

georgetown market

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Mon.—Sat., 9 AM to 8 PM
Sun., 11 AM to 5 PM

www.georgetownmarket.com

DECEMBER 2008

natural foods

Eat Better, Live Well, Feel Your Best

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self Serve Water 25¢ a gallon, Monday, December 8th

For Everything There Is A Season

There is never a better time to make healthy lifestyle changes than during cold and flu season. The following guidelines may sound familiar and just plain commonsensical, but considering how many of us fall prey to some form of cold or flu each year, I think they bear repeating:

- Instead of simply taking megadoses of vitamin C, **eat lots of fruits and vegetables**. You not only gain the vitamin C benefits, but also vitamins A and E and the flavonoids that keep your immune system running strong. And continue to drink plenty of water with 100% juices to flush toxins.
- **Exercise** is just as important in the winter as it is any other time of year, but shorter days and colder temperatures keep many otherwise-active people indoors. If this describes you, consider home exercise options or membership to a health club. Find some way to maintain cardiovascular fitness and strength training throughout the winter. Come springtime, you won't have to work as hard to regain a strong, healthy body.
- On the flip side, make sure you get plenty of **sleep and relaxation**. Stress and inadequate sleep create an ideal environment in the body for infectious disease.
- Be especially vigilant about **washing and sanitizing your hands** during cold and flu season. A recent study shows that the cold virus can survive on common household surfaces for up to two days. Computer keyboards, television remote controls, elevator buttons, and ATMs are just a few surfaces we regularly come into contact with and are potential conduits for various types of germs. When you touch an infected surface and then rub your eyes or nose, you increase the risk of an infection. In our Natural Living department, we offer Clean Well, an alcohol-free hand sanitizer that kills 99.9% of germs on contact.
- Although it's hard to pass up dessert during the holidays, do your best to **avoid sweets** as much as possible. Sugar of all kinds impairs the function of neutrophils, a type of white blood cell that destroys cold viruses.

Enjoy a healthy holiday and winter season!

Malka Davis

Staff Contributor

HOLIDAY HOURS

Open until 5:00PM Christmas Eve,
December 24th
Closed Christmas Day, December 25th
(re-open Friday, December 26th)
Open until 8:00PM New Year's Eve,
December 31st
Closed New Year's Day, January 1st
(re-open Friday, January 2nd)

Seasons Greetings

From your friends at Georgetown Market

Great holiday gift ideas

- **Alpaca hats, scarves, and gloves \$10.00—\$25.00**
A fair-trade product made by hand in the Andes
- **Palm Wax Candles \$1.79—18.99**
Clean burning, eco-friendly palm wax
- **Tea Spot Steeping Mug \$15.99**
Just the right size for your afternoon pick-me-up
- **Georgetown Market gift certificate**
Available in any denomination, may also be used at our Eatery!

Give two gifts in one and tie it all up in a Georgetown Market reusable bag—**Only 99¢.**

Still can't decide?

Give the gift of brotherly love! For the month of December, Georgetown Market will have a Gleaners donation bin at the front of the store. Bring or purchase shelf-stable items and donate to those less fortunate.



From Rick's Desk...



With the winter season and the holidays upon us, it is a good time to talk about some simple ways to take better care of ourselves and loved ones. On the front page of this month's newsletter we share some excellent advice so be sure to read that. Getting more specific, if you feel you are coming down with a cold or flu bug I recommend drinking sufficient water (not tap), herbal tea or vegetable juice. I would avoid drinking fruit juice or eating fruits and the reason is that fruits are cleansers and vegetables are builders. When you have a cold or flu bug your body is already in cleanse mode. It is time to build, not cleanse. Skip the soft drinks, alcohol, fruit juice, coffee, and dairy. Drinking a vegetable juice will balance your pH too. It is really important to stay hydrated so drink plenty of quality water. Avoiding refined white sugar is paramount for a healthy immune system!

Since this is a stressful time of year do not forget to support your adrenal gland function. Worn out adrenals means your body is run down and susceptible to whatever is going around. There are various ways to support the adrenals and that would be getting plenty of rest, avoiding emotional stress (easier said than done!), taking an adrenal supplement formula, taking the B vitamin pantothenic acid (250mg or more for an adult) and seriously consider getting a chiropractic adjustment which is great for the immune system. Plan ahead and have on hand products that will help fight off a virus. Ask our Natural Living department for specific advice. For a qualified chiropractor, call Dr. Lauren!

Creating Wellness System

IT'S FINALLY HERE! Dr Lauren presents the long-awaited, much-anticipated **CREATING WELLNESS SYSTEM!** If you are like the millions of Americans who finally implement their much needed, life-changing goals as their New Year's Resolutions, you cannot miss our **Creating Wellness Seminar** on Tuesday January 6th. For the next 31 days, we will spend more money, time, and energy enhancing the spirit of the holidays and giving back to others. Once the New Year rolls in, we re-focus our time, energy and money into reclaiming our health and enhancing OUR spirits. If you are interested in a New Year's Resolution that will lead to a **WELLNESS REVOLUTION** in all dimensions of your life, please join us at 6:00PM on the first Tuesday of 2009! We'll show you how to start the year right and a game plan to make 2009 one of the best! For more information please visit us on the web at www.WeCreateWellness.com. Seminar is free with pre-registration. Call (317)293-9525

Tuesday January 6, 2009 @ 6:00 PM in the Georgetown Market Community Room

Just a reminder...The December issue will be the last postal mailing of our monthly newsletter. To sign up for your email copy just visit www.georgetownmarket.com or sign up on our mailing list inside the store. If email isn't your thing, printed copies will be available at the check-out!

Recycle and Re-use

Our signature purple, reusable bags are available once again at the check-out. Sorry for the delay but worth waiting for. You are sure to like the new design with the stylish Georgetown Market and Nordic Natural logos!

Pilates at Georgetown By Julie Seward

Our popular pilates mat class begins again in January!
Monday night classes begin
 January 12th at 6:00PM for 6 weeks.
Wednesday night classes begin
 January 14th at 6:00PM for 6 weeks.
 Cost is \$8.00 per class with pre-registration
 or \$12.00 per class walk-in.
 Call 430-7923 for more information.

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