

Don't Inflamm Your Brain, Eat Healthy!

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

In America, our fast-paced lifestyle and penchant for immediate gratification has made the option of eating food from “fast food” restaurants quite appealing, despite its typical substandard flavor and relative paucity of nutritive elements. The usual “fast food” meal, as well as our standard American diet, is mostly comprised of high fat foods. There has been a big buzz lately about a recently published study in *The Journal of Clinical Investigation* that positively links high-fat diets to inflammation, not only in body tissues and organs, but in the hypothalamus. According to *The New World Encyclopedia*, “The hypothalamus, also known as the “master gland,” is a supervising center in the brain that links the body’s two control systems, the nervous system and the endocrine system, via interaction with the pituitary gland (hypophysis). The hypothalamus (from Greek ὑπὸ θάλαμον, “under the thalamus”) is located below the thalamus, just above the brain stem, and occupies the major portion of the ventral region of the brain known as the diencephalon. The hypothalamus is found in all mammalian brains; in humans, it is roughly the size of an almond. The hypothalamus gland regulates certain metabolic processes and other autonomic activities; it is a control center for functions of the autonomic nervous system. As needed, the hypothalamus synthesizes and secretes neurohormones, often called “releasing hormones,” that control the secretion of hormones from the anterior pituitary gland. The hypothalamus controls body temperature, hunger, thirst, blood pressure, heartbeat, carbohydrate and fat metabolism, and circadian cycles. Also, among other hormones, it releases gonadotropin releasing hormone (GnRH). The neurons that secrete GnRH are linked to the limbic system, which is primarily involved in the control of emotions and sexual activity.

I wanted to share with you the abstract from this article, because I think it is a big step towards understanding how eating these unhealthy foods manifests in the dysregulation of body function. (An abstract is the author’s synopsis of the entire research report that is printed in the journal.) Here is the abstract from the recent article in the *Journal of Clinical Investigation*, entitled “Obesity is Associated with Hypothalamic Injury in Rodents and Humans:”

“Rodent models of obesity induced by consuming high-fat diet (HFD) are characterized by inflammation both in peripheral tissues and in hypothalamic areas critical for energy homeostasis. Here we report that unlike inflammation in peripheral tissues, which develops as a consequence of obesity, hypothalamic inflammatory signaling was evident in both rats and mice within one to three days of HFD onset, prior to substantial weight gain. Furthermore, both reactive gliosis and markers suggestive of neuron injury were evident in the hypothalamic arcuate nucleus of rats and

mice within the first week of HFD feeding. Although these responses temporarily subsided, suggesting that neuroprotective mechanisms may initially limit the damage, with continued HFD feeding, inflammation and gliosis returned permanently to the mediobasal hypothalamus. Consistent with these data in rodents, we found evidence of increased gliosis in the mediobasal hypothalamus of obese humans, as assessed by MRI. These findings collectively suggest that, in both humans and rodent models, obesity is associated with neuronal injury in a brain area crucial for body weight control.”

The article discusses evidence that implicates immune cell-mediated tissue inflammation as an important mechanism linking obesity to insulin resistance in metabolically active organs, such as liver, skeletal muscle, and adipose tissue. They demonstrated how, in rat models, increased inflammatory signaling in the hypothalamus, caused by obesity that was created by diet, contributes to leptin resistance and weight gain. Human leptin is a protein hormone of 167 amino acids that plays a key role in regulating energy intake and energy expenditure, including appetite and metabolism. It is manufactured primarily in cells of white adipose tissue, and the level of circulating leptin is directly proportional to the total amount of fat in the body. Leptin provides us with the feeling of satiety by signaling to the brain that the body has had enough to eat. So if we are resistant to leptin, we don’t feel full and satisfied, which will result in overeating and further obesity.

The study reports that, “Unlike inflammation in peripheral tissues, a process that develops over weeks to months of high-fat diet (HFD) feeding in rodent models, markers of hypothalamic inflammation are elevated within 24 hours of HFD exposure.” The study goes on to state that in approximately one week, the animals’ brains mounted a defense, activating cells in the brain that repair and protect damaged neurons which caused the initial inflammation to subside. However, with a continued HFD, the inflammation returned and persisted. The study ended after eight months, at which time this long term inflammation was still present in the hypothalamus.

The major take away from this article as I see it, is that HFD’s show consistent brain injury in rats. The area of the brain injured in this study is an area which is involved in controlling many functions of our bodies, including how much we eat. They have shown a causative relationship between eating a HFD and the drive to eat more, causing a vicious cycle of obesity. Although this study used rat brains, not human brains, it is not unreasonable to posit that similar results would occur in humans. This study also included a comparison of human brain MRI’s of 34 non-obese versus obese individuals. There was a direct correlation between an individual’s BMI (body mass index, a numerical

computation regarding height and weight) and inflammatory markers in the hypothalamus. The researchers stated that the inflammatory markers were “significantly higher” in the obese participants versus those who were described as having a “normal weight.” This addition strengthens the argument that there could be a correlation between the rat results and those that would be found in humans.

Bottom line, we have more proof that staying away from high-fat foods is a good decision that positively impacts both our beauty and our brains!

