wrote Paul Norman, president of Kellogg North America. In fact, in January of this year, the Campbell Soup Company reversed its stance, coming out in support of mandatory GMO labels, not only to provide transparency that the majority of consumers are demanding, but in hopes of specific guidelines for labeling to be created that will be acceptable across state lines.

At this juncture, it may now be beneficial to parties on both sides of the issue to have federal mandates regarding GMO labeling. However, my concerns with passing federal laws to regulate the labeling has not changed: food companies can again lobby against it or attempt to make such labeling insignificant, therefore largely ineffective in making the information easy to find and read. Having Vermont "speak" for the entire country as to how GMO products must be labeled might be enough . . . for now.

Vermont also prohibits claims like "natural" in labeling or advertising for foods produced from genetic engineering, which redefines the term. The "natural" label usually describes no added coloring, artificial flavors, or synthetic substances, but since the term "natural" has not been regulated, food producers could and did include GMO foods under the natural label, which might be why the majority of the population believe they have not eaten GMO foods. In other words, generally people believed that "natural" meant no GMOs.

Unfortunately, Vermont's GMO labeling law exempts pet foods and livestock feed, as well as meats from GMO fed livestock, things I would like to be included. It also does not address restaurant foods. *Maybe other states could pass laws addressing these issues that will benefit most of the nation.* However, if just one other state passes GMO labeling laws that conflict or are not completely harmonious with Vermont's current laws on groceries for human consumption, then the organizations representing food companies could have a stronger case in future debates against all GMO labeling.

Regardless of whether you view this as a huge victory or just another small step in the right direction, the fight for GMO labeling is not really over. We need to continue to tell our representatives that we want GMO labeling. When you think about how two-thirds of the population support GMO labeling and yet the DARK Act was passed by the House of Representatives with a 275-150 vote in July 2015 to only be defeated by one vote in the Senate in March 2016, you can see the importance of why we need to keep working at having our concerns about GMOs heard by our representatives.

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

NEW PRODUCTS

Grocery

- Grainful Shelf Stable Side Dishes
- Justin's Nut Butters – Mini Peanut Butter Cups
- Supereats Kale Crisps Sriracha
- Rhythm Kale Chips
- Living Intentions Organic Cereal: Acai Blueberry, Cacao Crunch; Hemp and Greens
- Living Intentions Organic Sprouted Pumpkin Seeds
- Living Intentions Trail Mixes: Sprouted Wild Berry; Sprouted Mango Goji
- Beanitos 12 pack, single serve, Baked Mac n'Cheese Crunch; Baked White & Black Bean Chips; Fresh Garden Salsa White Bean Chips; Sweet Chili & Sour Cream Chips
- Piping Gourmet Whoopie Pies
- Carla Lee's Thai Coconut Burgers
- Applegate Organic Chicken Strips
- Tofurky Veggie Burgers Hearty Hemp; Spicy Black Bean; White Quinoa
- Sambazon Spring Greens Pack
- Epic Salmon, Sea Salt & Pepper Bar; Venison, Sea Salt & Pepper Bar
- Woodstock Jalapeno Relish
- Native Organic Powdered Coconut Milk
- Now Organic Powdered Soy Milk
- Celtic Organic Pepper & Salt Blend Grinder
- Field Day Sparkling Water, Original, Lemon, Lime; Canned Vegetables, Green Beans, Corn, Peas; Coconut Milk

- Late July Tortilla Chips, Jalapeno Lime, Buffalo Queso, Sriracha Fresca
- Lily Mix n'Go Aloe Drink Strawberry Kiwi, Pomegranate
- True to Brain Toniq
- True to Fit Toniz
- Food Should Taste Good Hummus: Black Bean, Chickpea, White Bean

HBC

- Earth Kiss - Facial Mud Masks
- Nourish - Organic Argan Butter and Shea Butter
- Sustain-Fair Trade Certified Condoms
- Aura Cacia - Essential Oil Diffusers
- Now - Fractionated Coconut Oil and 100% Cocoa Butter

Supplements/Nutrition

- Tera's - MCT Coconut Splash
- Orgain - Cold Brew Coffee Protein Drink; Grass Fed Protein Drink
- Ovega-3 - Plant Based Omega 3
- Forces of Nature - Topical Remedies (Muscle Pain, Eczema, Nerve Pain, Gout, Scars)
- Organic India - Triphala, Tumeric, Ashwaganda 180's
- Manitoba - Hemp Oil Capsules
- Genesis Today - Magnolia Bark, Poppy Seed Veggie Caps
- Yerba Prima Organic Psyllium Husks

Have a Field Day!

By Linda Townsend

Have you ever tried to convince people why eating organic foods is actually cost effective in the long run? How they might have less health issues? How they might feel younger or have more vitality? The most common excuse I hear against buying organic products is the cost, even from people who believe in them strongly. I understand because I have a pretty tight budget too, so I try to be as thrifty as I can by buying items in bulk, when on sale, and using coupons. I truly appreciate Life Grocery's dedication to getting the best deals available for their customers, but even so I cannot deny that organics can still take a bigger bite out of the grocery budget than conventionally raised foods. (Doesn't it seem upside down that "conventional" is what we label foods of the past century that were raised in a wide variety of chemicals, which were not *conventional* for thousands of years previously?)

I am cautious whenever a new brand makes its way to store shelves. I wonder if the company is reputable when it has not been out long enough to build a reputation. I wonder if the products are really organic or GMO-free, even if they are labeled. I wonder why I have not seen it in other stores. I especially am skeptical when the new brand is value priced! I understand that organics are far more labor intensive, therefore more expensive to grow, just from that aspect alone. If you have your own food garden, you may appreciate the extra work done by our organic farmers. I am still in awe how farmers are able to get organic peaches off the trees before the squirrels grab them, while they are not yet ripe, or protect the peaches from the various bugs that attack them. Or how they have peaches develop well when the weather is not ideal for them. I am lucky to get enough to fill a basket from the one peach tree I have; many years I did not get any!

When I began seeing Field Day® on Life Grocery shelves, I was very skeptical, but my attitude has changed. First of all, I trust Life Grocery because over the years I have come to know the managers and their high standards and dedication to carrying high quality products. I so much appreciate a health store that I can trust and I trust that Field Day® products were scrutinized before the first item was placed on their shelves.

You may be wondering why Field Day® products are not seen in the big chain stores. It is because the brand was formulated by United Natural Foods, Inc. (UNFI), an independent national distributor of natural, organic, and specialty foods

and products. Since UNFI is a supplier, their Field Day® brand is much like the private-label brands you would see in large chain grocery stores, only it is for independent natural food stores and co-ops like Life Grocery. Basically, when you buy any product with the Field Day® label, it is like buying Life Grocery's own private brand.

