

# Turmeric Root Extract Theracurmin™ Highly Bioavailable Curcumin

By Dr. Michael T. Murray

## ***Rooted in Tradition, Enhanced by Science***

The root of the turmeric plant (*Curcuma longa*), a member of the ginger family, has been used in India for thousands of years as the principal spice in curry and as an Ayurvedic medicine for supporting the body's natural inflammatory response system. A century ago turmeric's primary active compound, curcumin, was isolated. This valuable natural compound gives turmeric its vibrant yellow color and its medicinal qualities. An explosion of scientific research, literally thousands of studies, with curcumin has deepened and expanded our understanding of curcumin's unique health effects in supporting many body functions.

While much research has documented curcumin's effects, most research has focused on in vitro (test tube) or animal studies. The big shadow over curcumin is that in humans its oral absorption (bioavailability) is quite low and once it is absorbed it is rapidly changed to other compounds or broken down. Clinical studies show that amounts as high as 12 grams of curcumin powder failed to significantly raise blood levels.

To address this issue of poor bioavailability, a number of processing techniques have been developed to enhance the absorption of curcumin. Natural Factors CurcuminRich Turmeric Root Extract contains Theracurmin, a natural turmeric extract preparation with by far the highest absorption profile.

## ***What is Theracurmin?***

Theracurmin is an all-natural preparation that utilizes advanced techniques to reduce the particle size of curcumin then disperse it with a very unique natural suspension to dramatically increase its solubility. The result is a dramatic increase in the absorption of curcumin compared to all other commercial forms tested, including other enhanced forms of curcumin. At equal dosage levels, Theracurmin produces blood levels in human and animal studies that are 30-40 times greater than regular curcumin.

## ***Theracurmin Increases "Free" Curcumin***

Theracurmin is the only curcumin preparation to demonstrate a clear dose response. What this means is that even small dosages of Theracurmin increase blood measurements of curcumin and as the dosage

increases so does the blood level. This increase is linear, meaning that it increases in the blood in a parallel fashion to the dosage. This absorption profile is extremely important as the effectiveness of curcumin within the body requires achieving effective concentrations. Theracurmin is able to achieve necessary concentrations within the body that are not likely to be easily achieved, if at all, with other curcumin preparations.

In addition to being poorly absorbed, curcumin is rapidly metabolized in the liver. When measuring levels of curcumin in the blood during absorption studies the value of curcumin is based upon total curcuminoids including metabolites. The only product form that has shown to actually increase the free curcumin form is Theracurmin. As free curcumin is significantly more active than the metabolites, it is extremely likely that Theracurmin is not only better absorbed, but it also produces additional benefits compared to other supplemental forms of curcumin.

## ***What Are The Benefits of Theracurmin?***

What research has continually documented is that curcumin is highly pleiotropic, meaning it exerts multiple actions. Foremost is curcumin's ability to influence many factors involved when normal inflammatory processes get out of balance. It has also demonstrated significant effects in preventing the accumulation of compounds associated with premature aging. For example, beta-amyloid is a compound linked to aging in the brain. It is kind of like a biochemical scar in brain tissue that reflects damage due to inflammation. Curcumin is showing great promise in preserving brain health by preventing the accumulation of beta-amyloid. However, in order for this benefit to be realized, it must be absorbed. Here are some of the other benefits shown with curcumin:

- Potent antioxidant
- Supports the body's natural inflammatory response system
- Promotes the liver's ability to detoxify

## ***How Much Theracurmin Do I Need?***

The suggested usage of Theracurmin based upon current clinical evaluation is 150 to 300 mg per day. Although this amount is significantly lower than many other forms of curcumin, keep in mind that the amount of curcumin you take is not as important as how much you absorb.

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

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# Ask Dr Joe

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

Dear Dr. Joe,

First of all, I love your radio show. I listen to it every Sunday morning while getting ready for church. Thank you for all your wonderful information!

I had a baby thirteen months ago. Two weeks after giving birth, I contracted mastitis. Unfortunately, I took a heavy round of antibiotics and my baby and I have been paying the price ever since. I am still breastfeeding, but we are constantly dealing with thrush. I haven't seen it in his mouth since he was two weeks old, but he has developed a diaper rash recently and I feel sure yeast is the cause. I have a doctor's appointment for him tomorrow to have it confirmed.

I've been fighting the rash with coconut oil for the last four to five weeks, but it doesn't seem to be helping. For the last 13 months, I have cut out all processed sugar from my diet, and consume extremely limited carbs (brown rice and sometimes chips, just enough to keep my milk supply up). I am now starting the weaning process and I am scared to death to give him any sugar, even cow's milk.

