

Any Way You Splice It

By Betsy Bearden

It has come to my attention that more of my family and friends seem to be eating less meat these days. Some have completely given it up, and I am talking about those who used to make fun of me because I didn't eat meat. Bygones will be bygones, and for whatever reason they have chosen to jump on the veggie wagon, I am onboard with them. Too bad they have chosen a time when veggies are becoming more and more genetically altered by huge corporations such as Monsanto, and less and less approved by the FDA. Money goes a long way in some cases, but then, as usual, I digress. Nonetheless, eating veggies on a regular basis—even though the morphing of them is happening on a regular basis right under our very own noses—rather than eating meat that is morphed and pumped full of hormones, antibiotics, and other nasty stuff makes consumption of the GMO veggies the lesser of two evils—right? Even the animals consuming these GMO products and being tested with them are getting sick.

What is GMO? GMO is a genetically modified organism as a result of genetic engineering. DNA molecules are taken from different sources and are combined to create new genes. The DNA molecules are applied to an organism, rendering it modified. One example of this is taking a strain of a certain bacteria and injecting it into corn, whereby the corn is now able to generate its own insecticide. We consume this, and we are the guinea pigs, because no long-term testing or studies have been done on humans. The evidence available through research shows GMO corn (or any GMO product for that matter) is not good for us, and it proves time and again that GMOs are simply not safe.

Genetic engineering was made possible through the discovery of DNA and the creation of the first recombinant DNA molecules by Paul Berg in 1972. The first commercial cultivation of GMO crops was in 1996. But all of this goes far beyond grains, fruits, and vegetables. Nothing is impervious to gene splicing . . . nothing.

Many of you may have heard of what is happening to fish such as tilapia and trout, but salmon in particular. Just when you thought it was safe to go back in the water, think again. Aquaculture (fish farmers) can't keep up with the demand anymore, so instead of waiting and using conventional methods for salmon to become mature, they are fed growth hormones and pellets that change their pale flesh to a robust pink like the

salmon caught in the wild, so it's more appealing to the consumer. Never, ever, ever purchase Atlantic farmed salmon, or any kind of farmed fish for that matter, please! But as if this isn't gross enough, listen up.

How many of you have heard of Frankenfish? A company called AquaBounty has actually created a Frankenfish. It is Chinook salmon and ocean pout (an eel-like fish). The ocean pout receives a gene from the salmon and *voilà*: you have the new and improved AquaAdvantage Salmon. This hybrid will grow faster and will mature at an accelerated rate over "real" salmon. Also interesting, the ocean pout contains antifreeze-like properties that will allow the GMO salmon to survive colder water temperatures. I guess this gene spliced pool of fish won't bother many people, but here's the deal: what if the GMO fish gets out in the wild, and mates with other salmon species. Bye-bye to salmon as we know it. This Frankenfish is slated to be available to consumers by the end of 2013. After doing all this research, I went to my kitchen, opened the refrigerator door, looked at all the food in it, and said to my husband, Steven, "What the heck are we eating?"

Not all markets offer certified organic and non-GMO products, but the day is coming when they will. If you can find, and if you can afford, organic and non-GMO foods, then that is the best way to get the proper nourishment you need without causing or stirring up unwanted health problems. I know one place where you can always find non-GMO and certified organics, and if you live anywhere near (or even not so near) the Big Chicken (a famous landmark in Marietta) then at least you stand a chance for having a healthier life by shopping at Life Grocery which is only minutes away from this famous landmark.

Life Grocery is always stocked with plenty of organic and non-GMO foods. Where else can you go in the metro Atlanta area and enjoy freshly prepared organic vegan food, along with raw and living foods, and have numerous options of gluten-free foods? You can dine in a relaxed setting, or take it with you wherever you need to go. If you shop and dine there on a regular basis, you might just find that you are getting healthier and healthier all the time! How easy is that? It seems we all know what we need in order to get healthier, but it's a struggle to streamline it to fit into our plans each week. By going to Café Life just two or three times a week, you are well on your way to an effortless journey to better health and nutrition.

We really need to get in touch with members of Congress and let them know how we feel about GMO foods. We, the People, have power. Yes we do! This messing around with our food has to stop now before it gets to the point of no return.

In closing, I will leave you with this food for thought. You know, there is a funny segment in one of my favorite movies, *Christmas Vacation*, where Chevy Chase's character, Clark, was asked to write up a report on a non-nutritive cereal "varnish" and to put it in laymen's terms. It was basically this: "It's a non-nutritive cereal varnish. It's semi-permeable. It's not osmotic. What it does is it coats and seals the flake, and prevents the milk from penetrating it." I think you get the point.

GO NO GMO!

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Fibromyalgia and Chronic Fatigue Syndrome: It's Not All In Your Head

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

Hardly a day goes by in my office when a patient does not come in and tell me they have been diagnosed with fibromyalgia or chronic fatigue syndrome. In both these conditions, the causes are not really known. Many times these conditions are misdiagnosed as hypochondria, flu, depression, premenstrual syndrome, and other disorders. The diagnosis of fibromyalgia and chronic fatigue syndrome is often only given by ruling out other health and psychiatric problems. In fibromyalgia, there are nine pain points that are used to help diagnose this condition. They are the lower neck, the second rib, upper thigh bones, the middle of the knee, the base of the skull, the upper back, the middle back, the side of the elbow, and the upper and outer buttocks. Some possible factors which may contribute to these conditions are mercury toxicity, especially from mercury fillings in the teeth, anemia, hypoglycemia, hypothyroidism, candida, and parasites. It is important to address these factors, not only concerning these conditions, but for general health. Fibromyalgia and chronic fatigue syndrome are not phantom conditions; they are the result of a stressed nervous system.

All health conditions are made worse by emotional and lifestyle stress. When beginning to resolve any health condition, we must ask ourselves some basic questions. Are there relationship or financial problems in the family? Has there been a death, a move, or other dramatic change? Do I really take enough time out for the things I really enjoy? I am not a psychiatrist, but I do know that these questions must be addressed and resolved in order to rid ourselves of unwanted health issues.