Usually I pass by private labels because so many have lower standards and so few have good quality, but Field Day® is impressive. The Field Day food products are guaranteed to be GMO-free, with no preservatives, artificial colors, or flavors. The canned goods are BPA-free. Much of the line is certified organic and continuously meets rigorous standards through third party certifications. In addition, the majority of Field Day®'s widening variety of products are produced in the USA!

Field Day® has made a commitment not just to the quality of ingredients, but also the quality of taste, which is important to families trying to keep committed to eating a healthier diet. What good is having healthy ingredients of a product your family will not eat because it lacks flavor or just plain does not taste good? My family has been trying various

Field Day products and we are quite pleased with the tastiness.

Lastly, Field Day® promises value-priced products that are more affordable than most name brands and on that they definitely deliver. As you might expect of a private label brand, all Field Day products are cheaper in price than comparative name brands, but some products are a surprising 50% lower! (Can I insert an eyebrow-raised "WOW!" here?) This is a very significant savings! Lower prices stretch our grocery budget, allowing us to purchase more without compromising our pledge to maintain an organic, non-GMO foods lifestyle. One could even say that Field Day® products are worth more than they cost!

Have you tried any of the Field Day® products yet or have you been missing out on having a field day with Field Day®? The yummy, value-priced remedy is waiting for you to pick it off the shelves at Life Grocery right now.

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



**Fall Member
Appreciation Day
Saturday,
9/17/16
12:00-4:00 pm**

*members receive
10% off*

all in-stock purchases 9 am-8 pm

A Sweet Fix

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

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

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

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

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

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

Date Paste

10 large or 20 medium dates, pitted
1¾ c water
1 T fresh lemon juice

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

By Jeani-Rose Atchison

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

Raw Fudge Squares

¼ c unhulled tahini
⅓ c coconut cream
1 c dates (make sure there are no seeds)
½ c each, raw almonds and macadamias
½ c raw cacao or dark cocoa powder
½ c shredded or dessicated coconut
organic coconut sugar (optional)

- Place all ingredients into a strong food processor and run until smooth.
- You may find it works easier if you grind the nuts first then add the rest slowly as your processor is running. My Thermomix does a good job with all the ingredients processed at once.
- Mix equal parts coconut sugar and cocoa powder, if desired, and sprinkle a thick layer on the bottom of a rectangular pan.
- With moist hands pat fudge into pan and sprinkle with more of the cocoa and coconut sugar mix. Alternatively, just pat straight into pan without additional sugar and cocoa.
- Refrigerate for 15 minutes and slice the fudge. Serve and Enjoy!

Jeani-Rose Atchison is a health advocate, and home-schooling mother of five who also finds time to write about nutrition, whole foods and environmental concerns. She authored, Every Day Vegan - 300 Recipes For Healthful Eating which is a mainstay in vegetarian kitchens. Atchison's latest book, Food for Thought - Thought for Food is chock full of delicious whole food recipes. It also takes a controversial look at the food we eat today and the processes involved in bringing it to your table. Can your food make you ill? The answer may shock you!

Looking at Future You

By Sarah Townsend

Even as a teenager, I often think about how I shall look and feel when I am older. When I look in the mirror I see a young me, but I sometimes imagine how I shall look and feel fifty years from now. A lot of older people have aches, memory issues, and medical problems. It is unavoidable that we shall have more physical and mental concerns when we are older than we do now, but our diet can actually reduce the amount and possibility of them.

One of the major factors in aging is called oxidative stress, which can be reduced through what you eat. Oxidative stress is an imbalance between the production of free radicals and the ability of the body to counteract or detoxify their harmful effects. In English, the longer we live, the more oxidative stress we accumulate; and the more

oxidative stress we accumulate, the more wear and tear on our cells.

So, how can we reduce oxidative stress? Some foods, like fresh fruits and vegetables, have been shown to support greater health, energy, and mental strength in aging bodies. However, the biological mechanisms that produce those results are not fully understood yet. Many researchers believe the beneficial effects are created not by a certain diet, but rather a variety of nutritional values in natural foods working in unison. This means you should focus on the produce aisle, rather than the aisles with processed foods.

When vitamins and other compounds are obtained by eating fresh organic foods, there are

continued on page 3

The Life Line
is a bi-monthly
publication of



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: Heather Wilmoth
Contributors: Jeani-Rose Atchison, Brenda Cobb, 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.

Volunteer Board of Directors

Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544
Linda Townsend	770-443-9963

In This Issue

- 1 Have a Field Day!
- 2 A Sweet Fix
- 2 Looking at Future You
- 3 Avocados - Not Just for Guacamole
- 4 Toxic Release Gives New Lease on Life

Avocados – Not Just for Guacamole

By Susan Esposito, DC, DACNB, FABES, FACFN

I first started appreciating the delicious nature and benefits of avocados many years ago when I was introduced to the delight that is guacamole. However, I couldn't imagine eating this oddly shaped fruit (yes, it is a fruit) in other ways. Over the years, I have developed a love for the flavor of avocados and have realized that they are useful in a multitude of recipes, giving health benefits, texture, and flavor to many different dishes and drinks.

There are many health benefits to eating avocados. An avocado has 9 grams of fiber, which is high. Fiber helps regulate our appetite, providing a sense of satiety, so we are compelled to eat less frequently. It feeds the good gut bacteria, to assist in a healthy bacterial balance for improved digestion. It is also high in healthy monounsaturated fats, most abundantly oleic acid, which is also the main component of olive oil. Oleic acid has been linked in research studies to reduced inflammation and has also been linked to lowering the risk of cancer.

Some of the many vitamins and minerals provided in avocados are:

- Vitamin B6, which assists in converting food into energy.
- Vitamin B9 (folate), which is important for normal cell function and tissue growth.
- Vitamin C, which is an antioxidant that is used in immune function and creating healthy skin.
- Vitamin E, which is another powerful antioxidant.
- Vitamin K, which is important for blood clotting.
- Potassium, which is beneficial for blood pressure control and heart health. Avocados contain higher amounts of potassium than bananas.
- Copper, which is a trace element that may help prevent adverse heart problems.

Other beneficial components of avocados are:

- Carotenoids, such as lutein and zeaxanthin, which are important for the health of our eyes.
- Persenones A and B, which are antioxidants that are linked in research to protective effects against inflammation and cancer.
- D-Mannoheptulose, which is claimed to assist with blood sugar control.