I have a couple of questions. What should I give him to drink in place of breast milk? If not cow's milk, don't I need something pretty high in fat for his development? I drink almond milk.

What can I do to give his body a good cleaning from any excess yeast? I have him taking probiotics for infants. Is there anything else I can do?

Any help would be greatly appreciated. I hate for my baby to suffer from my bad decision to take antibiotics.

Thank you so much!  
T.

Dear T,

First, thanks for your kind words.

As a parent, I understand your concern for your child. As you are aware, I'm not a big fan of antibiotics unless they are absolutely necessary. Regarding the diaper rash, I might suggest you mix

some of the coconut oil with the equal part of your breast milk and rub that on the rash. Your breast milk is high in natural antibiotics this might help the rash. I'm glad to hear that you cut out the sugars. That is definitely the right direction you want to go in.

Regarding your first question, The American Academy of Pediatrics is currently recommending that if you can, continue breastfeeding for up to two years. At 13 months he should be ready for some solid foods. Avocados are very high in fat and usually an excellent choice for someone his age. Adding coconut oil to his food is another thing that I would suggest. Be sure that it's extra virgin and organic. Life Grocery has many different brands to choose from.

Giving him probiotics is a very good idea. I would suggest you give them to him first thing in the morning and then wait about a half-hour before giving him any food. When you eat food, it raises your stomach acid in the stomach; acid can kill off the probiotics.

I would also suggest we check out his nervous system because his nervous system controls the immune system. We want to make sure there are no pinched nerves that can be adversely affecting his immune system. I also find that in cases like this, sometime the stomach and colon are in spasm and I would need to show you some techniques that you can do to help relieve those spasms.

*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 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](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!*

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# Get Fit With Raw and Living Food Smoothies

By Brenda Cobb

Nutrition is the foundation of good health and fitness. Supercharge your body with organic raw and living foods and watch your health and fitness level soar. A busy life requires lots of energy. When you're on the go and active you might not be eating the most nutritious food. Poor nutrition can lead to low energy and disease. Raw and living food is the best medicine and finest food straight from Mother Nature. It's quick and easy with no cooking necessary. Just eat an apple or a stalk of celery.

Many times people think they are eating healthy when they're really not. Eating cooked food and little if any raw and living food will slow the body down and make it acidic. Cooked food is difficult to digest and assimilate. It sits in the body for a long time and leads to constipation, fermentation, and sluggishness. Cooking food kills all the enzymes and destroys valuable vitamins and minerals, the very components the body needs to be energized and healthy.

Organic raw greens, fruits, vegetables, nuts, seeds, and sprouts give the body everything it needs to stay active, healthy, and fit. Raw and living foods oxygenate every cell. More oxygen means more energy. If you're working out, you'll get better results with optimum nutrition. You'll get more clean burning protein from raw and living foods than from meat. When you eat meat the body produces uric acid. This can affect your muscles and joints leading to aches, pains, arthritis, gout, and a compromised immune system. Raw and living foods bring the body back to alkalinity. An alkaline body is a healthy body.

Energy drinks are the rage now, but if you look at the labels of these commercially prepared products

you'll see they are full of chemicals, additives, preservatives, caffeine, and a host of other unhealthy ingredients. Skip the commercial energy drinks and make your own raw and living energy drinks. Just blend up some raw and living foods to supercharge and nourish you at the cellular level. Get more energy and strength. Feel lighter and cleaner. Maximize your fitness. Create good health. It's all up to you. You are what you eat! Make smoothies of all types for a quick and easy refreshing treat that's chocked full of nutrients. Eat the best fresh food on the planet, organic raw and living foods, and be the very best you can be. Here are two recipes for super healthy and super delicious smoothies. Always use organic ingredients to get the full benefits of fresh produce.

## Super Charge Smoothie

2 c kale  
1 apple, seeded  
1 carrot  
1 c sprouts  
1 T dulce flakes  
½ avocado  
2 stalks celery  
3-4 cups filtered water

- Put all the ingredients in the Vita-Mix and blend for 60 seconds.
- For a thinner smoothie, add more water.

You can't get much easier than this. Try different sprouts like broccoli, sunflower, buckwheat, clover, and radish or use a combination of several types.

These are your living foods. They have lots of enzymes, vitamins, and minerals!

## Gazpacho Smoothie

2 c very ripe tomatoes  
½ c celery  
½ c cucumber  
¼ c green onions  
½ c red bell pepper  
½ t Himalayan salt  
2 T fresh cilantro  
1 large clove garlic  
2 T fresh lime juice  
1 t cumin powder  
water if needed to make a thinner smoothie

- Put all the ingredients in the Vita-Mix and blend for 60 seconds.