Biochemical stress, if not the main cause, is at least a complication. Your body can only work as well as you feed it. Some food compounds interfere with the body's chemical processes. This can cause nerve interference and damage. Nerve interference and damage can cause illness, pain, and dysfunction. As with most conditions, there are seven major food categories that must be avoided. Those categories include alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. Any of these foods can cause or aggravate fibromyalgia or chronic fatigue syndrome. Even if you don't have either of these conditions, these foods will adversely affect your health. Another major reason for these conditions is food allergies. The most common food allergies are milk and all dairy products, wheat, chocolate, yeast, and in some cases, even corn, oranges, and eggs. When the body has an allergic reaction, it takes a lot of energy to get the immune system working in overdrive to combat the allergen. In order for the body to have all this energy, it calls on the adrenal glands to produce adrenaline. By constantly exposing yourself to these foods that cause allergic reactions, you are constantly draining your natural supply of adrenaline. The adrenal glands can only be stressed so far until they start to burn out and malfunction. They will stop producing as much adrenaline as they should and this will cause you to be in a constant state of fatigue. This will also have an adverse affect on your mood and your motivation. If you are constantly fatigued, it is a sign something is wrong and it should not be ignored. It is even worse if you try to artificially stimulate the body with things such as caffeine or drugs. This will only cover-up the symptoms of fatigue and make the problem worse in the long run.

It is not only food that can cause allergic reactions. Chemical allergies and sensitivities also must be addressed. Things such as perfume, air fresheners, cleaning products, soaps, shampoos, and deodorants

can also cause allergic reactions. I strongly suggest you do not expose yourself to perfume, air freshener, or any artificial scents. Use only natural chemical free cleaners and natural products on your body to avoid having allergic reactions.

In order to treat chronic fatigue syndrome and fibromyalgia, we must start by giving the body the proper nutrients that it needs in order to heal. If you have gotten yourself to a state of disease, you have depleted your body of important nutrients. The first step is to rebuild the stores of vital nutrients needed to have the body function properly. We can rebuild these lost stores of nutrients by eating a diet consisting of mainly raw fruits, raw vegetables, raw nuts, and raw seeds. Always be sure to eat as much of these foods as you can in the organic form. Organic foods are not exposed to pesticides and dangerous chemicals, which can actually make your problem worse. Organic foods are also higher in nutrients, which is what we need to get the body back to normal function. If you eat any cooked foods, they should only make up about 20% of your diet. They must be fruits, vegetables, whole grains, nuts, and seeds. Water is also an extremely important part of this program. Distilled water is the best, filtered water is the next best. The way to determine how much water to drink is to take your weight in pounds and divide it in half. That is how many ounces of water you need to be drinking every day. For example a 200 pound person would need to drink about 100 ounces of water each day.

The physical aspect of health must also be addressed. It is important that the body get plenty of rest so that it can heal itself. Improper spinal bone alignment will interfere with nerves causing low muscle and organ function. The way the body works is the brain sends messages down the spine, out the nerves to every cell in the body. No function in the body can occur unless the brain sends a message along a nerve that part of the body and tells the body what job it needs to do. If the nerve is being pinched it cannot carry the proper message from the brain to the body and thus the body will not function at 100%. This, as well as all health issues, are directly related to how well your nervous system is functioning. There are many books and articles concerning proper nutrition for these and other conditions. However, I have yet to find anything written concerning spinal misalignment and how it will affect these conditions. The reason most programs only addressing nutrition have a very low success rate is the nervous system cannot be ignored. By following the nutritional guidelines that were just presented, and by correcting pinched nerves, the body will be able to begin the healing process. If only part of the advice is followed, you will only get partial results.

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

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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.

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In This Issue

- 1 Any Way You Splice It
- 2 Fibromyalgia and Chronic Fatigue Syndrome: It's Not All In Your Head
- 3 The Amazing Chia Seed
- 3 Cucumber Comedy
- 4 Real Answers to Heart and Artery Disease: Clogged Arteries, High Blood Pressure, & High Cholesterol
- 4 Drugging Our Children
- 5 The Eye-Liver Connection
- 5 Spring Cleaning
- 6 Make a Delicious Change for Improved Health
- 6 Gut pH Part IV: Dietary Choices
- 7 Raising the Grade
- 8 A Tale of Two Pregnancies

The Amazing Chia Seed

By Brenda Cobb

Chia seeds are one of the most powerful and nutritious super-foods in the world. They are an excellent source of fiber, packed with antioxidants, full of protein, loaded with vitamins and minerals, and the richest known plant source of omega-3 essential fatty acids. Everyone from children to senior citizens can benefit from the wonderful nutritional qualities of chia seeds.

Chia seeds have more omega-3 than Atlantic salmon, more antioxidants than fresh blueberries, more fiber than bran flakes, five times the calcium of milk, two times the amount of potassium as bananas, three times more iron than spinach and more protein, fiber, and calcium than flax seed. Adding just two tablespoons of chia seeds to your daily diet will give you approximately 7 grams of fiber, 4 grams of protein, 205 milligrams of calcium, and a whopping 5 grams of omega-3. Chia seeds include phosphorus, magnesium, manganese, copper, niacin, and zinc.

Chia is an ancient super-food that is very similar to flax, but without the estrogen and phytoestrogen element. It is a great source of B vitamins including folic acid. Chia has 3 to 10 times the oil concentration of most grains and 1½ to 2 times the protein concentration of other grains. The oils are the essential oils the body needs to help absorb the fat soluble vitamins A, D, E, and K.

Chia seeds are energizing and give a boost of energy that lasts, providing stamina and endurance. A single tablespoon could sustain Aztec warriors for an entire day. Chia seeds reduce cravings. Because chia seeds absorb so much water and have high soluble fiber levels, they help release natural, unrefined carbohydrate energy slowly into the bloodstream. Chia seeds are easily digestible. Unlike flax seed, chia seeds do not have to be ground up before you ingest them. The human body can easily digest chia seeds, and with about 7 grams of fiber

per serving, they actually help digestion. Chia seeds are convenient and versatile. You can eat them straight from the bag, mix them with your favorite drink, add them to your cereal or salad, and just about anything else. Chia seeds last for years in the refrigerator.