Although an avocado is very low in sugar compared to other fruits, having only 1 gram per whole avocado, the only downside that I have found in eating avocados in the high calorie count. There are approximately 320-360 calories per avocado (depending on the sources I read). That's before you add anything to it. Due to its highly caloric nature, some people in the past have advised against consuming this fruit, when trying to lose weight. However, due to all the benefits outlined above, you can see that it would be a good addition to any diet, including weight loss. The key is not to eat too much at once. My problem with eating only a half or a quarter of an avocado, is that the remainder turns brown and goes bad very quickly, before I am ready to eat it. I was told to squeeze some lemon on it and it would help slow the oxidation that turns it brown. However, when I tried this, it still turned partially brown, even after only one day in the refrigerator. I just read an article online that describes how you can actually freeze avocados, so you can buy a bunch on sale and not worry that they will go bad before you get a chance to consume them. Then you can unfreeze and use them with out worrying about wasting an unused portion. I wanted to share this information for all you avocado lovers who have struggled with the same issue.

Here are the instructions on freezing avocados:

1. Remove the flesh from a ripe avocado from its skin and remove the pit.

2. Place the flesh from the avocado in a bowl and mash it with a fork.
3. Add one teaspoon of lemon or lime juice for each avocado in the bowl and mix it all together well (this helps to keep the avocado green). For example, if you are using 3 avocados, mix in 3 teaspoons of lemon or lime juice.
4. Place the mixture in plastic freezer zip lock bags in the exact amount that you will use in the future. For example, if you only want to use a quarter cup at a time, that's how much you put in each bag, so the rest is not wasted. Don't put more than 2 avocados in each bag, because thawing will take too long.
5. Place the bags in the freezer until you're ready to use them.
6. You can thaw out the bags in one of two ways, when you want to use the avocado. You can put the frozen bag in a bowl and run cool water over the bag until it thaws. Otherwise you can take the bag out of the freezer and put it in the refrigerator 24 hours before you intend to use it, so it has time to thaw slowly.

Once the avocado is thawed, there are limitless ways to use it. You can use it in wraps, dips, smoothies, spread on sandwiches, on nachos, tacos, quesadillas, burritos, on salads, etc.

Happy avocado eating!

Resources:

<http://www.livestrong.com/article/254454-calories-in-a-half-avocado/>

<http://bravoforpaleo.com/2013/06/24/baked-egg-in-avocado/>

<https://authoritynutrition.com/foods/avocado/>

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

continued from page 2

great benefits. Some health experts think eating fresh or frozen fruit or vegetables may be better than taking supplements. This is because many supplements do not have the natural combinations needed to more fully support a healthy body, therefore no individual compound is as effective as when all the compounds work together.

Taking supplements is not bad, it actually helps. However, they are more effective with a healthy diet in slowing down the aging process. Even if this is not something you have been thinking about, especially if you are young like me, have you ever considered how future you will look and feel?

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.

**Be sure to “Like”
Life Grocery
and Café on Facebook
for recipe videos, health tips,
sales, events, members only
specials, and more!**

Toxic Release Gives New Lease on Life

By Brenda Cobb

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

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

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

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

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

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

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

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

Lemon is renowned for high concentrations of vitamin C and is very effective in cleansing the body, specifically detoxifying the liver and colon. Its high vitamin C count is also responsible for flushing out toxins as they get converted into a water-soluble substance.

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

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

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

Detoxifying your body and practicing good lifestyle habits will help keep the body free of many toxins. When you do good things for your body you will reap the benefits of good health and increased energy. You will also slow and reverse the aging process. It is well worth the effort.

Detox Smoothie

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

- Mix all the ingredients in the Vita-Mix until smooth.

Detox Juice

1 bunch celery
4 cucumbers
2 c sunflower sprouts
1 T ginger

- Juice all ingredients and drink throughout the day.

Detox Salad

2 c romaine lettuce
½ c celery
½ c cucumber
½ c zucchini
½ c sunflower sprouts
½ c buckwheat sprouts

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

Detox Dressing

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

- Blend all ingredients until smooth.

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



members receive

10% off

all in-stock purchases
9 am-8 pm



Fall Life Fest & Member Appreciation

9/17/16 from 12:00-4:00

**Free Natural Foods and Café Samples
Free Supplement, Health, & Beauty Aid
Samples Door Prizes • Music**

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

July/Aug 2016

Two Months of Super Savings

Life Savings



**New & Improved
Raw Organic
Protein
(smoother texture)**



\$31.79



Gummies 60 chews

B¹² \$11.99
Vegan D₃ \$16.49
D₃ \$11.99



**All Children's
Chewables**

30% off



Kyolic Garlic #100

300 caps \$19.99

Kyo-Green

2.8 oz \$13.99

5.3 oz \$22.99

VIBRANT HEALTH®

**Trilogy
(Men and Women)**
30 packets \$37.99

**Pro Matcha
(All Flavors)**
18 oz \$39.99



- **ACF-Kids**
16 oz \$18.99
- **Added Attention**
16 oz \$22.99
- **Children Complete**
16 oz \$13.99



**All
Diffusers**

\$36.99

Jarrow FORMULAS

- **Green Defense**
6 oz \$18.99
- **Glucose Optimizer**
120 tabs \$25.99
- **Jarro-Zymes**
100 caps \$12.99



**All
Hair Color
Products**
\$10.99



**All Organic
Bamboo Eco
Wear**
20% off



- Women's Adrenal Assist**
90 vcaps \$15.99
- Women's Symmetry Multi**
180 caps \$25.99

Wynndore Naturals Aromatherapy

**Selected
Essential Oils
for bug
deterrent**

20% off



- **Red Beet Crystals**
7 oz \$19.99
- **Kinderlove**
8.5 oz \$18.79
17 oz \$30.99



**Comfrey
Cream**
1.76 oz **\$14.99**



**Entire
Line**
20% off

Natural Health International
Conscious | Leading | Empowering

- **Maca Harmony**
 - **Maca Pause**
 - **Maca Life**
- 120 vcaps **\$27.99**

**All Omega and
Ultimate Omega
Softgel Formulas**



25% off



Organic Peas Please

- Garden Herb
- Sea Salt
- South West Spice
- White Cheddar

3.3 oz

\$2.29



Organic Dried Fruit

- Banana
- Jack Fruit
- Mango
- Papaya
- Pineapple
- Tropical Mix

2 oz

\$3.49

New Products

GROCERY

- Artisana Venzl Org Cacao Bars
- Earth Circle Organic: Chlorella Powder, Maca Powder, Spirulina Powder
- Living Intentions Cereal
- Heavenly Organics Sugar
- Stay Away: Moths, Rodents, Spiders
- Wholeme Paleo Granola Clusters
- Eating Evolved Paleo: Coconut Butter Cups, Signature Chocolate Bars
- Mother India Organic Meals
- Limonitz Organic Ginger Lemonade
- Jennies Chocolate Chip Macaroon Backpack
- Calbee Lentil Snaps tomato Basil
- Earth Circle; Cacao Nibs, Cacao Powder, Goji Berries
- Epic Jerky Bites
- Fuel Snacks Organic Paleo: Friendly Butter Toffee, Cinnamon Ginger, Coconut Vanilla, Swiss Chocolate
- Bioitalia Organic: Pesto Sauce, Tomato Pesto Sauce
- Amys Organic Swirls: Jalapeno, Mushroom Cheese