*Brenda Cobb is founder of The Living Foods Institute and author of **The Living Foods Lifestyle**®, **101 Raw and Living Food Recipes**, and seven other books on raw and living foods and natural healing. She teaches a 10-Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute in Atlanta, Georgia. For further information, call 404-524-4488 or 800-844-9876 or visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

## Mom Esposito's Macaroni and Beans (Pasta Fagioli)

Servings: 6 to 8

1 (28 oz) can Italian plum tomatoes, slightly drained and mashed  
½ c virgin olive oil  
2 cloves garlic, minced  
¾ t red pepper flakes  
½ t oregano  
1 c diced celery (preferably leaves and stalks)  
1 (19 oz) can cannelloni beans (great northern white kidney beans)  
salt to taste  
12-16 oz ditalini pasta or any small wheat free pasta such as shells or twists

- Put olive oil, garlic, red pepper flakes, oregano, and celery in a Dutch oven or other heavy pot and sauté 10 minutes until celery softens, stirring occasionally.
- Add tomatoes; simmer about 45 minutes. If necessary, add some of the drained tomato liquid.
- Add the beans and simmer 5 minutes.
- Boil the pasta according to the package directions. When draining the pasta, put a receptacle under the strainer to catch some of the water; do not drain too thoroughly, leaving a little water in the pasta.
- Combine the pasta and tomato-bean mixture. For a moist soup, add reserved pasta water to your taste.

*This recipe is very easy, fast and economical. My friends, family, and I grew up on this and it is still a favorite when we all get together.*



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# Sourdough: Starter to Slice-Part 3

By Linda Townsend

How to make sourdough starter and then the sponge were described in my last two articles. Now you are ready to make the bread dough. Before you begin, you must remember that any sourdough recipe needs to be adjusted. The moisture content of the sponge and added flour varies, as will the moisture in the air—yes, even the weather will make a difference and I like making my dough on rainy days best. So, any recipe is just a guide and you will have to adjust how much flour to add accordingly. Remember not to use all of the sponge, as what is leftover is your starter.

The most basic authentic sourdough recipe is as simple as just adding flour to the sponge until it mixes with the dough consistency you need.

- 1½ c sourdough starter
- 2 c bread flour
- ¾ t salt

This recipe should make an authentic sourdough bread loaf with a hard crust and a chewy middle. Personally, I make sourdough *everything* from regular bread loaves to hamburger buns to pizza crusts to sweet rolls and even bird seed loaves. I usually prefer a softer crust and moist, spongy middle for my regular bread. This is my basic recipe.

- 2 c sourdough starter
- 3 c whole wheat flour
- 1 t salt
- ½ c of warmed milk
- 2 T of melted butter (or oil)
- 2 T of honey

I warm and stir the last four ingredients in a small sauce pan before adding them to make the bread dough. For sweeter bread, I double the honey. You can use half whole wheat and add another kind of flour like rye or combination of flours to make up the other half, if you wish. Should you wish to add seeds, do it during the kneading stage.

After you have chosen the recipe you wish to use and mixed the ingredients together, the steps are much the same. I use a mixer with a dough whip adding less flour than the recipe suggests and mixing the ingredients just to the point that dough is not sticking to the bowl, but still sticky to the hands, because I prefer moist bread. As I knead for five to ten minutes, I add only enough flour to make it workable. If it is not sticky enough, I wet my hands to knead in extra moisture. However, if you have mixer with a dough whip, you can use it instead of hand kneading. When I am kneading, I am looking for a certain consistency, where the bread will tend to stick a bit to my wooden kneading board if left to rest just a few seconds.

I then pour a generous amount of oil to coat the bottom of a bowl that is large enough to allow the dough to double. Then I place the dough in the bowl

turning it over to coat it completely with the oil. I place waxed or parchment paper over the bowl and a towel on top or you can use a damp towel. How long it takes the dough to rise depends on the air temperature. It usually takes two to four hours at regular room temperatures, but you can place the bowl in a warmer (not hot) place to encourage the yeast to be more active, so the dough rises faster.

Once the dough has doubled, you should knead it again for five to ten minutes. Then mold the dough to the desired shape and place on a bread stone, cookie sheet, or a bread pan. I usually coat it with oil so the dough surface does not dry out as I allow the dough to double again. This time it should take about one to two hours.

Bake in a preheated oven set at 375°F for about 45-60 minutes for bread loaves and 15-30 minutes for buns, rolls, and pizza crusts. If you like a tougher or darker crust, bake at 425°F for the first 10-15 minutes and then reduce the temperature to 375°F for the remaining time. Remove from the oven and allow the bread to cool before placing in a plastic bag, if you do not eat it up first!