Chia seeds do good things for the body, like keeping blood pressure and blood sugar under control. The omega-3 fatty acids in chia protect against inflammation and heart disease. Chia seeds come from the desert plant *Salvia hispanica*, a member of the mint family that grows in southern Mexico. In pre-Columbian times, chia seeds were a component of the Aztec and Mayan diets and the basic survival ration of Aztec warriors. They even played a role in religious ceremonies. Supposedly, one tablespoon of the seeds could sustain a person for 24 hours. The Aztecs also used chia medicinally to relieve joint pain and skin conditions. It was a major crop in central and southern Mexico well into the 16th century, but it was banned after the Spanish conquest because of its association with the Aztec pagan religion. Over the past few decades, commercial production has resumed.

Insects hate the chia plant, so it's easy to find organic seeds. Unlike flaxseeds, chia seeds can be stored for long periods without becoming rancid and don't require grinding. You can enjoy chia seeds' nutlike flavor by sprinkling ground or whole chia seeds on cereal or salads, blend them in a smoothie, juice, or water, or create healthy, delicious dehydrated crackers or cookies. Eat a handful of whole seeds as a snack or make your own chia smoothie.

Chia seeds have many anti-aging properties. The seeds fight free radical damage. Aging happens when damaged cells are replicated. Chia antioxidants act to neutralize the free radicals that cause premature aging and flush out age-accelerating toxins. Chia seeds help

a person regain youthful exuberance, skin elasticity, enhance hair, skin and nails, lubricate joints, reduce inflammation and muscle soreness, and speed rejuvenation, as well as lowers lactic acid buildup in muscles.

Chia provides 97% of its calories from high quality plant protein and lipids with very few calories from carbohydrates. The carbohydrate portion of chia is predominantly insoluble fiber, which is beneficial to digestion in that it passes through the gastro-intestinal tract undigested resulting in a non-caloric effect to the body. Gram for gram, chia is the highest source of protein, bar none.

Banana Coconut Chia Pudding

2 ripe bananas
1 c fresh coconut water
2 T chia seeds

- Grind the chia seeds in the Vita-Mix or other high speed blender. (Be sure the container is dry before grinding them.)
- Add the bananas and coconut water and blend until creamy.
- Take the mixture out of the blender and allow it to thicken.
- Enjoy this nutritious, delicious, and easy treat.

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. For more information, call 404-524-4488 or visit www.livingfoodsinstitute.com.

Cucumber Comedy

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

If you find yourself in the midst of the ennui and depressive effects that can descend upon even the most lighthearted of souls at the end of the winter season, then keep reading, because laughter is often the best medicine to cure whatever ails you! So keep a smile on your face and enjoy a few corny jokes about fruits and vegetables (this is *The Life Line* after all) to share with your kids and all those who appreciate corny jokes about consumables!

First of all, if you were wondering how the expression "CORNY" came to be applied to silly jokes... One story says this expression began in the 1890's. Companies selling seeds sent their catalogs to farmers. Jokes and riddles were added to the seed catalogs, but the jokes were obvious and trite. They became known as corn catalog jokes, then corn jokes, and eventually the adjective "corny" was born. So here we go, and remember, you can't have a veggie joke that's not "corny!"

- Why is it not wise to tell secrets in a cornfield? . . . There are too many ears!
- Do you know who the father of all bad jokes is? . . . Pop Corn!
- Have you heard about the garlic diet? . . . You don't lose much weight, but from a distance your friends think you look thinner!
- What did the lettuce say to the celery? . . . Quit stalking me!
- Which vegetable did Noah leave off the Ark? . . . Leeks!
- What is Noah's favorite fruit? . . . Pears (pairs)!
- Did you hear the joke about the watermelon? . . . It's pitiful!
- What happens when you sit on a grape? . . . It gives a little wine!

- Why did the man at the orange juice factory lose his job? . . . He couldn't concentrate!
- What is small, red and whispers? . . . A hoarse radish!
- How do you fix a cracked pumpkin? . . . With a pumpkin patch!
- What vegetable might you find in your basement? . . . Cellary!
- What is green and goes to a summer camp? . . . A Brussels' scout!
- Why did the tomato go out with a prune? . . . Because he couldn't find a date!
- How do you fix a broken tomato? . . . Tomato paste!
- Why was the tomato blushing? . . . Because it saw the salad dressing!
- What is a vampire's favorite fruit? . . . A necktarine!
- Why aren't bananas ever lonely? . . . Because they come in bunches!
- Why did the corn stalk get mad at the farmer? . . . He kept pulling its ears!
- How does a ghost eat an apple? . . . By goblin it!
- What do you get when you cross a potato with an onion? . . . A potato with watery eyes!
- What do two bananas do when they meet each other? . . . A banana shake!
- What is King Kong's favorite food? . . . Apercots!
- What do you call an apple that plays the trumpet? . . . A tooty fruity!
- What room can be eaten? . . . A mushroom!
- What is a ghost's favorite fruit? . . . Booberries!
- Why did the people dance to the vegetable band? . . . Because it had a good beat!

- What kind of vegetable is jealous? . . . A green bean!
- Why were the apple and the orange all alone? . . . Because the banana split!
- What school subject is the fruitiest? . . . History – because it is full of dates!
- What did the apple skin say to the apple? . . . I've got you covered!
- What kind of shoes are made from banana peels? . . . Slippers!
- Why did the banana go to the doctor? . . . Because it wasn't peeling well!
- What did the banana in the sun say to the other banana in the sun? . . . I don't know about you but I'm starting to peel!
- What key do you use to open a banana? . . . A monkey!
- What's a tailor's favorite kind of vegetable? . . . A string bean!
- How do you make a strawberry shake? . . . Put it into the freezer until it shivers!
- What's green and sings? . . . Elvis Parsley!
- How do you make a peach into a vegetable? . . . Step on it and make it squash!
- Why did the orange stop running? . . . It ran out of juice!
- You know how to make gold soup? . . . Add 24 carrots!

And last, but not least...

A mushroom walks into a bar. The bartender says, "We don't serve vegetables!" The mushroom responds, "But I'm a fungi!"