All Sunfood Products

20% off

- Divino Gelato: Tangerine, Peach, Plum, Lemon
- Hilarys Eat Well: Spicy Thai Burger, Curry Burger, Kimchi Burger
- Tasty Cookies 3-pack: Strawberry Shortcake, Vanilla Cupcake, Chocolate Cake
- Choice Tea: Earl Grey Lavender, Green Jasmine, Licorice Mint, Blackberry Hibiscus, Vanilla Rooibos
- Better Life Dryer Sheets: Unscented, Grapefruit, Lavender

HBC

- Nubian- Body Lotion-Abyssinian Oil and Chia Seed/ Soap-Abyssinian Oil and Chia Seed
- Topricin- Fibro Cream and After Burn Cream Shea Moisture- African Black Shave Butter

SUPPLEMENTS

- NeoCell- Move Matrix For Joints / Glow Matrix For Skin Green Foods- Organic Chlorella Tabs Bullet Proof- Brain Octane Caps

GMO Labeling Goes DARK

By Linda Townsend

In my recent article in the May/June 2016 Issue of *The Life Line*, “One Little State, One Big Company—The First GMO Labeling Victory!” I had written with so much hope and pride how Vermont, one of our smallest states with a tiny population, had held its ground on its GMO labeling law. It was an amazing victory because companies that sell nationally would not find it feasible to create GMO warning labels just on products going to Vermont to comply with its new law, which went into effect on July 1, 2016. Large food companies, like Mars and Kellogg, appeared to publicly concede that all their GMO foods would be labeled and the term “natural” would be removed from the label as well.

Today, all that is now gone. It is with a very heavy heart that I received the news that little Vermont’s law is no longer of any significance. On July 29, 2016, the President of the United States signed into law what many GMO labeling advocates feel is still inefficiently transparent, therefore barely a shade off of the “DARK Act,” standing for Deny Americans the Right to Know.

What happened? The Senate fast tracked bipartisan Bill S. 764, a new GMO labeling law which would supersede all state laws. It passed easily in the Senate and the House of Representatives being sent to the President’s desk on July 14, 2016. President Obama signed the bill into law on July 29, 2016 contrasting his 2007 campaign promise: “Here’s what I’ll do as President. I’ll immediately implement country of origin labeling because Americans should know where their food comes from. And we’ll let folks know whether their food has been genetically modified because Americans should know what they’re buying.” This law is not exactly what people believed was promised, even so it has come in the last months of his second term.

The new GMO labeling law is a compromise and like any compromise there are some things you might like about it and some you might not. Because of the law, there *should* be some manner of access to disclosure of GMO containing products, but can require the consumer to use a smart phone to scan the QR or UPC code or call an 800 number or go to a website, whichever method the company chooses to use. I personally feel this places far more effort on the consumer than should be necessary for point of decision sales, which typically occur in the shopping aisles of groceries stores. At least one company agrees: Campbell’s, which began clearly labeling its products voluntarily before the Vermont law, has pledged it will continue to do so.

I also find it ironic that Paul Norman, president of Kellogg North America, wrote that having each state make their own laws would be “. . . a confusing patchwork of state-by-state rules,” and I ask do these large food companies have that same passion for the consumer in the confusing patchwork of company-by-company policies that this law has now created?

I just cannot imagine a mother shopping with her young children, juggling her smartphone in one hand (if she has one) and one product at a time in the other to find the label method used on each product and possibly scan the label or type in a website address or call an 800

number to find out whether or not it has GMOs when having it printed on the label can make it known with just a glance! How are people at large to be made aware that they can scan products to know if they have GMOs? Also, how many products actually have QR codes . . . and if they are to be added, wouldn’t it be just as easy to print that the product does or doesn’t contain GMOs? Since the law also allows printing of a website address on the label to direct the consumer to the GMO information—again I am wondering why not just print whether or not it contains GMOs? When a customer is directed to a website, will the GMO information be on the first screen or will a person have to scroll down several screens to see it . . . or will it be in smaller print tucked away in the middle? Was this compromise law really necessary when several polls have shown repeatedly as much as 9 out of 10 of Americans want GMOs labeled?

Above I wrote there “should” be some manner of access to disclosure *because* compliance is voluntary and it would be difficult to check with all these methods. In fact, compliance with the law seems to be self-regulating without penalties for noncompliance at this time. Although the law is vague, lawmakers provided that the USDA has up to two years to devise guidelines for the labeling, which should include penalties. Basically, this law obliterated Vermont’s clear-cut law and the possibility of any other state laws of requiring GMO labeling, so that now we could have yet another two more years of GMO ambiguity!

As much as it may seem to be a drawback in many respects, the law is also broader reaching than Vermont’s.

Since this is a federal law, it includes products of smaller companies that would not have had to comply because their products are not sold in Vermont. In fact, it is estimated that 24,000 more products would require disclosure, according to the USDA. However, there are some questions about processed sugars and fats from GMO sources slipping through the requirements.

Polls have shown that nearly 60% of people would be less likely to buy GMO labeled foods, which is the reason why food companies do not want it on their labels at all. Placing more effort for the consumer to find out about GMOs in their products is to their advantage, because most people do not have the time to scan products or call numbers or look up websites when trying to get their family’s groceries each week. It also would be recommended to look up even the most familiar products from time to time as ingredients can change without notification.

If it is not clearly stated on the label, then it just is not *labeled!* That is why GMO labeling advocates feel this enacted the very DARK Act that they have been fighting against for years and the fight continues as lawsuits are being prepared to challenge the law on a constitutional basis. If you are in favor of GMO labeling, please do not give up. It’s still not over.