Now, my secret to having spongy, moist bread is to allow the bread to cool in the baking pan as it will bring in moisture and not let the bread cool too much before placing it in an air-tight container or plastic bag. I bag it while it is still a bit warm and then it goes into the refrigerator or freezer. We slice it when and as needed (which can make you appreciate why pre-sliced bread was such a big deal when it first came out).

Besides the personal rewards of making your own sourdough bread, it is a great addition to your holiday table and makes for a unique gift for your loved ones, too—oh, and always be prepared to share some of your starter and your experiences with making sourdough bread!

Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).

## Oldie But Goodie: Mori-Nu Pumpkin Pudding

- 2 cans pumpkin pie filling
- 1 carton Mori-Nu extra firm tofu, drained
- 1 package Mori-Nu Vanilla Pudding mix
- 1 T pumpkin pie spice

- In a blender or food processor, blend pie filling and tofu until smooth.
- Add pudding mix and pumpkin pie spice. Blend well.
- Turn into an oiled baking dish.
- Bake uncovered in a 350° F oven for one hour.
- Let cool in oven for 20 minutes.
- Refrigerate covered overnight or put into a baked pie crust and cover.

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# The Superhero of Antioxidants - Glutathione

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

Recently, I attended a seminar by a renowned speaker in the world of research on health care and nutrition, by the name of Dr. Dan Murphy. One of the topics he spoke about was an important antioxidant for our health, which is called glutathione. Glutathione (GSH) is a linear tripeptide that is made up of the three amino acids L-glutamine, L-cysteine, and glycine. Technically N-L-gamma-glutamyl-cysteinyl glycine or L-glutathione, has a sulfhydryl (SH) group on the cysteinyl portion, which accounts for its strong electron-donating character. This negatively charged electron gives glutathione the power to neutralize a free radical's positive charge, which creates such devastating consequences to our bodies.

Glutathione is not considered an essential nutrient. This means it does not have to be obtained by eating food, but rather it is synthesized in our body from the three amino acids listed above. Dr. Oz spoke about glutathione on his television show in July 2011. He referred to glutathione as the superhero of antioxidants. Both Dr. Oz and Dr. Murphy extoll the virtues of glutathione proclaiming it to be the major endogenous (which means that it is made in our body) antioxidant that is produced by our own cells. In this capacity glutathione directly neutralizes free radicals and reactive oxygen compounds, as well as maintains exogenous antioxidants (which means coming from outside of her body, in this case because we have ingested them) such as vitamins C and E in their active forms. It is also used in many metabolic reactions such as making and repairing DNA, making proteins, making prostaglandin, transporting amino acids, and activating enzymes. It has a vital function in iron metabolism. Yeast cells depleted of or containing toxic levels of GSH show an intense iron starvation-like response and impairment of the activity of extra-mitochondrial enzymes, followed by death. Glutathione is considered an important component in anti-aging strategies and a critical player in detoxification. It is the major free radical scavenger in the brain. Glutathione deficiency states include, but are not limited to, HIV/AIDS, chemical and infectious hepatitis, myalgic encephalomyelitis chronic fatigue

syndrome ME/CFS, prostate and other cancers, cataracts, Alzheimer's disease, Parkinson's disease, and chronic obstructive pulmonary disease.

While it is clear that we must be diligent in maintaining sufficient glutathione levels as we age, oral supplementation of glutathione has proven ineffective due to its inability to absorb well in our digestive system. Delivery of glutathione is usually administered by an IV push for 10 to 15 minutes three times the week. Dr. David Katz, the director of preventive medicine research at Yale University, appeared on the Dr. Oz show that aired in July 2011, informing the audience that he had recently conducted a research study that showed the ability of IV glutathione administration to halt the progressive symptoms in patients with Parkinson's disease. He was quick to clarify that the symptoms that these patients were experiencing did not go away, however they did not progress any further.

According to Dr. Murphy, since we cannot successfully take glutathione orally to boost our glutathione stores, studies have been conducted that have shown successful usage of supplementing precursors to glutathione to help boost glutathione levels. Of the three amino acids mentioned above that our body uses to synthesize glutathione, the limiting factor, or the one that is shown to be most successful in oral supplementation to boost glutathione levels is cysteine. The best form of this amino acid for us to take is N-acetyl Cysteine or NAC.

He recommends a dosage of 2 tablets of 120 mg per day for children and 4 tablets of 240 mg per day for adults. These tablets are to be taken throughout the day and not all at once.