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

Real Answers to Heart and Artery Disease: Clogged Arteries, High Blood Pressure, & High Cholesterol

By William Richardson, MD,

One early morning in the winter of 1980, I served as an intern assistant to a surgeon during emergency replacement of a patient's main artery, the aorta. The aorta loops up from the heart towards the neck and then runs through the chest into and through the abdomen, supplying oxygen and nourishment throughout the body. Often times, because of hardening of the arteries (atherosclerosis), the portion of the aorta running through the abdomen leaks or ruptures, necessitating emergency surgical repair. I found myself witnessing such an occurrence.

During the emergency surgery, I observed that the inside of our patient's aorta was consumed with loads of fatty, greasy gristle-like material. This experience was so amazing to me that the next day, I conducted library research and checked out a bunch of books to find out what causes this disease that affects 85% of Americans over 40 to 50 years of age. It must be noted that hospitals and other medical institutions did not and still do not effectively stress the prevention of atherosclerosis. I have been on a campaign against heart and artery disease ever since.

**Athero – Artery
Sclero – Hardening
Osis – Too much of**

For the most part, atherosclerosis is caused by fatty deposits, cigarette smoking, and uncontrolled chronic diseases such as high cholesterol, diabetes, and hypertension. Examples of disease causing foods include most animal products like cheeseburgers, fried chicken, and fatty meat cuts, as well as, refined grain products. Atherosclerosis has been proven to be reversible and

preventable by controlling high cholesterol, hypertension and diabetes, smoking cessation, and eating a more plant based diet comprised of whole foods. The great thing is that significant reduction in atherosclerosis can be accomplished without drugs.

There is a new weapon against atherosclerosis and the heart and artery diseases it causes. The treatment is called IV-Chelation (pronounced "key-la-tin") Therapy. During this therapy, a vitamin and mineral laden intravenous bag with a man-made amino acid called EDTA (ethylenediaminetetraacetic acid), is slowly infused (for three hours) into the patient. Recent studies such as Chelation Therapy Assessment by NIH (National Institute of Health) show some benefit to patients with heart disease and even more benefit to those with diabetes.

In our own experience, when chelation is combined with a disease reversal program (involving strong detoxification and other diseases reversing methods), the clinical improvements in patients with heart and artery diseases (clogged arteries-coronary artery disease, high blood pressure, high cholesterol, etc.) is truly awesome.

Look for our upcoming article on *Why Heart and Artery Disease Treatments Don't Work Well*.

Dr. William Richardson, MD, is the Medical Director of the American Clinics for Preventive Medicine, Inc. in Marietta, Georgia. For further information on disease reversal treatment for heart and artery disease, Chelation Therapy, or other information in the field of preventive medicine, visit www.acpm.net or call 770-419-4471.

Drugging Our Children

Dr. Bob Schumacher, D.C.

If you or someone you know has a child who is being considered for psychiatric drugs, here is some important information that you should consider. It is from the chapter contributed by Gwen Olsen in the book, *Drugging Our Children*. Gwen is also the author of *Confessions of an Rx Drug Pusher* and was a top-selling pharmaceutical sales representative for more than a decade. Her personal experience and unique insider's perspective is both eye opening and mind boggling. Can you handle the truth?

"The pharmaceutical industry is continually on the lookout for expansion markets. Our children are recognized by the pharmaceutical industry to be the most lucrative, long-term expansion market currently available to them.

Fear created in parents can send them racing to the doctor's office and/or pharmacy in an attempt to protect their children. After all, isn't that what all good parents do?

Children are a lucrative expansion market for any drug, particularly one that requires lifelong maintenance therapy once initiated. Psychiatric diagnoses are highly subjective and based primarily on third-party interpretation

of maladaptive behaviors, rather than medical diagnostic tests such as blood or urine tests, or PET and CAT scans.

So, increasing psychiatric drug sales is primarily contingent upon increasing the number of psychiatric diagnoses and public awareness of the various diagnoses that will, in turn, result in the expansion of new patient populations to be treated.

The challenge that exists when marketing psychotropic drugs for children is that the pharmaceutical industry cannot market directly to the end consumer. In the case of children, doctors, parents, teachers, counselors, administrators, caretakers, and legislators must be persuaded that these medications are both necessary and beneficial to children.

To meet this goal, it is necessary for the pharmaceutical industry to insidiously exert its influence in every aspect of pharmaceutical development, research, reporting, regulation, funding, advertising, promotion, and distribution. They do indeed! The end result is a stealth marketing campaign that can wear many hats and disguises as it manipulates and promotes its self-serving agenda unilaterally throughout the entire health care system."

Café Life

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

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

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

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

*Freshly baked from scratch
pastries and breads
including gluten free and
wheat free options*

*On-Site and Off-Site
Catering
Free Wi-Fi*

The side effects of psychotropic drugs are scary. According to *Drugs.com*, just a few of the side effects of Adderall, for example, are nervousness, restlessness, trouble sleeping, confusion, new or worsening mental or mood problems, aggression, agitation, anxiety, delusions, depression, slurred speech, uncontrolled muscle movement, and tiredness. Adderall is an amphetamine with addicting properties that make it difficult to stop.

It is important to consider every alternative before you let fear drive you to medications. The body's innate intelligence can become clouded by medications and their side effects. Prior to committing to take these potentially addictive drugs, review all of your options including the benefits of Chiropractic Lifestyle Care. You and your loved ones deserve to enjoy a healthy drug free life.

Dr. Bob Schumacher, a licensed affiliate of the 100 Year Lifestyle, has been a practicing chiropractor in the Atlanta area for 27 years. For further info, visit www.wildwoodchiropracticclinic.com or call 770-685-5278.

The Eye-Liver Connection

By Linda Townsend

Many years ago, when I was mapping the bioenergy patterns of the body and how they associated to one's blood type, I noticed certain connections between parts of the body as well. Some of these connections are well documented in medicine, such as a subluxation of a vertebra which places pressure on a nerve to a particular organ, or yellow tinged skin and whites of the eyes indicating excess bilirubin in the blood caused when the liver is malfunctioning. However, many other connections are not well known.

One of the conditions of the eye that is often thought to be common as one ages is the grayish-blue to white opaque band in the periphery of the cornea commonly called cholesterol rings, as well as sodium, salt, or even calcium rings. The medical term is *arcus senilis*. Since it does not cause any obstruction in the vision, it is often just considered a common cosmetic flaw that most people get as they age, like wrinkles in the skin.