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



Winter Life Fest & Member Appreciation Day

Saturday, 12/10/16

12-4 pm

members receive

10% off

all in-stock purchases
9 am-8 pm



Free Natural Foods and Café Samples
Free Supplement, Health, & Beauty Aid Samples, & Door Prizes

Paleo Granola

By Kim Strickland, ND

I have quite a few friends who are eating Paleo these days. That simply means they are eating meat, fruits, vegetables, dairy, and natural sweeteners in limited amounts. The advantage of this is that most processed foods are eliminated from the diet by eating this way. Think about what most people snack on and you probably come up with a list that includes chips, cookies, bars, and sodas. By avoiding grains, all of these are taken away.

While I do not follow a Paleo diet, I do eat quite a few meals that are grain free. What I love most about Paleo cookbooks is that they use real ingredients. To eat a Paleo diet you should keep all kinds of nuts, seeds, coconut oil, butter or ghee, and dried fruits on hand.

My son and I found this recipe from Danielle Walker. It takes time, but is so delicious. The nuts are soaked overnight which makes them easier to digest. They are dried at a low temperature for a long time which preserves the nutrition in them.

Most of the ingredients for this recipe are available in the bulk section of Life Grocery; the butter and vanilla are available in the grocery section. The parchment paper is available in the general merchandise section.

Vanilla Almond Granola

1 c walnuts
1 c almonds
1 c pecans
¼ c pumpkin seeds
1 t sea salt
¾ c melted honey or maple syrup
2 T butter or ghee, melted
1 ½ T vanilla extract

1 T cinnamon
½ c coconut
½ c raisins

- Place all nuts and seeds in water and cover by 1 inch of water with 1 t of salt.
- Soak 24 hours.
- Drain and put on paper towels.
- Process in food processor to the size of oats.
- Add honey, ghee, vanilla, cinnamon, and salt.
- Pulse until combined.
- Pour mixture into a bowl.
- Add coconut.
- Spread on 3 parchment paper-lined baking sheets with sides.
- Place in 170 degree oven and use a wooden spoon to keep the oven door cracked to let the moisture out.
- After 2 hours stir. Cook for another hour. Turn oven off and close the door and keep the granola in the oven for 1 more hour.
- Add 2 T cocoa powder, 1 T flaxseeds, ¼ c chocolate chunks and ½ c freeze-dried strawberries for another option. Add chocolate and strawberries after dried in oven.

[For a raw vegan version, use coconut oil instead of butter or ghee and replace the sweetener with stevia or avoid a sweetener altogether.]

Kim Strickland is a naturopath, a mathematics educator, and a mother of three boys. She homeschools her boys and teaches online. She earned her doctorate degree from Clayton College of Natural Health in 2005.

Set Your Clock

By Sarah Townsend

Some people are determined to get up at 6 AM and go for a jog, while others cannot fathom getting winded before noon, and others stay up late on the treadmill. For instance, my dad likes to exercise at night and my mom prefers morning, as do I. But really, what is the best time to exercise?

There is no evidence to suggest a best time for exercising, but the time of the day can influence how you feel while exercising. People have something called a circadian rhythm, basically a "body clock" that determines whether you are a night owl or an early bird. It is governed by the Earth's 24-hour rotation pattern. It influences your blood pressure, body temperature, hormone levels, and heart rate, all of which play a role in exercising. All the research I found says that everyone's body clock is different. Using your body clock as a guide to know when to hit up the gym is great, but there are other things to consider such as family and work schedules, or a friend's availability to work out with you.

If you have trouble with consistency, exercising in the morning may be for you. Research suggest in terms

of performing a consistent exercise habit people who exercise in the morning tend to do better, so that they can get it done before other pressures start to interfere. Or you might prefer exercising in the afternoon, as you are not fighting your body to wake up. Just make sure not to do rigorous exercise right after eating, as that can make you feel ill.

However, the bottom line is to just choose a time with which you feel comfortable and make it a part of your schedule. If your goal is to make exercising a habit, the best time of day that works for you could be morning, afternoon, or evening. Try all three and see which one feels best. The most important thing is to choose a time of the day you can stick with so that exercising becomes a habit. You can set your own clock!

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.

*The Life Line
is a bi-monthly
publication of*



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: Heather Wilmoth
Contributors: Dr. Susan Esposito, Ronnie B. Hudson, Kim Strickland, 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.

Volunteer Board of Directors

Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544
Linda Townsend	770-443-9963

In This Issue

- 1 GMO Labeling Goes DARK
- 2 Paleo Granola
- 2 Set Your Clock
- 3 The Raw Doggo
- 4 Awesome Avocados

The Raw Doggo

By Sarah Townsend

Recently, our German shepherd dog, Hanah, passed away. We got her after she retired from being a border patrol officer in Texas at six years old. At that point, she had problems with her eyes that my parents associated with too many toxins in her system. We detoxed her and put her on a raw diet, and her vision was saved and she lived with us for eight more fun-filled years. Our commitment to eating healthy is not just confined to ourselves, but includes our pets as well.

If you feel the same, you might want to consider a similar diet to what dogs eat in the wild. The benefits of this diet are shinier coats, healthier skin, cleaner teeth, higher energy levels, and smaller stools. The diet typically consists of raw meats; raw organs, such as livers and kidneys; raw eggs with the shells; some dairy such as yogurt; vegetables, like broccoli, spinach, and celery; and apples or other fruits. In fact, we called our dog Hanah Banana because she loved bananas so much, skin and all. Whole raw bones should also be added, but never cooked because they can splinter possibly

causing internal injuries.

If you are concerned about the risk of bacteria in the raw meat, consider that many types of dangerous bacteria and fungus has been found in commercially processed dog foods. The raw food diet is superior to commercial dog food because the processing cooks out important nutrients and natural occurring enzymes found in raw foods that are needed for proper digestion. Just like us, dogs can have many issues caused by improper digestion, including skin and food allergies.

We do not know what Hanah was fed or what medications she was given for the six years before she became part of our family, but the raw diet really helped her to enjoy better health the last eight years. Don't your furry doggos deserve raw, natural health?

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.



**Café Life
Hours**

**Monday-Sunday
12 pm-5 pm**

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



Life Grocery & Café
NATURAL FOODS

Winter Life Fest & Member Appreciation Day



**12/10/16
12:00-4:00**

members receive
10% off

all in-stock purchases
9 am-8 pm

**Free Natural Foods and Café Samples
Free Supplement, Health, & Beauty Aid Samples Door Prizes**

Awesome Avocados

By Susan Esposito, DC, DACNB, FABES, FACFN

In my last article, I wrote about many of the beneficial qualities of avocados, along with many reasons why this particular fruit, that is often mistaken as a vegetable, should be part of everyone's diet. I also mentioned that in my next article I would talk about different ways that we can include avocado in our diet, so here we go.