References:

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



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Is Olive Oil Good for You? By Betsy Bearden

I love olives, and I love olive oil in salad dressings, drizzled on foods, as a moisturizer for both body and hair, and I once used it to quiet a squeaky hinge on a closet door. Yes, it worked! I look back and think about how long I have been eating olives and sucking the delicious red pimento out of them, and I can't remember a time when I have ever been without olives or olive oil in my home. Well, one thing that is not in my home is that yucky olive loaf stuff my mother made us eat when we were kids. I remember picking the olives out of it and leaving the rest uneaten, but that can be another story for another day.

It is stunning to think that the olive tree has been around for thousands of years and many species can experience hundreds of years' growth, depending on the area, conditions, and overall health of the tree. There are several olive trees in existence today that have been confirmed to be over two thousand years old, and still producing! There are other reports of olive trees in Lebanon that are four thousand years old, yet this is scientifically unconfirmed.¹ No matter how old the trees are, we are lucky that we can enjoy their beneficial fruits.

The olive tree is indigenous to the coastal Mediterranean area, which is comprised of the adjoining coastal areas of southeastern Europe, western Asia, and northern Africa, as well as northern Iraq, and northern Iran at the south end of the Caspian Sea. The roots of olive trees reach far and wide underground where they drink in the brackish water of the region. They are very hardy and pest resistant, hence their longevity. And, as commonly known, the olive tree is the symbol of prosperity and peace.

Mediterraneans have long considered olive oil to be "liquid gold" due to its internal and external health benefits along with numerous other uses. Olive oil can be stored in a cool, dark area for up to a year. Of course, the fresher the olive oil, the more pronounced its flavor. It is no wonder that the olive industry has become the region's most dependable food and cash crop since the beginning of time. But is it good for you?

There is enough clinical data to prove that consuming extra virgin olive oil can benefit heart health. While it's true that olive oil is high in fat, it's the "good" fat: monounsaturated.² This is the main type of fat found in all kinds of olive oil and it is referred to as monounsaturated fatty acids (MUFAs). MUFAs are actually considered a healthy dietary fat.³

Extra virgin olive oil has a beneficial effect on cholesterol regulation and LDL cholesterol oxidation. It is also loaded with phytonutrients which help aid in disease prevention, is loaded with antioxidants and has anti-inflammatory and anti-histamine properties. It serves to protect us against heart disease as it controls the "bad" levels of LDL cholesterol, while it raises levels of the "good" cholesterol, HDL. Of course, this is when you use it in moderation. Even too much of a good thing, can work against us.

What's the difference between Extra Virgin Olive Oil and Olive Oil?

Extra Virgin Olive Oil: The closer to the tree, the more virgin it is. The olives are picked and taken to the mill as quickly as possible where stone wheels or other machinery are used to crush the olives that render the oil. No heat or chemicals are used during this process. This is also known as the "first cold press." The oil is tasted and judged, and if it meets the qualities of Extra Virgin Olive Oil, it is then filtered

and sold as such. This is the best oil for salad dressing and drizzling over foods and breads.

Olive Oil: The olive oil that does not live up to standards due to the quality of the olives at the first pressing, will be sent to a refinery where they undergo industrial processing. Extra virgin olive oil is added back in to the processed oil which makes it "less virgin" because it is now "blended." These are usually sold as Light Olive Oil, Virgin Olive Oil, or Olive Oil and are best for using in frying and sautéing.

So yes, olive oil really is good for you. Drizzle a little over whole grain bread, whole grains, couscous, pasta, salads, whatever you want. Enjoy it in moderation, and snack on olives when you get hungry.

If you like ripe (black) olives, make sure they have ripened naturally, and were not given chemicals to speed up the process. And just between you and me, a little three-olive martini never hurt anyone . . . in moderation, of course!

Life Grocery has all the ingredients you will need to make a great vinaigrette, right down to the best organic olive oil and apple cider vinegar made by Bragg. They also have an organic produce section where you can buy fresh, delicious ingredients to add to your vinaigrette.

I have included a very basic vinaigrette that will work with anything. The possibilities of different combinations of herbs and spices are endless, so the sky's the limit!

Basic Olive Oil Vinaigrette

This serves two large salads

3 T extra virgin olive oil
1 T red wine vinegar, apple cider vinegar, or white wine vinegar (depending on salad ingredients)
1 t spicy brown mustard
1 clove garlic (cut in half)
salt and pepper to taste

- In a shaker bottle, place olive oil, vinegar, mustard, and garlic clove (remove peel and chop clove in half).
- Shake until well-blended and let rest on counter for at least 30 minutes.
- Shake again just before serving (remove garlic halves and toss out or save them for another dish) drizzle generously over salads.

If you want to use this same recipe for salmon or fish, use Balsamic vinegar instead, and add a teaspoon of honey. You can also add fresh lemon thyme, oregano, and ½ teaspoon red pepper flakes. Experiment . . . the possibilities are limitless!