I used to think this also, until one of my friends, a man then in his sixties, decided to do a liver-gallbladder flush. He had listened to my ideas of the eye-liver connection. He also had heard about liver flushes causing the whites of the eye to brighten, and even cause eye fatigue to be relieved, but he was the first person I knew to do a liver flush with nearly full circle ring on the edge of his cornea. I saw him several times before the flush. Just a few days after it, instead of nearly a full circle ring, I saw the one quarter of the ring remaining. This change happened immediately after the liver flush.

This could have been coincidental, but after his ring was completely gone, he told his friends. One woman with a very pronounced full ring tried the liver flush. Hers faded considerably all the way around immediately afterward. Although she complained at first that she would never do this flush again—ever!—she changed her mind by that afternoon after going out with friends who remarked on how her eyes looked so bright and her

skin seemed to glow. I saw her the day after and her eyes had definitely improved, but the change in her complexion was far more noticeable. The most interesting thing about this woman is that she had owned and operated an herbal shop for several years, but had never heard of a liver flush before.

Please understand that I am not suggesting that any eye conditions, including arcus senilis, can be reversed by using a liver flush. I am only relating what I have personally witnessed which was attributed to the liver-gallbladder flush, which suggested to me that some conditions seen in the eyes could be indicators of conditions of the liver.

I used to do liver flushes two to four times a year for detoxification, but I admittedly had not done one in many years. Previously I never had such dramatic results with a liver flush as my friends did, but I was younger and probably had less toxins built up in my body. Recently, I began having a strange problem with my vision, and I was reminded by loved ones that symptoms with my eyes may be an associated manifestation of liver congestion. I am now doing a series of liver flushes, because I did notice a difference in my eyes immediately after the first one, suggesting to me that I really need to do some more and to continue them as part of a regular health routine.

There are different formulas and regimens, but all require a large amount of oil and an emulsifier. The favored oil is organic, virgin, cold pressed olive oil, but for those who find the taste of olive oil overwhelming, walnut oil could be a better solution with less taste. (My husband did a liver flush once and could not stand the smell of olive oil for weeks afterward, so he does better with a different oil.) Emulsifiers are necessary also and, depending on the protocol you choose to do, they can range from natural citrus juices to a carbonated cola to apple juice with added apple vinegar or lemon juice or

citric acid. The preparation protocol can be one day to a week and can involve fasting or just eating normally with the addition of drinking apple juice or taking apple cider vinegar daily until the night of taking the formula. Many drink the entire formula down in just a few minutes, but some protocols involve taking just a few ounces every 30 minutes until it is gone starting in the afternoon. Cleansing the colon prior to the flush may also be suggested. Laxatives are recommended, again, depending on the protocol, it can be Epsom salts, which can be too harsh for some, or a herbal laxative to facilitate relaxing ducts to improve the flush, but some people do not use a laxative at all.

I personally have done a few different ones, and I have a favorite that is a protocol of my own making with the use of an herbal laxative and a formula of ¾ to 1 cup of olive oil, ½ to ¾ cup of cola, and the juice of one medium to large fresh squeezed lemon, drunk in just a few minutes. I also do one to three days preparation by drinking apple juice with apple cider vinegar or citrus acid added, but I do not do this prep when I drink mostly apple juice all the time. Then I lie down on my right side with my knee close to my chest for at least 30 minutes, but often I just go to bed for the night. This flush is one that I tolerate well and is effective. Basically, I have found which flush formula works best is a personal choice kind of thing, so I encourage you to do some research if you are interested in a liver-gallbladder flush. Here is one good reference: <http://curezone.com/cleanse/liver/>.

NOTE: The information and advice expressed in this article is not a substitute for regular health care services. Please consult with your healthcare professional.

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

Spring Cleaning

By Kim Strickland, ND

When signs of spring come such as the daffodils or the buds of newly forming leaves on trees, I naturally want to cleanse and prepare for the new growth that is coming. I see dandelions shoots in the grass and want to gather the greens to put in a salad or a simple vegetable sauté.

Many of us think of spring cleaning as cleaning out closets, clothes, sweeping under the furniture, maybe cleaning the drapery. Those are all great endeavors and I will give you some tips to do this throughout the year so that you no longer need to have a season for detailed cleaning. You can make it a daily habit and then live in a clutter free environment that supports the spiritual growth which you are seeking.

Two years ago I radically transformed my daily habits. A few small changes at a time and presto a new me in just a few years. I made a commitment to spend just fifteen minutes a day decluttering, cleaning, and removing the things in my house that I didn't use, love, or need. Why the time limit? Most of us dread cleaning because it will take all day. Who wants to spend all day doing something you don't love? I have small children and used to put off moving their clothes that no longer fit as it would take me hours to sort through the mess. I would get lost in my closet for an entire day in the fall and spring switching my winter and summer clothes in and out. I might get on a cleaning rampage and forget about other things for a few days.

Now it's like a fun, quick-paced race. How much can I get done in fifteen minutes? I used to use a timer when I started this new habit so that I would stop after fifteen minutes. Now I only do small tasks at one time. In the past when cleaning a drawer that would lead me to the closet and then the bathroom cabinets and then the pantry and then the day was gone. Now I do one drawer for the day. Tomorrow I'll do another drawer until all of the kitchen drawers are clean. Today my task was to clean the inside and outside of the garbage can and the recycling bin. That was it. Nothing more. Tomorrow morning I will clean the outside of the fridge, dishwasher, stove, and microwave. The next day I will clean the inside of the microwave and the dishwasher – along the edges and the hinges and the bottom there will be gunk and food particles – check yours! Then it will be the front of the cabinets. After that will come the inside of the fridge. This may take several days unless I have a few more minutes to devote to the task in one day. Just do a shelf at a time or a couple of drawers. Never do so much that you feel overwhelmed. When the kitchen is detailed I will move to a bathroom, then a bedroom and so on until the entire house has been decluttered and cleaned in detail. Now I am just maintaining this and I am so much more aware of what I allow to come into the house. If I get new clothes I look to see what I can donate.