The first thing you want to look for is a ripe avocado. You can tell when an avocado is ripe by gently pressing into the skin. When the avocado is ripe, it should feel like you're pressing on the tip of your nose, it should have a little give. When an avocado is not yet ripe, it will feel hard and firm against your pressure. Often the only way you can purchase an avocado is before it's ripe, because that's all you can find at the grocery store. That's why if you're planning to make an avocado dish, you may want to go shopping for your avocados a few days before you are planning to serve them. If you buy the avocados early when they're still hard, just put them on a plate or in a bowl on your countertop. This will allow them to ripen within 1 to 3 days. If you put them in the refrigerator, it will slow down the ripening process. On the other hand, if you go to the store and you pick up an avocado and you press into it, you may find that it feels extremely soft, such that your thumb can easily depress to it. This usually indicates that the avocado is over ripe. When an avocado is over ripe, it tends to taste bitter, be stringy, and will usually have black spots inside of it.

Once your avocado is ripened, there are many things that you can do with it. Some people like to just cut it in half, pull out the pit, and slice it. Avocado slices are very tasty especially when eaten in conjunction with other fruits, vegetables, or cheese. The slices can also be placed on a sandwich or in salads or soups for its creamy, tasty contribution. Alternatively you can take the avocado flesh out of the skin and mash it with a fork. The creaminess of the mashed avocado is often used as a spread on sandwich wraps or bread instead of mayonnaise. It is also used in place of mayonnaise in dips, dressings, and other spreads.

Avocados work well in smoothies due to their thick and creamy consistency. I like to put it in with frozen fruit for a very tasty smoothie. In a blender I put a cup of filtered water, half of an avocado that's been peeled, pitted, and chopped (make sure it's ripe), 2 cups of spinach, 2 cups of frozen fruit (I prefer pineapple), and if you want to make it sweeter, you can put in 1 or 2 tablespoons of honey. Then just blend it up and sip away at this delicious and nutritious smoothie!

Now if you prefer your avocados hot, I found this delicious avocado and tortilla soup recipe that takes less than an hour to prep and cook on *avocados central.com*:

Avocado and Tortilla Soup

- ½ c onion, minced
- 3 cloves roasted garlic
- 1 T olive oil

- 1 (15½ oz) can of tomatoes in juice, diced
- 3 pt chicken broth
- ¼ c cilantro leaves, coarsely chopped
- ½ t seasoned salt with red pepper
- frying oil
- 10 corn tortillas (day old) cut in strips
- 2 ripe, fresh Hass avocados, peeled, seeded, and cubed or sliced
- 2 c queso fresco cheese, crumbled
- 2 limes, quartered

Directions:

- In a skillet sauté onion and garlic in oil 1 to 2 minutes or until onion is transparent.
- Place sautéed onion and garlic mixture with tomatoes in juice in a blender and blend for 30 to 45 seconds.
- In a stockpot combine puree mixture, chicken broth, cilantro, and seasoned salt.
- Bring to a boil; reduce heat, and simmer 10 minutes longer.
- Heat ½ oz oil in a small saucepan.
- When hot, add tortilla strips a few at a time and fry, turn at least once; cook 1 to 2 minutes or until golden brown.
- Remove from oil with tongs. Drain on paper towels.
- Place equal portions of cooked tortilla strips in shallow soup bowls.
- Ladle hot soup over, garnish with avocado, cheese, and lime juice to taste.

Another amazing hot comfort food is Avocado Mac and Cheese. I found this delicious twenty five minute recipe at *twopeasandtheirpod.com*:

Avocado Mac and Cheese

- 10 oz dry elbow macaroni
- salt for boiling macaroni
- water for boiling macaroni
- 2 cloves garlic, minced
- 2 avocados, peeled and pitted
- 2 T fresh lime juice
- ⅓ c chopped fresh cilantro
- 2 T butter
- 2 T all-purpose flour
- 1 c milk
- 2 c shredded Pepper Jack cheese
- salt and pepper, to taste
- fresh avocado chunks, for garnish, if desired

Directions:

- Bring salted water to a boil in a large pot.
- Add macaroni. Stir and cook until al dente, about 8-10 minutes. Drain and set aside.
- While the pasta is cooking, make the avocado sauce by placing the garlic, avocados, lime juice, cilantro, salt and pepper into a food processor or blender.

Process until smooth and creamy. Set aside.

- To make the cheese sauce, place butter in a small saucepan and heat over medium heat. When butter is melted, whisk in flour to create a paste. Whisk in milk until smooth. Stir with a wooden spoon until the sauce starts to thicken. Add Pepper Jack cheese and stir until cheese is melted and sauce is creamy.
- Place macaroni in a large bowl. Pour the avocado sauce over it and stir until well coated. Add the cheese sauce and stir until macaroni is coated and creamy.
- Add salt and pepper, to taste. Serve warm. Garnish with fresh avocado chunks, if desired.

Note that the lime juice keeps the avocado from browning. The mac and cheese is best eaten the first day, but it is still good the second day. The pasta may turn slightly brown, but not bad. If you want a milder flavor, you can use Monterey Jack or White Cheddar Cheese.

Guacamole is an extremely popular way to eat avocados. It is also super healthy when made with all fresh ingredients. To make it you can just mash two ripe avocados (remove skin and pit) in a bowl and add 1 chopped ripe tomato, a small chopped onion, 1 clove of minced garlic, the juice of 1 medium sized lime and salt, pepper, and cilantro to taste.

If I'm really pressed for time, I make a super quick guacamole by mashing an avocado in a bowl and pouring in some store bought salsa from a jar to taste. Guacamole in just a few minutes!

References:

- <https://www.avocadocentral.com/avocado-recipes/avocado-and-tortilla-soup>
- <http://www.twopeasandtheirpod.com/stovetop-avocado-mac-and-cheese/print>

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

**“Like”
Life Grocery
and Café on
Facebook
for recipe videos,
health tips, sales,
events, members
only specials, and
more!**

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Sept/Oct 2016

Two Months of Super Savings

Life Savings



- Prenatal Once Daily 30 caps**\$16.99
- Organic Plant Collagen Builder**
- 60 v-tabs** \$22.99
- Whole Food Magnesium 190 g** ... \$15.99
- Whole Food Magnesium 391 g**
- assorted flavors**\$27.99



- Gummies 60 chews**
- B¹²** \$11.99
- Vegan D₃** \$16.49
- D₃** 11.99



- Sea Rich Omega 3**
- **Grapefruit Punch**
- **Coconut Lime**
- 6 oz** **\$18.79**