References:

- 1 <http://en.wikipedia.org/wiki/Olive>
- 2 <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=46>
- 3 <http://www.mayoclinic.com/health/food-and-nutrition/AN01037>

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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

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Healthy Digestion – A Key To Better Living

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

After being in practice for over 27 years, I found that about 85% of my patients have digestive problems, and 15% lie! Most people have some type of digestive issues whether it is gas, bloating, diarrhea, constipation, acid reflux, or abdominal cramps. These are clinical signs of a digestive problem. This can also be referred to as a subclinical issue, when it comes to digestion. What this means is that there are no obvious signs or symptoms, but there still is a problem.

Digestion begins in your mouth, where enzymes in your saliva begin to break down your food and get the nutrients ready to be absorbed. Then as the food travels down your esophagus it passes through a hole in your diaphragm, called the esophageal sphincter, and then into your stomach. In many cases, the stomach is pushing up against the diaphragm and this can cause food to reflux back up into the throat. This is called acid reflux. Frequently, this condition is not the result of too much stomach acid, as some think, but too little stomach acid. If the food you eat sits in your stomach, then your stomach is not digesting the food properly. It will essentially rot in your stomach and give off lactic acid. Many times what is refluxing back up into your throat is not stomach acid, but actually lactic acid. This is why increasing stomach acid many times improves the condition. If you take drugs to neutralize the acid, it doesn't treat the cause of the problem; it just treats the symptoms.

In a case like this, the cause of the problem is that the stomach is physically pushing up against the diaphragm. The only way to correct this is by manually pulling the stomach down away from the diaphragm. So many digestive problems are not chemical, but are actually physical. This is why treating them chemically oftentimes doesn't work.

When the stomach is functioning normally, it mixes protein stomach acids and breaks the protein down into amino acids. The amino acids are then absorbed into the body and reassembled into different organs and tissues. If your body can't break down the proteins into amino acids, it cannot properly form new organs and tissues.

As we get older, our digestive enzymes decrease. Combine this situation with the stomach that is in spasm and out of alignment, and it becomes the cause of many digestive symptoms. If you have tried taking chemicals and you have not gotten the results that you're looking for, consider that the problem may not be chemical, it may be physical.

Another thing we need to do is check the nerve supply to the digestive system. If you have a pinched nerve going to any part of your digestive system, the brain cannot tell the digestive system how to function normally and this too can contribute to issues.

When it comes to nutrition, it is not only what you ingest, it is also what you digest. Even if you are eating a good diet, if you are not capable of breaking down and absorbing nutrition from your food, you are not getting the full benefit of eating a healthy diet.

Now that you understand that you may have a physical component to your health issues, let us talk about the chemical component, specifically the food you eat. Much of the modern day food that you consume is actually made in factories and has many added chemicals, steroids, antibiotics, pesticides, herbicides, and tranquilizers. I've often said that if you knew just a fraction of what I know about what is in the "food" that the average person eats, you would change your diet immediately to a healthier, natural more plant based diet.

A good general rule when it comes to food and digestion is that if you cannot pronounce an ingredient, don't eat it. Most healthy foods are easy to pronounce. It is a good idea to eat something raw at every meal. Once you start cooking food, you begin to break down the nutrients and the enzymes that make the food healthy. By eating raw foods, the enzymes are still intact and so are many of the nutrients. By eating something raw at every meal it allows you to replace the enzymes and nutrients that you use for everyday living.

Even if you eat the ideal diet, you may still not be meeting your optimum nutritional needs. This is where good, whole food based supplements would come in handy. Studies have shown that when you isolate a nutrient it is not as effective as it is when it's combined with other nutrients that are found in the whole food. My patients ask me every day what I would recommend as a supplement. Different people have different nutritional needs so what I like to do is to do an analysis on each individual patient to determine their specific needs. Whole food supplements are easy to digest so you get more bang for your buck than you would with a synthetic supplement. If you are like most of us, you have heard a story about a certain supplement so you buy it. You take it for a while, and then the bottle sits half-empty in your kitchen. Sometimes an individual supplement is a good idea, but just because you heard that a supplement is good, doesn't mean it is necessarily good for you.

As part of a complete wellness plan, you need to have three things: a normally functioning nervous system, a normally functioning digestive system, and good nutrition. If you don't have all three of these components you cannot obtain and maintain good health. Consider adding these three components to your healthcare plan to achieve optimum health. It is a lot more fun to be healthy, than it is to be sick, and a whole lot less expensive!

If you're confused as to what to eat, here are some recipes that are good for you, and good for your digestive system. To sample these and other healthy, tasty recipes, come to my health lectures held monthly at Life Grocery. Join me on Tuesday, June 5, 2012 at 6:00 p.m., when the topic will be "Solutions to Allergies and Asthma" (Hint: It's not that your body needs more drugs!) Come and bring your friends and family members—anyone you love and whose health you care about. I hope to see you there!

Ginger Tea

ginger root
lemon juice
stevia or honey to sweeten

- Peel and slice ginger root and mix with lemon juice in food processor.
- Put one tablespoon of mixture in a mug. (You can make extra and freeze it in ice cube trays.)
- Pour hot water over mixture, stir and sweeten, if desired.

