

Probiotics Can Affect More Than Just Digestion

By Dr. Michael T. Murray

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

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

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

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

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

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

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

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

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

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

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

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

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



Life Grocery & Cafe
NATURAL FOODS

Fall Life Fest

and Member Appreciation Day

Saturday, 9/29/12

12:00-4:00 pm

members receive 10% off

all in-stock purchases 9 am-8 pm

High Blood Pressure in Children Doubles

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

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

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

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

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

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

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

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

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

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

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

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

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

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

References:

http://kidshealth.org/parent/general/body/overweight_obesity.html#

Lobstein, T., Baur, L. and Uauy, R. (2004), *Obesity in children and young people: a crisis in public health. Obesity Reviews*, 5: 4–85. doi: 10.1111/j.1467-789X.2004.00133.x

Hypertension: 20 Jun 2012 - 0:00 PDT
<http://www.nlm.nih.gov/medlineplus/obesityinchildren.html>

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

The Life Line
is a bi-monthly
publication of



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

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

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

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

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: Jeani-Rose Atchison, Betsy

Bearden, Brenda Cobb, Dr. Joe Esposito, Dr.

Susan Esposito, Ronnie B. Hudson, Dr.

Michael T. Murray, Rene Oswald, Dr. Kim

Strickland, Linda Townsend

Life Grocery Store, Inc. Mission Statement

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

Volunteer Board of Directors

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

In This Issue

- 1 Probiotics Can Affect More Than Just Digestion
- 2 High Blood Pressure in Children Doubles
- 3 Nutrition and Life Extension
- 4 Sourdough: Starter to Slice-Pt. 1
- 5 A Sweet Fix
- 5 What Do Those Numbers Mean?
- 6 Heavy Metals Can Destroy Health
- 7 Sweet Summertime Tomatoes
- 7 Eating Healthy on the Road
- 8 Greens: How do You Know When Enough is Enough?

Nutrition and Life Extension

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sourdough: Starter to Slice-Part 1

By Linda Townsend

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

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

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

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

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

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

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

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

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

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

Café Life

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

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

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

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

*Freshly baked from scratch
pastries and breads
including gluten free, wheat free,
and dairy free options
On-Site and Off-Site
Catering*

FREE WI-FI



**Check out our
Life Savers
Members Only
Specials!**

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

A Sweet Fix

By Jeani-Rose Atchison

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

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

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

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

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

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

Date Paste

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

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

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

Raw Fudge Squares

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

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

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

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

What Do Those Numbers Mean?

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

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

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

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

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

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

Examples

4139: Conventional Granny Smith apple

84139: Genetically Modified
Granny Smith apple

94139: Organic Granny Smith apple

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



To receive
periodic emails
that
include store
events,
store sales,
Café Life
info, action
alerts,
announcements,
and special event
reminders send
an email to:
joinmylife@lifegrocery.com

Heavy Metals Can Destroy Health

By Brenda Cobb

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

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

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

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

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

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

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

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

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

Detox Smoothie

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

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

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



Life Grocery & Cafe
NATURAL FOODS

Fall Life Fest

and Member Appreciation Day

Saturday, 9/29/12

12:00-4:00 pm

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

Sweet Summertime Tomatoes

By Betsy Bearden

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

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

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

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

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

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

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

Loaded Tomato Sandwich

makes two sandwiches

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

Avocado Dressing:

- Slice the avocado in half and remove seed.

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

Assemble your Sandwich:

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

References:

<http://en.wikipedia.org/wiki/Tomato>
<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2682/2>

*Betsy Bearden is a certified and published writer, and is the author of a self-published cookbook, **Normal People Eat Tofu, Too**. She has worked as a volunteer chef, and cooking class instructor, and as a reporter for The Paulding Neighbor Newspaper. You can reach her at betsybearden@bellsouth.net or visit her website where she offers professional writing services at www.creativewrites.net.*

Eating Healthy on the Road

By Dr. Kim Strickland

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

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

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

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

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

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

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

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

Greens: How do You Know When Enough is Enough?