- Kyo-Dophilus**
- 45 caps**\$8.99
- 90 caps**\$14.99
- 180 caps**\$24.99



All Do Matcha Products

10% off



All Products

25% off



September
All Products 20% off

October
Organic Valerian \$8.99
Organic Dandelion . . . \$11.99
100 vcaps



All Products

20% off



New Item!
Classic Plus
All Flavors

20% off



All Floradix Liquid Formulas

20% off



All Maca Formulas

\$27.99



All Products

20% off



- **Sleep Optimzer**
60 caps. \$14.99
- **Ultra Bone Up**
120 tabs \$22.99
- **Alpha Lipioc Sustain**
60 tabs \$19.99



All Probiotics
20% off



All Essential Oils

10% off



All Liquid Formulas and
All Ultimate Omega Formulas

25% off

Supplements

- Garden Of Life
- Whole Food Magnesium Various Flavors
8 oz \$16.09 16 oz \$27.99
- Dr Formulated Shelf Stable Probiotics
Mood, Prenatal, Prostate, and Urinary Tract Formulas
60 vcaps \$31.99
- Organic Plant Collagen Builder 60 vtabs \$23.09

HBA

- Giovanni
- Cherry Blossom Rose Shampoo and Conditioner
8.5 oz \$8.09 24 oz \$11.00



Coconut Milk Caramels

1 oz \$1.49
3.5 oz pouch \$3.59



- Flaxseed
- Multi Grain
- Pumpernickel

17.6 oz

\$3.99



- Original Nut Milk
- Unsweetened Nut Milk

32 oz

20% off

Justin's Snack Pack & Pretzels

- Classic Almond Butter
- Maple Almond Butter
- Chocolate Hazelnut Butter

1.3 oz

\$1.99



Beet Chips

- Cinnamon and Coconut Sugar

1.4 oz

- Naked
- Sea Salt

\$3.39



Member Appreciation Day

Saturday, 12/10/16
12-4pm

All in-stock member purchases 9am-8pm

10% off

New Products

Grocery

- Let's Do Organic Sweet Condensed Coconut Milk
- Kitchen Accomplice Organic Bone Broth Concentrate Chicken or Beef
- Pacific Organic Bone Stock Chicken or Turkey
- Daiya Pizza Gluten Free
- Hilary Veggie Burgers 4 new flavors
- Go Raw New Sprouted Organic Bars Cinnamon Spice, Dark Chocolate, or Mint Chocolate
- Pamela Nut Blend Flour
- Earth Circle Organic Coconut Crystal Sugar
- Kind Pressed Bars Apricot, Mango, Pineapple, Cherry

- Clifia Tangerine Juice
- Unsweet Cold Coffee Brew
- Coconut Milk Creamer
- Living Soda Organic Kombucha Culture Cola, Rootbeer, Sparkling Ginger
- Bob's Gluten free Oatmeal cups Apple Cinnamon, Blueberry Hazelnut, Brown Sugar Maple, Classic
- Bob's Paleo Baking Flour
- Bob's Protein Powder Chai, Vanilla, or Chocolate
- Bob's Nutritional Fiber Protein Booster

Bulk

- Grandy Oats Cashews, Maple Roasted or Nori Sesame
- Grandy Oats High Antioxidant Organic Trail Mix

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Nov/Dec 2016

Two Months of Super Savings

Life Savings



- PreNatal Once Daily 30 caps \$16.99**
- Organic Plant Collagen Builder**
- 60 v-tabs \$22.99**
- Whole Food Magnesium 190 g . . . \$15.99**
- Whole Food Magnesium 391 g**
- assorted flavors \$27.99**



**Receive Free Shaker Cup
with Purchase of 2 Cans of
BioChem Protein Powder**



**Receive Free Booklet with
Purchase of Oreganol Oil**



- KyoDolphilus**
- 45 caps \$8.99**
- KyoDolphilus**
- 90 caps \$14.99**
- KyoDolphilus**
- 180 caps \$24.99**



- **Vitamin C 500 mg**
250 vcaps\$19.99
- **Vitamin C 1000 mg**
250 tabs\$20.99
- **Vitamin C Powder (Non-Acidic)**
8 oz.....\$16.99



- **Prevention ACF**
16 oz.....\$17.99
- **ACF**
16 oz.....\$18.99
- **Children 's ACF**
16 oz.....\$17.99



All Diffusers

\$36.99



- **IP6**
120 vcaps\$12.99
- **Alpha Lipoic Acid**
60 tabs.....\$19.99
- **Joint Builder**
120 tabs.....\$18.99



All Hair Color Products

\$10.99



All Olive Leaf Formulas

20% off



- **Olive Leaf**
60 vcaps\$19.99
- **Oregano**
60 vcaps.....\$19.99
- **Elderberry Syrup**
3 oz.....\$15.99



All Probiotics

20% off



All Udo's Probiotics

23% off



Entire Line

20% off



All Ultimate Formulas

25% off

New Grocery Products

- Food For Life Ezekiel Sprouted Organic Waffles: Original, Golden, Apple nut
- Good Pops: Coconut Lime and Strawberry Lemonade Frozen Pop Bars
- So Delicious: Mini Mocha Almond Milk Frozen bars
- Tofurky Pockets: Ham and Cheese, Pepperoni Pizza single serve
- Gardein: Breakfast Pocket Eggless Scramble
- Veggie Tot Fries Broccoli & Sweet Potato
- Daiya Gluten Free Pizza: Cheese Lovers, Mushroom & Garlic
- Wildbrine: Kimchi Live Shots
- Beard Organic Raw Energy Bars: Raspberry Lemon; Blueberry Vanilla

- Jennie Organic Raw Bars: Cacao Pow Coconut; Goji Moji Coconut
- Hannahmax Baking Cookie Chips: Chocolate Chip, Cinnamon Sugar, Dark Chocolate Chocolate Chip, Original
- Happy Puffs: Dino Kale & Spinach, Tomato Basil
- Good Health: Veggie Pretzels
- Kate's: Tram Bites, Grizzly Bites
- Rhythm Beet Chips: Cinnamon & Coconut Sugar
- Milkadamia: Macadamia Nut Milk
- Seapoint Farms: Seaweed Fava Chips, Pumpkin Sesame Seaweed Crisps
- Element Snacks: Chocolate Dipped Rice Cakes
- Kitchen Accomplice Organic Bone Broths: Beef, Chicken

- Coconut Secret Ungranola Coconut Bars: Original, Chocolate Chocolate Chip, Coconut Chocolate Chip

New Supplement/HBA Products

- Garden Of Life- Whole Food Magnesium 8 oz and 16 oz. Various Flavors \$16.09 and \$27.99
- Dr Formulated Shelf Stable Probiotics Mood, Prenatal, Prostate, and Urinary Tract Formula's 60 vcaps \$31.99
- Organic Plant Collagen Builder 60 vtabs \$23.09
- Giovanni Cherry Blossom Rose Shampoo and Conditioner 8.5 oz/\$8.09; 24 oz/\$11.00

SPECIAL! Organic Dried Mulberries
sale price \$19.99 /lb
regular price \$25.49/lb
while supplies last

Simplicity for the Holidays

By Linda Townsend

You probably have heard some version of this old story about a child asking her mother why she cut the end off the ham before cooking it. The mother was not sure why, but said her mother always did it that way and that is why she did it. The child asks her grandmother the reason and the grandmother also said her mother had always done it that way. The child then asks her great grandmother and she is told that was the only way to get it to fit in the pan she had.