Vegetable and Bean Curry

1 can aduki beans, drained
2 T vegetable oil
2 t curry powder
3 garlic cloves, sliced
1½ t Frontier Bombay Veggie Blend
¼ t onion flakes
2 t shredded coconut
1 medium carrot, cut into strips
1 can French green beans, drained
1 medium red bell pepper, cut into strips
1 t salt
2 T lemon juice
raisins

- Heat the oil in a medium deep frying pan (skillet).
- Add the curry, garlic, and all other spices.
- When these turn a shade darker, add the remaining ingredients (except raisins), stirring constantly.
- Lower the heat, cover and cook for about five minutes.
- Transfer to a serving dish and serve with extra coconut and raisins, if desired.

Pina Colada Sorbet

2 c pineapple chunks
1 banana
¼ c pineapple, coconut juice or orange juice
½ c shredded coconut

- Freeze the pineapple overnight.
- Blend or puree the frozen pineapple with the banana and coconut, adding the juice slowly.
- Stop and stir until it is all pureed.
- Put mixture into glasses or dessert cups and freeze for one hour before serving.

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!

Thinking Outside of the Cereal Box

By Linda Townsend

My mother raised me on boxed cereal. You know that sugary, flavored, puffed stuff that becomes soggy after it sits in milk for just a few minutes. I remember that we could go through a box in two days so it was kind of expensive, but rather easy and convenient for children to serve themselves. I also remember being hungry about two hours later. I thought that was normal, because most of my friends were the same.

When my daughter was progressing past the baby food stage, I decided we would not have boxed cereal for breakfast. Since her birth, she did not even have the typical snack of cereal I often see other babies eating constantly to keep them content and quiet while their mothers were busy with other things. I chose to avoid boxes and snacking. For breakfast, we had fresh fruits with eggs and multi-grain toast or granola with yogurt or other highly nutritional foods with real substance.

That is not to say that I have never brought a box of cereal. When my daughter was a few years older, she asked to try cereal from a box like her paternal grandparents ate for their breakfast. I decided it would be a good lesson for her to identify which foods are better. She loved the taste of the cereal, but she recognized in just a few days that she was always hungry within two hours when she had not been before. I explained to her how boxed cereals will do that, so they are not a good choice for breakfast or any meal, really. I think of them as snack food, personally, and we do not snack much. I also told her about how her maternal great-grandfather must have believed the best time to have a bowl of cereal was just before bedtime, because that is the only time I saw him eat it.

My husband has traveled to some other countries in the past few years. Each has its own traditional breakfast foods, some are similar to ours, but some

are quite out of the box to our way of thinking. In Israel, my husband was offered salads for breakfast and I began thinking: salad? Why not! Just because it is the morning meal, does not mean that we must eat "breakfast foods." Where is the fun eating healthier alternatives if we are just imitating what we see children eating for breakfast on commercials all the time!

A friend of mine recently made her breakfasts untraditional. Like me, Jaynessa was raised on boxed cereal. Now a mother of three boys living in the warm climate of Arizona, she was having a problem with them being hungry and unable to concentrate about an hour or two after breakfast. She recently decided to stop buying boxed cereals and make yummy fruit smoothies for breakfast. Now her boys are not hungry until lunch time and can concentrate on their lessons better. She also began losing weight herself!

Many people do better with more protein or having warm food in the morning, so why not flip the meals for the day and have a dinner or lunch type of meal at breakfast time? What is wrong about having a sandwich or vegetables for breakfast?

Having heard about my friend's yummy fruit smoothies, my daughter has decided that she would like to have that for breakfast too and she enjoys trying her hand at mixing fruits, vegetable juices, and yogurt. At this time, she is not as fond of salad for breakfast as I am, but she is willing to try some protein and green supplements in her smoothie, so it is a start . . . and far more healthier than eating out of the box!

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

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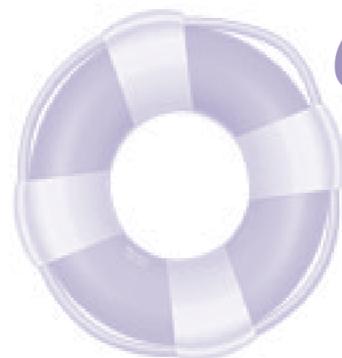
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No Need for Dairy If You Eat Broccoli!

One of the concerns that I hear voiced frequently is “how does a vegetarian get enough calcium, especially if they don’t eat dairy products?”

With high levels of both calcium and vitamin K, eating foods like broccoli will ensure proper calcium levels and bone health.

This green gem will also boost your immune system with beta-carotene and vitamin C. Research has shown for years how broccoli and other vegetables from the cabbage or brassica family are excellent cancer inhibitors and protectors. Raw is always best and our family enjoys growing our own. We use the young leaves in green smoothies and salads. Or, we either lightly steam the heads or use them in a variety of chopped salads. Each fresh broccoli spear contains 102 percent of the RDA of vitamin A, 53 percent of the RDA of folate, and 186 percent of the RDA of vitamin C.

Broccoli sprouts are a nice addition to salads and sandwiches and while they are in a sprouting phase, boast an increase in nutrients by over 50%!