For all of this cleaning you will need some products that are good for the environment as well as your health. You can always use lemon juice and baking soda. That will work for most things. If you prefer buying ready-made cleaners, Life Grocery has a variety of products to choose from. So here's your challenge. If you don't have healthy cleaning products rush to Life Grocery right now and pick up some and then get rid of your unhealthy cleaning products. The very next day set a timer for fifteen minutes and do just one focused task. At the end of the year you will have spent 91 hours cleaning and decluttering and I guarantee you will feel so much better.

Reference:
www.flylady.net

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. She is also creating curriculum for and leading a women's spiritual boot camp for the year of 2013. If interested in learning more please email her at dr.kimstrickland@gmail.com.

Make a Delicious Change for Improved Health

By René Oswald

My motivation for changing my eating habits was survival from a rare, incurable disease, but the additional health improvements kept me coming back. I hope your astonishing results will keep you on track and focused on making this voyage fun!

The best way to start on a dietary change is to add healthy foods to your life without denying anything from your usual diet. A fun way to start is with a daily quart of green smoothies. The majority of people who make this one change experience amazing health improvements in just 30 days. Weight loss, increased energy, and lower cholesterol top the list.

Smoothies are an easy, gentle way to make the transition to healthier eating. By using a high-speed blender, foods are broken down to the cellular level, which helps with digestion and the assimilation of the vital micronutrients. In order to break our food down to this level with our teeth, we would need perfect dental alignment and

approximately ten hours a day devoted to chewing. Using a blender is much more efficient.

Many changes occur in the body when we initiate a dietary adjustment. One that the majority of the people I've worked with have noticed is an increase in gas accompanying the increase in the intake of fruits and vegetables. Find comfort in knowing that this too shall pass (usually within 30 days).

Another change to look for involves our desire for food. When people first start on green smoothies, they notice an increase in appetite for the first two to three months. This initial hunger is the way our body communicates a need for nutrients to us. When we make a change to healthier foods, our body starts craving these nutrient dense foods. This is a good time to start carrying green smoothies and fresh fruit and vegetables with you when you are away from home. It can often be a challenge to find healthy alternatives in many work places, so it pays to plan ahead.

Enjoy your new health journey!

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 free videos and an informative Blog that you can check out at her website at <http://RawFoodRene.com>. Her books are available for purchase on her website.

Gut pH Part IV: Dietary Choices

By Dr. Kal Sellers, MT, LMT

What we eat is as important as how we eat. Previously we have discussed gut pH and its relationship to chewing, stomach function, and small intestine function. We have uncovered the relationship of the pH of the gut to food reactions and to blood pH. In this article, we will discuss the actual dietary choices that lead to healthy gut pH.

What we eat today is way too processed. We do not eat fresh food from our gardens or even freshly ground seeds. We have milled products and pressed unstable oils that have been sitting around going bad. Even our produce has been washed and transported across the country or the world. Many people are not wise enough to eat produce at all. They are eating from packages and fast food places.

The consequence of these choices is we are deficient of many whole food nutrients. We do not have metabolic acid nutrients because they are the most yang and the most volatile. Yang is more volatile than yin. We end up unable to carry on acid processes because we are deficient in them. The resulting imbalance has predictable physiological outcomes. We have already noted how high gut pH (and by this, we really mean that there is a shortage of acid-forming nutrients from healthy, fresh food) leads to allergies to foods. Additionally, absorption of protein, calcium, and a good many vitamins goes down. Digestive distress and resultant systemic inflammation is a real problem for the alkaline gut person. The gut does not repair itself properly if it is too alkaline, leading to leaky gut. Debris that should be kept fluid and would be easily removed in an acid environment will accumulate in the lymphatic system of the gut. This we will specifically address in the next article. Tooth decay and mineral deficiency results from the alkaline gut. The immune system, the kidneys, and cerebral spinal fluid are all acidic by nature and fed by an acidic gut. The person who seems to have a proclivity to self-allergies and auto-immune disease will invariably have an alkaline gut.

The most important matter is eating fresh, whole food 100% of the time. Even things I usually recommend against are okay if they are fresh and whole. If you grind your own flour and use it immediately to make bread you will eat in a few days that will probably keep your

gut acid, even if you are sensitive to it. I do not recommend it, but it is possible to consume with minimal damage.

Seventy-five percent of every meal (or more) should be raw. This is the minimum standard as far as I can tell. Each bite should be well chewed. This will help the body extract the nutrients it should get from the food you eat. Finally, each meal should be very simple. Complexity is never your friend. Simplicity is how you heal.

Now we can talk about specifics. Generally, acid residue foods are seeds, grains, and beans. We germinate them to make them more balanced, but they are inherently a good source of acidity. Greens, which always alkalize our blood, are actually good sources for healing in the gut. Just because something has an alkaline or acid ash does not mean your body cannot extract the opposite to use where needed.

One of the finest sources for returning gut pH to normal is salt. *Herbs of Light* has a Pink Himalayan Crystal Salt product in capsules. This helps as much for gut pH as it does for other things it is promoted for. In addition to this salt, my recommended trace mineral formula is very helpful. It is equal parts of alfalfa, barley grass, kelp, and Raw Meal powder from Garden of Life. I usually have patients take one to two tablespoons of the mixture twice daily to restore whole body nutrition. It supports return of the gut to healthy. Standard Process has a few products for acidifying the gut. One of my favorite foods of all is raw sauerkraut and raw pickles, both are available under the brand name *Bubbies*.

Most fruit will produce an alkaline body, not an acidic one. Especially guilty of this are citrus fruit. Apples, however, are helpful to restoring the gut to normal, in addition to figs and raisins. This is not to say alkaline ash foods are bad for us. Blood pH, however, has very little to do with the ash we take in, but whether we are eating whole foods and digesting them well. Undigested debris in our system will always result in acid pH and no remedy exists that is sufficient to fix the problem.

The biggest problem we face today is the consumption of processed and refined food. In this



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article we have introduced the restoration of normal gut pH and normal health. In the next article, we will discuss the finer art of controlling the immune response through healing the gut and also draining the cisterna chyli. The exact process of how to minimize the accumulation of lymph in the cisterna chyli as well as the process of manually draining it will be covered.

NOTE: The information and advice expressed in this article is not a substitute for regular health care services. Please consult with your healthcare professional.