He also goes on to say: "The natural protein with the highest biological value is whey protein. Whey proteins are found in the milk of all mammals, including humans. The processing of milk involves heat and mechanical agitation, which denature the whey proteins, reducing their bioactivity usefulness in building intracellular glutathione. Denatured whey protein loses its capacity to deliver glutathione precursors. Undenatured whey protein is a safe, dependable, effective way to raise and sustain glutathione levels." The dosage he recommends is

one scoop per day of 7 grams for children and three scoops per day of 21 grams for adults. For those of us who like to put supplements in our smoothies, the benefits of whey protein will be diminished if you put it in a blender, so remember to just stir it into your drinks.

I hope you find this information helpful in amassing your arsenal against aging and your quest for optimum health. Be sure to stop by the supplement section at Life Grocery for quality supplements like NAC and undenatured whey protein. As always, I must add my caveat, which is to make sure you check with your doctor, before making changes to your diet and supplementation program. The dosages listed above are a general guideline that is used by Dr. Murphy and should not be interpreted as a personally recommended dosage for you. As with any supplementation, side effects, such as digestive upset or adverse reactions may occur.

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# Believers

By Kim Strickland, ND

I recently saw Rev. Michael Bernard Beckwith speak at Unity North in East Marietta. He is the spiritual leader of the Agape International Center in California and Oprah's spiritual advisor. During his talk he explained what a believer is and what they do. Believers walk around waiting to find someone to convince, convert, and coerce. Someone who knows something in the very fiber of their being does not need to convince anyone of anything. Do you know who a believer is most trying to convince? Themselves!

Are you a believer when it comes to diet, nutrition, health, or exercise? Observe your behavior over the next several weeks. Do you need for others to believe what you believe or what you are saying or doing is the best way? What would happen if you put that energy into living the way you know is best instead of trying to convert others? The greatest impact you can have on others is to walk your talk, embrace it, and live it every day.

As we enter this holiday season why not completely embrace a healthy way of celebrating with family and friends. You can still enjoy the company of loved ones without having to give up on

all you try to live throughout the year. Encourage others to bring healthier dishes for the holidays. Any small change that you make within yourself creates a shift that makes it easier for other people to do the same. Enough individuals making small changes will create an epidemic.

In the history of man most epidemics were created by a few people making radical changes. At this time in evolution individuals making little changes will have the same impact. What does it matter if you compost, recycle, eat organic produce, eat free range meats, or eliminate preservatives from your diet in the grand scheme of things? It matters immensely! Be the change you wish to see in the world. With this I will leave you with a recipe that I know will be delicious and make you feel good!

## Chocolate Chip Pumpkin Loaf

3½ c Arrowhead gluten free baking mix  
1½ c turbinado sugar  
2 t baking soda  
2 t cinnamon

1 t nutmeg  
4 eggs  
½ c oil  
½ c applesauce  
1 can pumpkin  
½ bag of chocolate chips

- Preheat oven to 350° F.
- Grease two loaf pans with canola oil spray.
- Sift dry ingredients together and place in large mixing bowl.
- Beat eggs, oil, water and pumpkin together.
- Make a well in dry ingredients and add wet ingredients to center of well. Do not over mix. Fold in chocolate chips.
- Pour into 2 greased loaf pans and bake at 350° F for 1 hour or until toothpick inserted comes out clean.

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.

# Staying Satisfied and Sane Over the Holidays

By René Oswald

Did you know the average American gains 2-12 pounds over the 6-weeks from Thanksgiving to New Years? This weight gain is often their major weight gain for the entire year. Unfortunately, for most, these excess pounds never go away; they just accumulate over the years. This fact can make the holiday season a very stressful time for many. Here are some tips to get you through this season with ease and you may even lose weight in the process!

- When at a party with an "all-you-can-eat" buffet, try to visit with your friends far away from the food table. This will reduce the temptation to keep grabbing food as you talk. You'll eat less and feel better later.
- Go for the fresh fruit and vegetable platters while refraining from the high-fat dishes.
- Avoid starving yourself before going to a party. This will reduce your temptation to overeat. Eat healthy foods before you go and you'll be less tempted to indulge in unhealthy choices.
- Limit alcoholic beverages, they are high in calories without the nutrients. Alcohol stimulates your appetite and diminishes your self-control. Have a drink of Kombucha tea as a celebration drink. The

fizz may give you that familiar feeling of champagne. You'll still have fun without the morning after hangover!

- Stick with your usual exercise routine and if you have to change your usual regimen because of winter weather be sure to schedule your activities ahead of time and take the time for yourself every day.
- Refrain from telling your loved ones anything negative about the foods they are eating. Live by example and they will take notice of the positive energy you emit and they may even ask you what you're up to.
- Check out the *Living Cuisine for Happy Holidays eBook* and build your confidence in the kitchen, making these easy and tasty holiday favorites for both your health-conscious and not-so-health-conscious acquaintances.