The importance of choosing organic over conventional cannot be stressed enough. In conventional growing methods there are over 40 pesticides that are allowed for use in broccoli crops with 26 of these being acutely toxic and hazardous to both the environment and the farmworker. A few of the ones that may be used are Metaldehyde, Permethrin, Azinphos-methyl and Chlorpyrifos. As an example of these toxic substances,

Chlorpyrifos (which was banned several years ago for residential use in the U.S.) is approved for use on new building sites and existing buildings in Australia for the control of termites. Recently, research has shown that children exposed to Chlorpyrifos while in the womb have an increased risk of delays in mental and motor development and an increased occurrence of developmental disorders such as ADHD. Another study linked prenatal Chlorpyrifos exposure to lower weight and smaller head circumference at birth. That scares me and makes organic my only choice.

During cooler weather we do like our broccoli soup. The recipe that follows is creamy and rich, even without the addition of milk, cream, or butter. One of the ingredients, vegetable stock, can either be bought (you can find good quality organic brands at Life Grocery) or made fresh at home. My family loves making our own stock and stock concentrates.

Broccoli Soup

5 c vegetable stock
1 onion, coarsely chopped
2 cloves garlic, minced
1 large celery stalk, chopped
4 c broccoli, chopped
1 potato, chopped
2 T cold pressed olive oil
2 T light miso

By Jeani-Rose Atchison

1 heaping T unhulled tahini

- Sauté vegetables in oil until onion is golden.
- Add stock and bring to a boil in a large soup pot. Reduce heat. Cover.
- Cook until veggies are just tender, 8-10 minutes.
- Puree them, then add miso, tahini, and a good quality sea salt if desired, to your taste.

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/.

Jaime's Corner

By Jaime Andrews, ND, CMT

Do It Yourself (DIY) Sprays: Safe, Easy, and Affordable

Keep the Buggies Away with this DIY Spray:

1 oz witch hazel
1 oz oil, choose from, grape seed, olive, jojoba, or almond oil
35 drops of citronella essential oil
20 drops of eucalyptus essential oil
15 drops lemon essential oil
15 drops lemongrass essential oil
15 drops cedar essential oil

- Mix all ingredients together and put in a small spray container.
- Apply to skin to keep the critters away.

A large selection of essential oils are available in the supplement department at Life Grocery.

De-Funk Your Yoga Mat with this DIY Cleaner

½ c water
½ c witch hazel
1-2 oz hydrogen peroxide
18 drops tea tree oil
6 drops lavender essential oil
2 drops lemon grass essential oil

- Mix all ingredients together and put in a spray container.
- Attack that yoga mat or any other surface to clean and sanitize.
- Test a small area to make sure it is safe to use on that surface.

Simple and Delicious Raw Brownies

The listed ingredients are for a single batch, but the recipe calls for processing two batches separately. You may soak and dehydrate the walnuts to make them more digestible. If the dates are not soft, soak them in advance, but let the liquid drain off some so the mixture doesn't become too wet.

1 c walnuts
1 c soft dates, pitted
½ c cacao

- Process all ingredients in food processor until a pasty consistency is reached.
- Mash mixture into a 9x8 pan.
- Process a second batch.
- Add mixture to pan and mash down to fill the rest of the pan.
- Place in freezer for 1-2 hours or refrigerator for 4-6 hours to firm up brownies.

Enjoy!

Jaime Andrews, ND, CMT, lives in Marietta with her husband and two young children. She is committed to sharing health information, serving others, spreading her loving message, and practicing 365 days of random acts of kindness. You can email her at jaimerenee99@hotmail.com.



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

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The Incredible Raw Avocado

Avocados have an image problem. Everybody knows they taste good, but most weight-conscious people say, “no thanks” to the avocado because they have a lot of calories. This is not as bad as you might think. You can get a lot of nutrition for those calories. A one-pound avocado supplies 70% of an average adult’s daily needs for vitamin C; a fifth of needed vitamins A, B1, and B2; a third of the daily vitamin B3 requirements; and generous portions of such minerals as phosphorus and magnesium.

The avocado’s makeup, which is about 12% oil and 8% carbohydrate, is more like a nut than a fruit. However, as foods go, an avocado’s calories are relatively “clean.” The fats occur in simple, easily assimilated molecules that are cholesterol free and low in sodium – beneficial factors for persons with circulatory problems.

Avocados are among the most ideal between-meal snacks for dieters, because most people eat them fresh and raw. The essential fatty acids in the avocado remain unrefined. They retain the nitrogen compounds that act as chemical tags to let the liver know how to break them down and use them. The fats in the avocado will not be turned into bulge. They become energy reserves and lining membranes for the nerves.

Avocados were originally nicknamed the “butter pear” because it was so high in fat (nearly 30 grams of fat for every average sized avocado), and therefore were considered very bad for you to consume on a regular basis. More research has shown that the fat is that of the monounsaturated kind, and is actually quite beneficial in lowering bad cholesterol in the body. Studies have shown that eating avocados can

actually lower bad cholesterol. Studies prompted health specialists in the U.S. to change their view on the consumption from avoiding the fruit, to actually recommending the consumption of avocados for the health benefits. They are also a good source of potassium.

