My Life with Life Grocery

By Linda Townsend

I was looking through some of my past articles and ended up taking a journey down memory lane. Life Grocery has been my main grocery and health store for nearly fifteen years, since I moved into the area (although, it is a 45-minute drive for me). I have been submitting articles to The Life Line for over twelve years. Much has changed during that time. Some changes have been very good. Life Grocery expanded and added a café during those years. Other changes have been less than satisfactory. I guess we humans are into change and not all of them are good. I realized as my eyes scanned through a few old articles that my eating habits have changed a bit over the years. I have not been as strict with my diet as I used to be—shame on me! Tight finances in recent years put a strangle hold on buying supplements also. There were those sweet candies as Christmas gifts to send to family members. My family also has the “tradition” of the yard work, and heavy housework. This is a worthwhile lifestyle revealing its greatest pay-offs since writing that article, I began comparing my health from then to now. Believe it or not, I am the same healthy weight and have worn the same size clothes for all those years. I still eat mostly organic and natural foods. I began fasting one day a week four years ago. Lately, I have been adding more supplements back into my routine as our budget has eased up a bit. People still think I am ten years younger than I am, even with the graying hair. I do not have health problems and I have no need for medications. I still sit with my legs crossed on the floor free of joint pain and hop up steps two at a time in my fifties! I even had my first and only child when most women my age were rocking their first grandbabies. So, even though I indulge at times, I have not completely ruined my health. In fact, I am still in far better health than when I began this lifestyle commitment 25 years ago. I see the pay-off in the years passing. I am living it!

As I look ahead to the next ten years, I know that I will be at higher risk for health challenges. Aging is the one thing I cannot avoid, but I still believe in detoxing regularly, fasting weekly one or two days and periodically longer, drinking spring or highly purified water, eating more raw and organic foods, taking supplements, and exercising, which in my life includes gardening, yard work, and heavy housework. This is a worthwhile lifestyle revealing its greatest pay-offs as one ages. I know all this has made a highly desired improvement in the quality of my life as I have watched friends my age—those eating conventional foods—deteriorating in health, suffering with pain, and taking medications to control the symptoms manifesting from their lifestyle choices. I have even younger friends aging faster than I am. (I am not writing this to brag, but to simply say that if I can do this, so can you! The sooner you start, the more life you will have to enjoy the benefits.)

The best part for me is that my daughter has started even younger than I did and she loves Life Grocery! Now eleven, she has heard me say for years that good-tasting foods are not necessarily good for her, although healthy foods are pretty tasty too. She is aware of the food-health and toxin-disease connections. She knows even with organic foods that toxins cannot be completely avoided so regular detoxing is important. She understands that it is normal to go through times of feasting, as well as famine (fasting), as long as both are reasonable time periods. My daughter has witnessed fasting from just a few meals, up to 40 days (yes, I have) and knows fasting does not mean one will starve, that it is actually a healthy and healing practice. Although I was very often ill as a child, my daughter rarely gets sick. She has learned about foods, supplements, and natural remedies not only from me, but from reading on her own and listening to the knowledgeable and helpful staff at Life Grocery.

I am thankful Life Grocery has been an integral part of the good health my family has been enjoying. Life Grocery is not just a grocery store or just a health store to us. It is one of our family traditions.

Linda Townsend is a freelance writer of health-related issues and can be contacted at celba@bellsouth.net.
We all know that advertisers would have us believe that milk is a great source of calcium. We also know that we need calcium for strong bones. It would then seem logical that we need milk in order to have strong bones. Let’s look a little deeper than the superficial marketing plays and find out if this is true. If we just look at basic nutrition and chemistry, it is a well-accepted fact that in order to absorb calcium to its fullest, we need magnesium. Milk is essentially devoid of magnesium. Granted, milk is very high in calcium; however, it does not matter how much calcium we ingest, if we cannot absorb it, it is of little use.

Studies have shown that the higher the intake of dairy in a society, the greater the risk of osteoporosis. You would think that the opposite would be true, but it is not. One explanation might be that animal proteins, including milk, contain the amino acids methionine and cysteine. These amino acids attract calcium and bind to it, making it unavailable for absorption. If there is not enough calcium floating around, the body is forced to give up calcium from the bones in order to satisfy the needs.

The gut must be slightly acidic in order to be absorbed. This creates a problem if you plan to get your calcium from antacid pills. The antacid pills neutralize stomach acid, which is what they are intended to do, but in the process your “acid gut” is no longer neutralize stomach acid, which is what they are intended to be absorbed. This creates a problem if you plan to do, but in the process your “acid gut” is no longer neutralize stomach acid, which is what they are intended to be absorbed. This creates a problem if you plan to give up calcium from the bones in order to satisfy the needs.