Most traditions started that way: people had a reason for doing something the way they did even if that reason has been lost through time or its purpose is no longer necessary. In fact, we now know that some traditions can be seen as more than outdated and inconvenient to even obstructive and unhealthy, like men smoking cigars or pipes after a meal.

Whenever I would think of the holidays, I would think of family gatherings and parties with friends . . . and all the foods and sweets. Most of the holiday get-togethers I attended were usually draped with hospitality and traditions, including traditional dishes. One tradition my grandparents made sure that I understood is that hospitality never goes out of style, but I have also learned how one goes about showing hospitality can differ greatly from one place to another, from one family to another.

In my family, my aunt was the role model for hospitality and keeping family traditions as she prepared and served the perfect holiday meal, since she always had the tastiest foods and was a wonderful hostess. So much variety of flavorful dishes with which to stuff ourselves to painful limits! There was usually roasted turkey and baked ham, sweet potato casserole, dinner rolls, green bean casserole with French fried onions on top, gelatin salad, mashed potatoes, various vegetables, sweet breads, lots of pies and other desserts. My mother-in-law, from the same era, did about the same, although some foods were a bit different. But *everyone* I knew made this one dish: green bean casserole with mushroom soup and French fried onions. I liked it when I was a young child, but somewhere along the way to adulthood, I lost any attraction I may have had for it, although I still would take at least a spoonful to be polite and show my appreciation for the work that went into the meal.

Since my husband loves to cook far more than I do, he is the main chef and planner for our holiday dinners. I'd rather prepare most of the foods that are done a day or two, even up to a week, before the feast, like make homemade rolls or biscuits, pies, and coleslaw, so that we are not crowding

each other in the kitchen. Although the gelatin salad was the first to disappear from our holiday table, a few years ago, as we were planning our Thanksgiving meal, I began wondering why my husband was still making a green bean casserole for the holidays when we ended up throwing about half of it away. One year I suggested that we not make it. It actually felt wrong to think about not making it, like it would be breaking some law, because it was such a traditional dish in both our families.

Having let go of those two dishes, we also thought about some of the others, for while my aunt made the feast the tastiest, it may not have been the healthiest by today's standards. Everything, but the gelatin salad and a few finger vegetables, was served hot, so everything was cooked or baked. I prefer more raw foods with the meal. So I thought, why not have a fresh salad? I probably eat a salad four or more times each week, but how does that make the holiday meal less special to serve my favorite dish?

Also, just not adding sugar to so many foods is a very simple change. So, why not just have baked sweet potatoes everyone could fix their own way instead of a *sweeten* sweet potato casserole? Why not make simple dishes and spend more time with the family, rather than so much time cooking?

My favorite holiday meal became brine turkey cooked on the grill, gravy, dressing, baked sweet potatoes or garlic mashed potatoes, fresh salad and/or coleslaw, homemade sourdough rolls or biscuits, and a cooked vegetable. Later on we would have our choice of two homemade pies, usually pumpkin or sweet potato and apple or cherry, with homemade ice cream.

I noticed something since we allowed ourselves to have this simplicity (and far less sugar). We do not overeat as much and we feel better after the meal than we did eating the traditional foods. We are less tired and stressed during the holidays. Also, clean up was a bit quicker and easier.

Traditions change because our purposes change. We do not have to cut off the end of the ham if we have a pan into which it does fit. Our purpose is not to carry on traditions that no longer fit our purpose, but to create a tradition that works toward maintaining good health for us now, as well as one that our daughter will carry on with her future family, because that is our purpose. But my grandparents were right about this one thing: hospitality never goes out of style. Share your holidays!

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

Paleo Granola

By Kim Strickland, ND

I have quite a few friends who are eating Paleo these days. That simply means they are eating meat, fruits, vegetables, dairy, and natural sweeteners in limited amounts. The advantages of this are that most processed foods are eliminated from the diet by eating this way. Think about what most people snack on and you probably come up with a list that includes chips, cookies, bars, and sodas. By avoiding grains, all of these are taken away.

While I do not follow a Paleo diet, I do eat quite a few meals that are grain free. What I love most about Paleo cookbooks is that they use real ingredients. To eat a Paleo diet you should keep on hand all kinds of nuts, seeds, coconut oil, butter, or ghee, and dried fruits.

My son and I found this recipe from Danielle Walker. It takes time but is so delicious. The nuts are soaked overnight which makes them easier to digest. They are dried at a low temperature for a long time which preserves the nutrition in them.

You can find most of the ingredients for this recipe in the bulk section of Life Grocery along with butter and vanilla. You can also find the parchment paper at Life.

Vanilla Almond Granola

1 c walnuts
1 c almonds
1 c pecans
¼ c pumpkin seeds
1 t sea salt
¾ c melted honey or maple syrup
2 T butter or ghee, melted

1 ½ T vanilla extract
1 T cinnamon
½ c coconut
½ c raisins

- Place all nuts and seeds in water and cover by 1 inch of water with 1 t of salt.
- Soak 24 hours. Drain and put on paper towels to dry.
- Process in food processor to the size of oats.
- Add honey, ghee, vanilla, cinnamon, and salt. Pulse until combined. Pour mixture into a bowl. Add coconut.
- Spread on 3 parchment-lined baking sheets with sides. Place in 170° oven and use a wooden spoon to keep the oven door cracked to let the moisture out. After 2 hours stir.
- Cook for another hour. Turn oven off and close the door. Keep the granola in the oven for 1 more hour.

Additional Options

Add 2 T cocoa powder, 1 T flaxseeds, ¼ c chocolate chunks and ½ c freeze-dried strawberries for another option. Add chocolate and strawberries after dried in oven.

Kim Strickland is a naturopath, a mathematics educator, and a mother of three boys. She homeschools her boys and teaches online. She earned her doctorate degree from Clayton College of Natural Health in 2005.