The same goes for the carbohydrates in the avocado. These are complex carbohydrates, the type that everybody needs. The body knows what to do with them. Avocados have a perfectly balanced pH, so they are easily digested and very rich in mineral elements which regulate body functions and stimulate growth.

Especially noteworthy are the iron and copper contents, which aid in red blood regeneration and the prevention of nutritional anemia. Avocados are one of the most valuable sources of organic fat and protein. They improve hair and skin quality, as well as soothe the digestive tract. Eat organic avocados fresh and raw. They are so good for you and easy too. Avocados are an ideal food for most everyone because they are a completely nutritious food. Try these delicious recipes to fully enjoy the delicious avocado.

Chunky Guacamole

2 large ripe avocados
1 c tomatoes
1-2 green onion including the tops
½ c fresh cilantro
1 large clove garlic
2 T fresh lime juice
1 t cumin powder
1 t Himalayan salt

By Brenda Cobb

- Cut the avocados in half and remove the seed.
- Scoop the avocado out with a spoon and mash with a fork until creamy. Set aside.
- Chop the tomatoes, green onions, cilantro and garlic and combine with the lime juice, cumin powder, and salt.
- Combine mixture with mashed avocados.
- Serve with fresh raw vegetables like celery, carrots, and zucchini.

Avocado Arugula Salad

1 avocado
4 c arugula
½ c red bell pepper
½ c yellow or zucchini squash
2 T extra virgin cold pressed olive oil
4 T fresh squeezed lemon juice
pinch cayenne pepper
¼ t Himalayan salt

- Combine the olive oil, lemon juice, salt and cayenne pepper and set aside.
- Chop the red bell pepper and squash and combine with the arugula salad greens and dressing mixture and toss.
- Top with sliced avocado.

Brenda Cobb is the 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, and relaxation, as well as relaxing therapies. For more info, call 404-524-4488 or visit www.livingfoodsinstitute.com.

Natural First Aid

The camping season and outdoor fun has resumed. We took out our newly purchased popup camper for spring break and went camping to the woods of Tennessee. What do you think we found there? Deer ticks, spiders, and chiggers, oh my! After returning home my eldest son had a nasty fall from his bike and now has lots of road rash.

There are several things you can do to prevent side effects from insects. I have learned that the deer ticks are much smaller than other ticks. The nymphs are very easy to miss, especially if you are not carefully looking for them. Make sure you have sterilized sharp tweezers and be sure to get the entire tick out. My husband left in part of the head and a leg in two places on me and those became infected. Clean out the spots with tea tree oil for several days. Since mine had become infected, I am treating myself by using plaintain, which is a commonly found weed. I made a poultice by chewing on some of the leave and then rubbing it into the bite and putting a bandaid over this. It helps to draw out toxins from bites and stings. Internally I am taking colloidal silver and echinacea. I also took Apis 30C several times. This homeopathic is made from honey bees and works for red, itchy bug bites.

By Kim Strickland, ND

For the road rash, I advise thoroughly cleaning out any wounds first, making sure there are no pebbles or dirt present. Carefully clean with water. After that I used a calendula ointment to help the skin heal quickly. I changed the bandages frequently and reapplied the calendula. I also gave arnica 30C for bruising, shock, and swelling. Since the injury was on a nerve rich area, his wrist, I also gave him hypericum 30C, which will help the nerves heal quickly.

Take time to prepare a first aid kit and have it handy, especially if you have children. I use a basic kit, but then add specific natural products like Rescue Remedy, apis for stings, ledum for puncture wounds, arnica for falls and bruising, rhus tox for poison ivy and oak, belladonna for fevers, and aconite for shock. I also include a grapefruit spray or tea tree oil to clean wounds and an ointment such as calendula to dress the wounds. Life Grocery carries all of these products and more so stock up and be prepared.

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



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Ozone Therapy and Chronic Disease

By Kal Sellers MH

Ozone therapy is a name applied to a variety of techniques of varying invasiveness. It has been and still is used for the worst kinds of chronic diseases. In this article, we will discuss this tool and the advancements being made with it. We will also discuss the natural options for those who are willing to do the work to create similar results without the invasiveness.

I was first introduced to ozone therapy when I had an amalgam filling replaced. The doctor, local to the Atlanta area, was amazing and kept himself on the cutting edge of natural, mercury free dentistry. He cleaned the tooth carefully and then slowly put into the microtubules a container of pure ozone. The tooth was the most stable and successful repairs I have ever experienced and left me with a tooth that I believe will last my lifetime. Later, I learned about ozone use in Germany for cancer therapies. The strategies they are using are truly on the cutting edge of alternative therapies.

An aside here is the discussion of *alternative versus natural*. This discussion may seem esoteric, but actually is a fundamental decision that must be acknowledged in order to make choices intelligently regarding one's health. Both are preferred, generally, to the standard medical approach when there is any chronic or degenerative disease to be reckoned with. However, they are not the same. Natural implies synchronicity with nature. It implies a certain return to natural harmony and living in such a way as to produce health from the inside out. It involves an actual shift in both health and consciousness. The person lives and thinks differently.