All nutrients, including calcium, must be in a chemical form called “cis” molecules. If a nutrient is artificially manufactured or heated above 118°C, it is a chemical form called “cis” molecules. If a nutrient is artificially manufactured or heated above 118°C, it is a chemical form called “cis” molecules. If a nutrient is artificially manufactured or heated above 118°C, it is a chemical form called “cis” molecules. If a nutrient is artificially manufactured or heated above 118°C, it is a chemical form called “cis” molecules. If a nutrient is artificially manufactured or heated above 118°C, it is a chemical form called “cis” molecules. It looks just like the “cis” form, only it is backwards in its shape. The body can only use “cis” molecules, "trans" molecules can clog up the places in your intestine where the nutrients are absorbed and prevent the good "cis" molecules from getting in. Most calcium supplements, as well as milk and other dairy products, such as cheese, are heated, rendering much of the calcium and other nutrients useless. Milk is heated, or pasteurized, in order to kill off the bad bacteria and other harmful substances. In the process, much of the good bacteria and nutrients are also destroyed. In fact, if you were to feed a baby cow pasteurized cow’s milk, it would die in two weeks. This animal is designed to drink its mother’s milk. When the heating occurs, it makes the milk a toxin; even worse than the butter.

Now that you understand that there is essentially no benefit to consuming dairy, you ask “So, what can I eat?” The answer is to eat foods that are not made with hydrogenated oils, tofu sour cream, and the list goes on. One word of warning is to be careful with some non-dairy cheeses; many contain casein, which is a dairy product. Many regular cheeses, as well as non-dairy cheeses, contain rennet. Rennet is used to coagulate milk into cheese, and it is made by digesting the stomachs of baby calves. Look for the word “vegetarian” on the package, which means it contains no animal products. In my book, I have numerous recipes showing you how to make your own milks at home, as well as some great ideas for cheese replacement recipes. With very little effort you can easily eliminate dairy from your diet and add years of quality to your life. Mooove over milk!

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. Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!
Do you have any annoying “________ aches?” Are they in your head, neck, back, or stomach? How about your heart, bladder, or bowel? Annoying “________ aches” can reduce your quality of life dramatically. They can keep you from work and keep your children out of school. They can hinder your relationships and they can cause you more severe problems down the road as you age.

Too many people cover up their “________ aches” with dangerous prescription and non-prescription medication hoping that one more pill will fix the underlying cause. This rarely, if ever, happens. In fact, just the opposite is often true. For example, chronic aspirin use can lead to ulcers. Acetaminophen, the active ingredient in Tylenol, can cause liver failure, especially when mixed with alcohol. NSAIDS, like Motrin and ibuprofen, can cause kidney failure. This is especially true when you consider the impact of time on the habit of masking symptoms with drugs.

Fortunately, you have other options, better options, and the answer often comes from within. When your spine and nervous system is functioning properly, your body has the ability to heal itself from nearly every “________ ache” that you might feel. Your nervous system controls and coordinates the function of every cell, tissue, and organ of your body. It is your body’s natural IT (information technology) system. When your natural IT system is functioning properly, your body gets the right messages to help you heal. The chemical balance can be normal. The adaptation responses can be appropriate. The healing response during times of injury or when there are “________ aches” is right on.

You will be amazed at your body’s ability to heal from the annoying “________ aches” that you experience when your IT system is balanced and aligned.

Beyond healing from injuries, aches and pains, if you keep your IT system functioning at its highest level long enough for your body to regenerate, you can expect a much higher level of health throughout your entire lifetime.

What makes this approach unique is that the goal is not to treat the symptoms by covering them up, manipulating your body chemistry or artificially altering the way you feel. By removing interference to your nervous system and balancing out your structure and spine, your body can repair itself on its own. You will be amazed at how much you have tolerated as “normal” once you see your body respond. Removing the interference leads to spontaneous and long term healing. Before you take another drug to cover up the symptoms, research the medication on www.drugs.com. Learn as much as you can about it. Research the side effects over the long haul. The longer you take something, the more likely you are to experience the long list of side effects that you may not feel yet.

Living your ideal 100 Year Lifestyle is not barely surviving, having to cope with suffering, or rotting away as you age. It is about living your best life every day and staying healthy throughout your lifetime. Believe in yourself and your ability to heal from those “________ aches.” Believe in your ability to function. Make the commitment to your health and invest in your immediate and long term well-being with chiropractic Lifestyle Care.

Dr. Bob Schumacher, a licensed affiliate of the 100 Year Lifestyle, has been a practicing chiropractor in the Atlanta area for 27 years. He is passionate about chiropractic and loves to teach people how to live the 100 Year Lifestyle. His patients range from newborns to senior citizens and include couch potatoes, weekend warriors, Olympic athletes, dancers, construction workers, and computer captives. You may call 770-685-5278 or visit his website at www.wildwoodchiropracticclinic.com.