Kal Sellers, MH, LMT is a ten-year veteran of natural healing and herbal medicine. He runs a practice in Marietta and Powder Springs and teaches Herbal Medicine and Natural Healing Arts through his website www.madherbalist.com. Call 706-473-4375 for details.

Raising the Grade

If you were given a grade for the food choices you made, would all of the things you chose today be “Grade A?” As we learn about better food choices, it is heartening to know that we don’t have to be a straight “A” eater to enjoy good health. I like to share the following scale to give encouragement, especially to those of us who tend to categorize everything into only two categories: “healthy” and “not healthy.” The danger of the two category approach is that we start thinking if we are going to get off the wagon we might as well go for the gusto because bad is bad. In food choices, it is not black and white . . . there are many shades of gray, and when we are in a social setting that calls for less than our best, we can make more informed, better choices from what is available.

Sweeteners

- Worst (F): Artificial Sweeteners/ Nutrasweet, Sweet ‘n’ Low, Equal, aspartame, sucralose etc. *May cause brain tumors and make you hungry for more sweets!
- Bad (D): Hyper sweeteners/high fructose corn syrup.
- Mid-Grade (C): Refined sweeteners/sugar, brown sugar, beet sugar, fructose (not from fruit, from corn).
- Better (B): Minimally processed sweeteners/ evaporated cane juice crystals (organic sugar), Sucanat, molasses, maple syrup, agave nectar.
- Best (A): Unprocessed sweeteners/honey, dates.

Fats and Oils

- Worst (F): Hydrogenated oils and partially hydrogenated oils/margarine, shortening, peanut butter.
- Bad (D): Lard (pork fat) tallow (beef fat).
- Mid-grade (C): Chemically extracted oils/ soybean oil, corn oil, canola oil.
- Better (B): Naturally extracted oils/olive oil, sesame oil, coconut oil, butter.
- Best (A): Whole foods high in fat/avocados, nuts, seeds.

Meats

- Worst (F): Highly processed and nitrate preserved/hot dogs, bologna, lunchmeats, ham, sausage.
- Bad (D): Mechanically processed (usually breaded and fried)/chicken nuggets, chicken patties.
- Mid-grade (C): Processed meats: could include dyes, heavy fats, and other mystery ingredients/ground beef, hamburgers, barbeque mixes.
- Better (B): “Real” cuts of meat (still retains original form)/roasts, steaks, chicken breasts, whole birds, fish fillets.
- Best (A): Organically raised or wild game meats.

Dairy

- Worst (F): Highly Processed artificial products/American cheese, Cheese Whiz, nacho cheese, easy cheese, Velveeta.

By Traci Sellers

- Bad (D): Chemically processed dyed and preserved/most ice creams, ice cream bars, and novelties. Dyed yellow cheeses, dyed yogurt, Ultra pasteurized products. Some cottage cheeses, sour creams.
- Mid-grade (C): Traditionally raised and pasteurized products/milk, un-dyed cheeses, daisy sour cream, some cottage cheeses (check label), Breyer’s Ice Cream, un-dyed yogurts, eggs.
- Better (B): Organic butter, cream, milk, eggs etc.
- Best (A): Raw organic home raised dairy or plant based substitutes/fresh nut milks, nut and seed cheeses, coconut butter, nut butters, flax-eggs.

Grains

- Worst (F): Bleached refined flour products/ white flour, white crackers, white pasta.
- Bad (D): Refined grain flour products with some whole grain blended in to make it seem better. Multigrain breads, pastas, crackers etc.
- Mid-grade (C): Processed whole grain products/whole wheat or brown rice breads and crackers and pastas.
- Better (B): **Sprouted** whole grain flour products/breads, crackers, and pastas.
- Best (A): **Sprouted** whole grains not ground into flour.

Fruits

- Worst (F): Dyed and hydrogenated corn syrup sweetened fruit snacks, fruit “flavored” drinks, corn syrup sweetened fruit juice “cocktails” or juice blends, dyed dried fruit (you’d be surprised what is dyed!)
- Bad (D): Sugar sweetened dried fruits, dried fruits with preservatives, bottled fruits in syrups, sugar sweetened smoothies, sugar sweetened jam.
- Mid-grade (C): 100% fruit juices, fruit juice, or naturally sweetened preserves.
- Better (B): Whole fresh fruits, naturally dried fruits, unsweetened or fruit juice sweetened dried fruits, fresh fruit juice.
- Best (A): **Organic** whole fresh fruits, farm fresh fruits, raw fresh squeezed juices, organic dried fruits.

Cooking Methods: (For Vegetables, Beans, Nuts, Seeds and Legumes)

- Worst (F): Deep Fat Frying.
- Bad (D): Frying.
- Mid-grade (C): Sautéing, stir-frying.
- Better (B): Steaming, baking.
- Best (A): Raw and fresh: chopped, blended, or dehydrated.

Feeding More than Me: The “Add” Strategy for Families

After raising the grade so as not to be “failing,” we can take our personal health choices up a notch, while at the same time not making our families feel threatened or adverse to our “healthy” food. The easiest way to do this is to continue serving familiar

family favorites and just add to the meal the things we are learning about or wanting to incorporate into our meal plan. For example, if families are accustomed to cereal or pancakes for breakfast, still serve them, and add a green smoothie to what is prepared. For lunch, if sandwiches are the usual option, still serve them as usual, and add a fresh veggie platter with dip. For dinner, if spaghetti is the norm, serve it as usual, and add a side of steamed broccoli and a fresh green salad. When snacks are set out, make sure there is a familiar choice and add some natural granola, nuts and raisins or kale chips.

Introducing New Foods: Secrets for Success

The way we talk about or introduce new foods to our families has a huge impact on how they are received. The language we use around food can affect others’ opinion of it. Talk about your veggies like they were a decadent dessert. Reminisce about how good they were after the meal. Discuss them when not eating, like when making out a grocery list. Make a priority out of making sure the language used around food is always positive or at least neutral.

When introducing a new dish, make just enough for one and enjoy it immensely. The next time around, this same dish can perhaps just be sampled by other adults at the table, or less picky children. If these samplers have positive language responses to the food, others will more likely be willing to try it and more likely to have a positive response.