Alternative, however (which is more popular since it simply does not require any work from the person getting it), does not necessarily result in any change in the quality of behavior. It happens *to* the patient, rather than happening *within* the patient. There is plenty to write about here. Many people start off into a way of living or eating that is sold to them on the merits of being natural (synchronous with nature) but lose themselves thereafter in many ideas that are actually alternative in nature, rather than natural. In this article we will discuss matters in a categorical way, separating natural from alternative. Given the choice, many people would go alternative simply because it requires no fundamental shifts—no work! Often, people only go natural because they lack the finances to pay for alternative therapies that can be very expensive. Natural mostly just requires commitment and consistency (and, of course, an understanding of what to do).

Ozone is solidly an alternative therapy, not a natural one. It is simply using a naturally occurring substance and natural laws. Thus, it tends to be relatively harmless and very effective. However, one does not leave the experience having actually learned anything about life or improved the quality of one's thinking or behavior.

Having said that, there is nothing *wrong* with using an alternative therapy. It is just that innately we understand that we should get back in harmony with nature, as well as we should with our Higher Power. We are not excused from this just because we were able to root out a disease.

Ozone therapy utilizes relatively inexpensive technology, but the application can get very expensive. Generally, full strength machines use an oxygen concentrator for the input so that virtually pure ozone comes out. This ozone can then be introduced to the person in various ways without much harm. This technique saturates the body with oxygen, changes the structure of water in the blood, kills cancer cells, and destroys pretty much all pathogens.

Some proponents of ozone therapy feel that spirochete bacteria (the kind that cause Lyme's disease) are responsible for all chronic diseases, cancer, and autoimmune disease. This is an interesting idea, one

that is more or less the same type of logic that Hulda Clarke pursued though her conclusions were not identical.

It is well known to natural healers, and has been known since before we could prove that pathogens existed at all, that something comes into the body when it is in a degenerate state and begins to break it down and destroy the tissues that are basically dying. When natural healing principles are applied, the cells are rebuilt with healthy building blocks. Gradually the opportunistic invaders are simply unwelcome and the disease disappears. Thus, the idea of a pathogen that leads to chronic and degenerative disease is fundamentally endorsed by natural healers and has been for a very, very long time (longer than modern medicine has existed). The obvious difference is that natural healers never felt that the body was a victim of pathogens, but rather was allowed to get into a condition that welcomed them.

In order to use ozone to kill a spirochete, the blood apparently has to be treated with it. One clinic in Malaysia I learned of recently, is taking the blood out and running it through a process analogous with a dialysis machine. The blood is "treated" with ozone and put back in the body. The treatment is costly compared with many alternative IV therapies (such as chelation).

One creative enthusiast I know, told me about using a special design on his ozone machine for his wife who had a very rare cancer. With a very limited budget, he found a way to saturate the blood with ozone. He used the ozone machine he had with a short duration, high implantation (meaning, he put the hose deep into the large intestine where the portal vein could pick up the ozone and pull it directly into the blood). Though his wife died in the end from her cancer, he dramatically shrunk many of the tumors using this ozone therapy and some of the tumors died away completely. Perhaps with additional guidance, he might have fully succeeded using this technique.

Various baths and breathing systems, as well as hyperbaric chambers, have been used to creatively absorb ozone for its clinical effects. Oxygenation of tissues has several potential benefits. It also has some drawbacks. Free radical damage is the most obvious concern in the use of any oxygen therapy, though when weighed against constant suffering and (potentially) death from a chronic disease or infection, a little intensive free radical damage does not seem very important. The value of oxygenation of tissues and the use of ozone specifically, includes death of cancer cells and pathogens and resetting of the immune system through removing chronic, irritating load.

The use of ozone is new enough that one cannot just go down to the health clinic on the corner and have the blood ozone treatment described above. When you find somewhere doing it, it is very likely to be highly expensive. Admittedly, however, even a trip to Malaysia or Germany might not even come close to the cost of traditional chemotherapy, and appears more likely to be a cure. The difference is that the cash is needed up front for those trips.

Further, some may just feel that it is their right and obligation to heal through getting in harmony with nature. We will talk about the natural alternatives that have been used for a very long time that accomplish, in effect, the same thing as the ozone therapy.

Recapping some effects of ozone (not that they are all known or understood), we would have a list that looks something like this: oxygenates tissues, kills pathogens, changes blood structure, stimulates detoxification, kills off any overgrowth of even friendly microorganisms, kills cancer cells, resets the immune system.

This list is probably incomplete and perhaps some explanation might be required to satisfy some readers that those things do occur. Based on research I have

done, I am satisfied that at least those things are on the list of benefits of ozone.

Using a natural healing strategy, we can certainly accomplish the same things, but with more effort. The cost, however, is certainly less. It is common to use a diet of fresh juices for a while for anyone with a killer disease. Three juices—apple, carrot, and concord grape—have traditionally been rotated with good effect. Grape is purchased, but apple and carrot are made fresh.