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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# Fifty Shades of Blonde

By Betsy Bearden

I can tell you without a doubt that if I had to bring in my hairbrush for a DNA test (and I can't think of any good reason at all for that at the moment) it would most definitely contain fifty shades of blonde. I am willing to bet you that you could find *at least* fifty shades of blonde or more, in my Jeep, in the carpeting, on my clothing, etc. I admit it . . . I am a hair color junkie. (I am also a potato chip junkie, but that's another story for another time.)

I came into the world in the late fifties as a true, natural blonde; really, I did. However, as I grew into my teens during the '60s and '70s, I would read publications such as *16 Magazine*, *Teen Beat Magazine*, *Glamour*, and the not so age-appropriate at the time *Cosmopolitan Magazine* that I would sneak and read. This drew me in to what we call today a state of self-conscious body image phobia and peer pressure to look *just so*, and it made me realize I was not exactly the right shade of blonde.

To make matters worse, growing up in Atlanta back then and having a true Southern Mama, I wasn't allowed to do anything about my appearance other than the routine stuff like having my hair fried each summer before going back to school with a tight-frizzy perm and feeling like I just stepped off the stage production of *Annie*. But you see, as a girl who wanted to fit in and be popular, I learned that there were ways around those things, heh-heh. I discovered lemon juice+water on wet hair+sunshine=blonder hair. I was hooked . . . hooked, I tell ya, and I wanted more.

Fast-forward about six years—I enrolled in a beauty college where I could further feed my addiction to hair color and all things girly. I used, abused, and suffered the consequences of the hair color fix. The glistening ash blonde was something reminiscent of cheap pine paneling (a name Steven gave it on one occasion), the light ash blonde turned out to be some sort of fungal green, and the golden sunshine turned out to be a cross between orange peel and mud. Did I ever for one second think about the fact that other than damaging my hair, this might be bad for my overall health? Never, because to me, it was fun!

From gray to green to blue to burnt toast, I had gotten in so deep that I was out of control. Yes, Lord, I was so out of control that I was using two or three times within a weekend and driving for miles just to find a joint, I mean drug store, that was open after 6:00 P.M. on a Sunday night. I got so down and out that I would have my best girl friend or my own mother (who tried to warn me, mind you) go out and buy hair color for me because the last fix was so unbearable. Sigh. . .

Fast-forward again some thirty-years later (ahem). Hair color has come a long way. There are more natural shades to choose from, and there are better choices and alternatives as the use of certain dangerous chemicals and chemical compounds in hair dyes were banned after 1980.

Yet, there is a smoking gun to this, or should I say a smoking scalp to this and it is the looming question: ***How safe is it to color your hair?***

What I am about to share is based on my own personal preferences, and choices, and this is in no way meant to persuade you to follow my habits or example, but merely to share my thoughts and my own personal take on things with you in an effort to entertain you while giving you some food for thought.

From my own research on the safety of using hair color over extended periods, this is what I have found: use it under your own discretion. If you feel it's okay, then do it; if you feel it isn't okay, then don't. And if you are pregnant, always ask your doctor!

Again, I have never associated the use of hair color with cancer, although I have read certain articles on the subject (and these are not from the hair color manufactures, by the way) about how hair dyes or hair colors are "generally safe." However, they do contain a myriad of chemicals; many things all around us do, so my best advice is to just become an educated consumer. That is all I have to say about that.

There are natural ways to darken or lighten your hair. The use of chamomile, turmeric, coffee, tea, henna, lemon juice, and beet juice are a few. Some of these techniques were used as far back as the Roman Empire and even before. I mean, as long we girls want to keep up appearances, face it, we will find a way!

Life Grocery has all the natural and organic herbs and spices you need to create your own unique hair color. But, if you are not really into that, they also sell hair color that is premixed, boxed, and ready to go. The products contain natural chemical compounds and ingredients that are ammonia free and more likely to be better for you than the conventional concoctions.

Why not treat yourself to a more natural product if it makes you feel better about yourself. You can read all about it while enjoying a delicious meal at Café Life in a relaxed, comfortable setting. After that, pick up a box of Tofurky, go home, and color your hair while the Tofurky is baking in the oven, (you'll have time—trust me, I know) and then sit down to a nice wholesome dinner and wow your family with your healthy new look. What a great way to ring in the holidays!