Making new foods outside of a meal setting is effective also. Children (and adults) are more likely to like a new item if they try it in the middle of the afternoon when not super hungry, as opposed to an established mealtime when comfort favorites are high on the priority list.

When something is not a success, don’t get discouraged. That item can be reserved for your personal repertoire to add to a meal. It can also be re-introduced later when taste buds have had a chance to change and adapt to the delicate flavors of fresh foods.

Tastes Change

Great news about our taste buds, they become more sensitive and will enjoy fresh foods more the longer they are eaten. Much of the hype foods on the market today have artificial flavors and flavor enhancers added, which dull our senses to the natural goodness in fresh foods. The longer we persist in eating the fresher selections, the better they will taste. A note on children: When children experience major developmental changes (around 5-6 and 11-12) their tastes also change. Explain this to your kids and encourage them to try new things and old dislikes during this time to see if they have made a change.

*Traci Sellers started learning about healthful eating because her life was threatened. When all that the medical profession had to offer had failed, healthful eating saved her life. She has been studying health and creating recipes that follow healthful eating principles for the last twelve years. She specializes in making healthful alternatives to classic comfort foods. For more information on healthful eating and to purchase her e-book, **Traci’s Transformational Health Principles**, visit www.bestfoodist.com.*

A Tale of Two Pregnancies

By Nisla Whetstone, Gluten Free Lifestyle Coach

When I was pregnant with my daughter thirteen years ago, I had no idea what a truly healthy pregnancy was. I thought I ate a well-balanced, healthy diet. I had the mistaken belief that many of the annoying symptoms of pregnancy were normal, and I just had to learn to deal with them. Fast forward to this past year when I was pregnant with my son and I began to compare the two pregnancies. Granted, every pregnancy is different, and women carry boys differently than girls, but all that aside, even though I'm thirteen years older, this was a completely different experience.

First, I didn't realize that I was even pregnant until I was almost through the first trimester. I experienced none of the annoying morning sickness to tip me off that there might be a little bambino on the way. I did miss a couple of cycles, but that had happened before, so I just figured my body was starting to go through peri-menopause.

Second, I didn't gain a lot of weight. I never changed my diet. I simply continued to eat the way I had been eating for the past ten years. You see, when my daughter was almost three years old, I was diagnosed with Celiac Disease and was forced to change my diet at that time.

Third, I was able to work up until the week before my son was born! With my daughter, I was put on bed rest towards the end of the second trimester, and my daughter was born over a month premature due to pre-eclampsia.

What do I attribute the differences to? Well, I think the biggest factor is the gluten free diet that I am on. After I was diagnosed with Celiac and changed my eating habits, I initially lost about 120 pounds. (I have since lost over 150 pounds total.) With my daughter, I gained over 80 pounds, and instead of losing the pregnancy weight, I just got fatter. This time around, I gained less than 30 pounds; as of this writing, my son is almost six months old, and I have lost over 35 pounds without trying! (So I'm five pounds UNDER my pre-pregnancy weight!)

Okay, so I hear you saying "but I don't have Celiac Disease, how can this possibly apply to me?" I don't know. I'm not a doctor. It just feels important for me to share my experiences with you in the hopes that this might help someone else. Prior to conceiving my daughter, I had several devastating miscarriages, and my doctors really didn't have an answer as to why I couldn't stay pregnant. During this time, a very dear friend of mine shared with me that her mother had Celiac Disease, and a lot of the symptoms I had sounded like her mom. I decided to try the gluten free diet without a firm diagnosis, and found myself pregnant again. I was so frightened that I would lose this baby, but I stayed on the gluten free diet through the first trimester until I admitted to my doctor that I was on the gluten free diet. I kid you not, the man told me it was all in my head and to go back to eating gluten because it was bad for the baby to be gluten free!

After that statement, I listened to the doctor and started to eat gluten again and that was precisely when I started having complications with the pregnancy. Hindsight being 20/20, I now know I should have trusted my instincts and stayed gluten free, but I guess I'm stubborn, and I have to learn my lessons the hard way. By the time my daughter was two, I was having major digestive issues, seizures on a daily basis, and I was suffering from severe post-partum depression. I was heavily medicated and had been told I had fibromyalgia. By the time I was accurately diagnosed with Celiac Disease, I was morbidly obese but I was suffering from severe malnutrition.

Lesson learned. I've now been gluten free for ten years, and I'm healthier than I've ever been. Going through a pregnancy at forty three years of age was interesting to say the least, but I feel like this time around was a breeze! Because my daughter is also gluten intolerant, and neither one of us tolerate dairy well, we've already decided that my son will be raised without gluten or dairy in his diet. I'm looking forward to finding new ways to prepare healthy gluten and dairy free foods so that my kids don't feel different from their friends!

I was concerned about feeding my son pre-made baby foods, as I'd heard too many stories of recalls and there are too many questionable ingredients in most of the store bought baby foods. You can buy organic, healthier choices but these can be quite costly, and if your family is on a tight budget like mine, it's pretty much a no brainer to make your baby food yourself.

Here are some simple recipes for home made baby's first foods:

Banana Puree

1 ripe organic banana (no brown spots), peeled
¼ c filtered water

Avocado Puree

1 ripe organic avocado, peeled and pitted
¼ c filtered water

Sweet Potato Puree

1 organic sweet potato, peeled and boiled until soft,
cut into 1 inch pieces
1 c filtered water

Green Peas

1 c fresh or frozen organic peas, steamed or boiled
until soft
¼ c filtered water

For each recipe, place ingredients in blender or food processor and puree for at least 15 seconds. Make sure there are no lumps. Serving size for 4-6 month olds 1-2 tablespoons. Freeze in ice cube tray then store in freezer safe containers. Use within 30 days. Thaw in refrigerator one day before use. (tip: invest in single serve BPA free storage containers for thawing baby food in refrigerator.) Never heat baby food in microwave, as this not only destroys the nutrients, it can create hot spots and burn your baby.

Nisla Whetstone was a licensed massage therapist for over 16 years, she is now a full time mom, independent marketing consultant, and a gluten free lifestyle coach in private practice. Nisla can be reached at nislacwhetstone@gmail.com.



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