The apple oxygenates tissues very well. All three of them are on record for having shrunk cancers and restored vitality. A juice fast rests the gut and allows the immune system to reset. This occurs because two thirds of the immune system is in the gut and what happens there to the immune system will become the standard system wide. The use of fresh juices builds blood and it is a higher quality blood with a different structure. Exactly what happens with structure is still theoretical in all conventional literature, but some evidence exists to suggest that the water in the blood may actually be structurally different as the blood gets healthier.

In addition to juice fasting, numerous herbs increase levels of oxygen in the blood, build higher quality blood or create alternative conditions in the blood that make pathogens wholly unable to survive. Detoxification is a certainty on a juice fast (or juice feast) and here also many herbs help detox this or that depending on the energy and action of the herb. Gradually, the body switches over to a whole different state. If wisdom is used before, during, and after a juice fast and the metabolism is actually healed, and then allowed to stay there long enough to establish a new norm, the body will be truly cured and may never return to the ill state it was in. It is uncertain whether such a change takes place when ozone is used.

Some techniques exist that radically change blood and oxygenate tissues. For example, rebounding and various applied lymphology techniques (see IAL for more information) pull off excess fluid from the tissues where inflammation, toxicity, and stress have created pooling. This allows those tissues to be exposed to oxygen and all the needed nutrients and also makes real cellular detoxification possible. Electrical and electromagnetic frequency machines have been and are frequently used for similar or related purposes with ultimately the same end.

Guidance from an experienced practitioner is advised when one decides to heal using natural therapies, especially if juice fasting is going to be used. It is also well to have a guide when deciding what to integrate into a natural healing program.

In the end, it is certainly possible (just more work on the part of the individual) to heal using natural therapies as well as with ozone or other alternative medicine approaches. In the current trend of illness, it seems likely that the future will prove the need for not one or the other, but both in order to recover and maintain health. I hope to inspire some sound judgment along the way.

Kal Sellers, MH is continuing his training in Chiropractic as an intern in Montpelier, Idaho. He maintains madherbalist.com as a source for those who wish to learn to master natural healing and herbal medicine. He also keeps a full time practice going via skype consults and in Afton, Wyoming where he now lives. Contact Kal through madherbalist.com website to arrange a consult or to learn about natural healing.

Choosing Dates Over Sugar

By René Oswald, RN, APH

There are so many concerns recently about the consumption of sweeteners. They have been linked to such a wide variety of health issues and are one of the hardest addictions to give up. Problems are also caused from what many people consider “natural ingredients” such as maple syrup, honey, high-fructose corn syrup, agave nectar, and stevia (see my recent post about stevia). A natural alternative to these problems is dates!

They are a whole food that is good for us. They are high in fiber along with several vitamins and minerals. They contain potassium, phosphorus, calcium, iron, manganese, copper, magnesium, and sulphur.

Eating one date a day may help prevent constipation, intestinal disorders, heart problems, sexual dysfunction, diarrhea, and colon cancer.

Dates provide natural energy because the fiber content allows for a steady release of the valuable nutrients. Dates are even good for your eyesight and may help prevent night blindness.

Many people succumb to sugar cravings in the mid-afternoon. This is caused from a deficiency of magnesium. A solution to this problem is to take a few dates and a couple stalks of celery (or some leafy greens) with you when you're away from

home. When you start to think about that candy bar or can of soda, drink a glass of water. If you still have the craving after fifteen minutes, eat a date with a stalk of celery or greens. If you still have the craving, have another until the craving is gone. If dates are eaten with a cucumber they will help you lose excess weight.

You can use date syrup in your favorite beverages or recipes. You can make your own by combining ¼ pound pitted dates with 1 cup of water in your high-speed blender (my favorite is the Vita-Mix) and blend until smooth (this takes about thirty seconds). If you want a date paste consistency, combine ½ pound pitted dates and 1 cup of water. This will stay fresh in the refrigerator for at least two weeks.

It is a common practice to break a fast by eating dates soaked in water. This helps prevent overeating after a fast because of the high nutrient density of this fruit.

Dates are said to be the oldest cultivated fruit in the world. There are fossils showing date palm trees were here 50 million years ago.

There are more than 100 varieties of dates, around twelve of which are grown in the US. They are classified as soft, semidry, or dry. Soft dates such

as the Medjool, Khadrawy, Halawy, and Barhi have a sweet, creamy flesh because of their high moisture content. Semidry dates such as Deglet Noor and Zahidi have less moisture, sweetness, and chewiness.

The most popular date in the US is the Deglet Noor date, which is 90-95% of California's date harvest. They are medium chewy and firm. They are also called “bread dates.” Deglet dates are about three times smaller than a Medjool Dates, which is important to know when they are used in a recipe.

When you add dates to any recipe that calls for sugar or other sweeteners, you are adding a nutrient-dense food. Therefore, you are not only decreasing the unfavorable sugar, you are increasing the nutrient value of the food.

After you are free from sugar cravings your taste buds will be so sharp, you'll enjoy whole fresh fruits and they'll taste better than you ever remember in your life! Fresh, whole organic fruit with lots of leafy greens is what your body and mind will crave and you'll be happier and healthier than you ever dreamed possible!

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>.



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