Gone are the days of hair color that should have been named things such as: Swamp Thing Green, Federal Blue Button-Down, Drama Queen Aubergine, Flaming Magenta Sky, Orange You a Carrot, and Undecided Me. Hmm, now that I think about it after my trek through midtown the other day, maybe those days aren't gone?

Happy Holidays to all and to all—Enjoy Life!

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*Betsy Bearden is a certified, published writer, and author of **Normal People Eat Tofu, Too**. She has worked as a volunteer chef and cooking class instructor and as a reporter for *The Paulding Neighbor Newspaper*. She offers professional website writing services to businesses and individuals, and you can reach her at [betsybearden@bellsouth.net](mailto:betsybearden@bellsouth.net) or visit her company's website at [www.creativewrites.net](http://www.creativewrites.net).*



# Gut pH Part II: Acidifying the Stomach and Chronic Disease

By Kal Sellers, MT, LMT

The stomach must be acidic. It should be at a pH of about 2. It is at the stomach that health really begins its dance—in or out of the stage of our lives. Certainly, as addressed in the last article, the subject of chewing is very important, but one possible side-effect of the stomach failing is that the teeth also do this and this makes chewing itself a problem. In this article, we shall discuss the cascade of health or disease that begins at the stomach, and, of course, discuss the healing process.

Several preparations for digestion occur in the stomach. In addition to this, the stomach is also a place where some nutrients are absorbed exclusively. When the stomach does not work right, the body first responds by stimulating secretions all at once, which causes acid reflux. If this does not work, the stomach starts to fail and becomes susceptible to infection and disease.

The stomach seems to be sensitive to a variety of stressors in life and diet. Eating sugar seems to directly deplete the stomach and weaken its ability to secrete digestive juices, to mix and to maintain its integrity. Bread, chocolate, peanuts, soy, and a seemingly innumerable army of synthetic substances and chemical isolates are very irritating to the stomach and can send abnormal signals to it to secrete or not secrete, move and mix or fail to do so. Meals that are too complex may simply overload the stomach, as with overeating or eating at inappropriate times.

To understand the stomach, we will start with the age-old analogy of a washing machine for washing clothes. This analogy is not mine and predates me by a lot, but it is a very good analogy, teaching a list of true principles.

When I first started washing clothes on my own (I grew up having my mother do all of that stuff), I was lazy and in a hurry and I just put everything together in the washer. I was paying for the load at a Laundromat and so I overloaded the load to try to get everything in there. I had no idea how much soap to use, so I just poured it in there, thinking extra would be good since I was overloading the machine. I finally got the poor machine going and about 25 minutes or so in (when it was on a rinse cycle) I noticed that I had left a very filthy article of clothing out under my regular laundry bag. I quickly tossed it in, thinking it would get clean enough with the rinse cycles.

Well, you can imagine the mess! Being a bachelor and working road construction at the time, I did not worry too much about it, but my whites were no longer white and even some other light colors were kinda “greyed” from the process. There were bits of oil and asphalt on everything, probably from that last article of clothing I threw in on the rinse cycle. Several stains I thought would come out did not. It is hard to say whether this was because I did not even know pre-treating wash existed or if it was simply from overloading the machine. For my work clothes this was no big deal, but my dress clothes were also tainted. I also noticed that one of my nice shirts had a “soap stain” where the soap had not been rinsed out and was visible. Several articles of clothing had a strong soap smell and irritated my skin! Fortunately, I was making pretty good money for a kid and I was able and willing to go buy new clothes. They were not as inexpensive, however, as washing them right in the first place!

So, what do we learn from my experience? Well, several things are important and pertain to eating. We will compare pre-treating wash to get the stains out to chewing well. We will compare laundry soap to digestive secretions. We will compare the variety of clothing types to the complexity of the meal and variety of foods. We will compare the complete cycle of the wash to . . . well, the complete cycle of digestion.

Here is an itemized list of what we can learn from washing machines and what we must learn if we hope to have any chance at lifelong health and healing today:

1. Pre-treat your food by chewing it well.
2. Do not overfill. The excess soap (burst of acid) that seems to be required may not turn out to be pleasant.
3. Extra soap (digestive secretions) does not compensate for something very difficult to wash (digest) (learned during my second attempt at washing my own really dirty clothes).
4. Put only like things together and not too many of them.
5. Fewer items get cleaner (better digested) than many items.
6. Wait to add more until you have moved things out into the dryer (large intestine).

This list is hard to overemphasize. It does strike at the foundation of many peoples’ diets, however. Pizza, for example, cannot be worked into this program anywhere without breaking a rule, unless the pizza crust is sprouted grain, there is no cheese, and only vegetable toppings. Many things we call food are simply too difficult to digest and should be either minimized and eaten alone or avoided altogether. This is true of most processed food, modern commercial dairy, really hard seeds (until sprouted), and most animal products.