By René Oswald, RN, APH

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

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

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

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

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

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

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

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



Life Grocery & Cafe
NATURAL FOODS

**Fall Life Fest
and Member
Appreciation Day
Saturday, 9/29/12
12:00-4:00 pm**

**members receive
10% off**

all in-stock purchases 9 am-8 pm

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

July/August 2012

Two Months of Super Savings

Life Savings



Raw Protein All Flavors

622 g\$26.79

2.6 lb\$36.79

Perfect Food Raw Greens

240 g\$29.99



Flex-Able

60 caps . . . \$26.99

Flex-Able Advanced

90 caps . . . \$29.99



Curcumin-Rich™

Turmeric Root

Theracurmin



60 vcaps

\$34.99



All Garlic Formulas

25%

Aged garlic extract helps support cardiovascular health

off



Three Bakers

- **Gluten Free Bread**
19 oz \$5.29
- **Gluten Free Hoagie Rolls**
4 pack \$5.29



Q Thins

- **Hazelnut Double Chocolate**
- **Vanilla Double Chocolate**

3.5 oz

\$2.99



Flaxseed Meal GF 16 oz

- \$2.49
- Organic Flaxseed Meal 16 oz . . \$3.29**
- Organic Golden Flaxseed Meal 16 oz**
. \$3.29



Coconut Water

- 11.2 oz \$1.29
- 17.6 oz \$1.79



Organic Beans

15 oz

\$1.99



Bean Chips

All Varieties
6 oz

2/\$4.00



Kale Chips

2 oz

- **Texas BBQ**
- **Bombay Curry**
- **Kool Ranch**
- **Mango Habanero**

\$5.69



Gluten Free Tortillas

9 oz

- **Fiesta**
- **Plain**
- **Spinach**

\$5.29



Greek Yogurt Bars

1.41 oz

- **Blackberry Acai**
- **Cherry Almond**
- **Cranberry Almond**
- **Toasted Coconut**

\$1.29



Organic Nutritional Shake All Flavors

located in
Supplement
Department
case price

\$21.99

LifeExtension®

**All
Life Extension
Products**

20% off

Jarrow FORMULAS

- **Ultra Joint Builder**
90 tabs\$19.99
- **Extra Virgin Coconut Oil**
16 oz.\$12.99
- **MK-7 (K₂)**
60 soft gels ... \$17.99

Quality **Pure** Assured
ESSENCE LABS

- **Liver Essence**
30 caps\$19.99
- **Prostate Essence**
60 vcaps \$31.99

VITANICA®

- **Luminous**
60 vcaps.....\$13.99
- **Womens Symetry**
90 vcaps\$13.99
- **Womens Symetry**
180s \$23.99

VITA LOGIC
Vitamins that make sense

- **Stressed Out**
90 tabs.....\$19.99
- **Daily Extra**
60 tabs\$16.99
- **Daily Extra Iron Free**
60 tabs \$16.99



- **Complete Omega Softgels**
- **Omega3 Softgels**
- **Ultimate Omega Softgels**

25% off

vega™

**All
Vega One
Products**

25% off

VIBRANT HEALTH®

- **Joint Vibrance**
252 tabs.....\$33.99
- **Joint Vibrance**
12 oz\$33.99
- **Pure Green Protein Powder, Vanilla**
15 oz\$27.99

Bluebonnet

- **Cholesterice**
60 vcaps\$24.99
 - **All Ubiquinol (COQ10) Products**
- 20% off**

greenerways™
ORGANIC

**Organic
Bug Spray**

- 2 oz\$3.29
- 4 oz\$5.99

NEWCHAPTER
Organics

**All Whole
Omega Fish Oil**

25% off

Terry Naturally.
EuroPharma.

**All
Products**

20% off



**All
Swirl
Products**

20% off

MegaFood™

**New Vegan
Line**

20% off

GREENS+®

**All Organic
Greens+ Powder
Original & Wildberry**

9.4 oz **\$26.99**