Here is a specific instruction list:

1. Chew well (big surprise).
2. Wait 30 minutes after fruit, 2 hours after raw vegetables, 3 hours after anything cooked, 5 hours after any animal products before eating again. Do not even chew your fingernails (not literally, but to emphasize, eat nothing at all in the sacred digestion window).
3. Keep proteins, fruit, and starches away from each other.
4. Sprout legumes and grains (at least germinate the seed) or leave them alone. Never eat large quantities of them unless there is hard physical labor to perform all day.
5. Keep animal flesh to a minimum and only at midday. It is recommended that it be taken no more often than 2 times per week, less is better. No shellfish, no bottom-feeding fish, no pork, and no chicken.
6. Keep protein to midday.
7. Keep the evening meal light, simple, and early to the max. Eat by 6:30 pm or go lighter and simpler the later you go.

Food in the stomach is “marked” for lack of a better word, as food and not an invader if there is adequate mixing of it with the stomach secretions. It is also sterilized from any significant overgrowth of any flora.

Food is also warmed in the mouth and in the stomach. Most, if not all of the symptoms that persist through or are generated by the switch to raw food come from food not being warm and life-giving. This is not because it is not cooked, but rather because it is not warmed in the stomach and the mouth through proper chewing and through support of the stomach during the transition to raw food.

It seems appropriate in this discussion to also point out what steps might be taken to heal the stomach in the event that it is very weak or has been damaged from bread, sugar, and processed food and inhibited from dairy use. There are basically three considerations in healing the stomach:

1. Improve secretions using herbs that are called, “carminative.” That is what the word means, it improves digestive secretions. These are used before meals or sipped during meals and are herbs like cayenne pepper, cardamom, fennel seed, ginger, cinnamon, caraway, dandelion, Oregon grape root. Raw apple

cider vinegar and a number of other vinegars are also carminative. Carminatives also cleanse the stomach.

2. Nourish the stomach with chlorophyll (or green juices or smoothies) and comfrey leaf tea or fresh comfrey juice. The stomach also requires plenty of trace minerals, for which we use kelp and alfalfa together in pretty big doses. Sometimes it is 1 to 1 ratio for people who seem low in iodine or in other people we recommend 1 to 3 or 4 ratio. We recommend up to 2 tablespoons per day.
3. Stimulate healing of the stomach with comfrey, licorice, aloe vera and/or cabbage juice.

In addition, all the rules of eating, such as avoiding EM radiation during meals, chewing well, and relaxing all pertain to the stomach and the upper small intestine.

In not just many, but most cases I find that without a specific protocol to restore normal pH of the stomach (and in the next article the small intestine) that people simply do not recover. For this purpose, in addition to healing stomach anatomy and function, we do specific routines for the pH of the stomach. The acidity of the stomach can be healed using raw apple cider vinegar and honey drink. My version of this old remedy is 3 cups of water, ½ cup of raw apple cider vinegar, and ½ cup of honey. Dissolve and sip often throughout the day every day for many weeks or even months.

Not uncommonly, the stomach is so bad that additional help is needed. For this, a Standard Process product named, “Zypan” is used, 2-4 tablets with each meal. If the three steps above are used concurrently with either the vinegar drink or Zypan, the duration during which Zypan is needed will be limited. I keep it around my own house, however, because sometimes I am under more stress or there is more environmental stress (like when I travel) and additional help is needed to maintain normal function during those times.

In many cases, the Zypan or the apple cider vinegar drink have proven to be a miracle in the healing process. People with really bad stomach function have so many problems with inflammation, arthritis, teeth, gums, and vision. They do not get better on a raw food diet either. The stomach must be repaired and new habits established to keep the stomach well throughout life.

Finally, I would like to mention that there is a connection between the adrenal health and the stomach health. There is also a connection between adrenal health and controlling inflammation, which means controlling pH of both the gut and the blood. When I put a person on my healing protocol, which includes a specific, detailed diet and healing program, I always watch carefully for signs of exhaustion. If I see that, I will assess their health further, but usually I end up putting them on Dr. Christopher’s Adrenal Formula as follows: When they feel tired at the wrong time of day, they take 2 capsules as soon as they notice it. This is done each time they feel abnormally tired. This may be once or 5 or more times per day. This works well to support the adrenals when they are most hungry for support.

In this article we have continued our discussion of gut pH. I find this subject to be supremely important in the effort to restore health. In the next article in this series, we will discuss the health of the small intestine and the subject of food reactions and food sensitivities.

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

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