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**New Grocery Products**

**Bulk Department**
- Tri Color Quinoa
- Organic Quinoa Flour
- Bob’s Red Mill GF Muesli

**Frozen**
- Canyon GF Rosemary and Thyme Focaccia
- Annie’s Organic Rising Crust Pizzas

**Perishables**
- Simply Juice
  - Cranberry
  - Lemonade
  - Orange
- Brown Cow West Greek Yogurt
- Orange o Lemonade o Sugar Cookie Mix o Pizza Crust

**Grocery**
- Arrowhead Mills
  - Organic Puffed Kamut Cereal
  - Organic Sprouted Multigrain Cereal
- Pamela Gluten Free
  - Artisan Blend Flour
  - Oatmeal Cookie Mix
  - Sugar Cookie Mix
  - Pizza Crust
- Nature’s Path Organic Qia Cereal
- SanJ Gluten Free Dressings
- Earth Balance Organic Infant Formula Sensitive
- Prince of Peace Ginger Honey Crystals Tea
- Wholesome Blue Agave Organic Raw Packets
- Blue Diamond Artisan Flax Seed Nut Thins
- Farm to Table Organic Oatmeal

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Brussels Sprouts: From healthdiaries.com

The high fiber content (over 15% of our RDAs) of Brussels sprouts lowers our cholesterol by binding with bile acids that the liver produces from cholesterol for digesting fat. Because many of these bile acids are coupled with fiber, the liver is changed with producing more bile acid to digest fat, and therefore requires more cholesterol to do so, ultimately lowering the cholesterol amount within our bodies. Recent studies have shown that certain compounds in Brussels sprouts block the activity of sulphotransferase enzymes that can be detrimental to the health and stability of DNA within white blood cells. A host of antioxidant ingredients are found in Brussels sprouts, including Vitamin C, E, and A, as well as the mineral manganese. Furthermore, flavonoid antioxidants like isothematin, quercitin, and kaempferol also serve to protect against oxidative stress on the body’s cells.

Glaucobrocin, a glucosinolate particularly abundant in Brussels sprouts, has been shown to fight inflammation on a genetic level once converted into the molecule indole-3-carbinol, or ITC. Furthermore, one and a half cups of Brussels sprouts contain about 430 milligrams of omega-3 fatty acids (about 1% of the daily recommended amount) that are an essential part of our body’s anti-inflammatory messaging molecules. Finally, the wealth of vitamin K found in Brussels sprouts has been shown to effectively regulate our body’s inflammatory responses. Glucosinolates in Brussels sprouts and their detox-activate isothiocyanates are shown to fight against and even prevent various cancers, including bladder, breast, colon, lung, prostate, and ovarian cancer. Brussels sprouts contain the isothiocyanate sulforaphane made from glucosinolates. This powerful compound not only triggers anti-inflammatory activity in our cardiovascular system, but may also prevent and even possibly help reverse blood vessel damage. By regulating inflammation within the body, Brussels sprouts can fight against the onset of heart attacks, ischemic heart disease, and arteriosclerosis. Furthermore, the lowered cholesterol mentioned earlier may also lessen the possibility of arterial blockages. One cup of Brussels sprouts contains four grams (18% of the RDA) of dietary fiber, which can aid in digestion, prevent constipation, maintain low blood sugar, and check overeating. The sulforaphane found in Brussels sprouts also protects our stomach lining by obstructing the overgrowth of Helicobacter pylori, a bacteria that can lead to cancer. Brussels sprouts are especially high in vitamin K (one cup contains 273.5% of the RDA), which promotes healthy bones, prevents calcification of the body’s tissues, serves as an anticoagulant and anti-inflammatory agent, and is essential for proper brain and nerve function. The nutritional benefits of vitamin K (one cup contains over 161% of the RDA) found in Brussels sprouts ensures a healthy immune system, protects against hypertension, lowers blood pressure, fights lead toxicity, combats cataracts, and serves as a powerful antioxidant that prevents “cellulare rust,” which can lead to atherosclerosis, heart disease, stroke, and cancer. Brussels sprouts also contain over 20% of the RDAs of vitamin A that boosts immunity, protects eyes against cataracts and macular degeneration, maintains healthy bones and teeth, prevents urinary stones, and is essential to our reproductive organs. Brussels sprouts also contain folate. A biochemical event called the methylation cycle relies on folate to properly transcribe DNA, transform somatope into rhodopsins, as well as work on transfection surface in mitochondria. Furthermore, folate suppresses the amino acid homocysteine that has been shown to contribute to heart disease. One cup of Brussels sprouts contains a healthy dose of folate (almost 25% of the RDA) and the health benefits associated with it.

Leeks: From Livestrong.com

Leeks are a rich source of vitamin A. One hundred grams contain approximately 33 percent of your daily recommended total. Vitamin A is also known as the anti-inflammatory vitamin, according to the Linus Pauling Institute. It functions by maintaining the integrity and health of the mucosal linings of your nose, throat, urinary tract and digestive tract. Vitamin A also plays a key role in the development and activation of white blood cells. The leek has anti-bacterial properties. Although not as potent as its cousin garlic, leeks contain a compound called allinium. When the leeks are cut, alilicine reacts with oxygen to form a sulphur composite called allicin. Allicin’s anti-bacterial effectiveness was successfully tested against staphylococci in a 2004 study in the “British Journal of Biomedical Science.” Another 2004 study in the “International Journal of Food Microbiology” also found allicin effective against bacterial strains of coli found in chicken. Allicin is inactivated by heat, so let a cut leek stand for about 10 minutes before cooking to enjoy its maximum benefits. Leeks belong to a group of carbohydrates called oligosaccharides, which include inulin and fructose-1,6-diphosphoryl glucose. In the lower bowel, these carbohydrates promote the growth of healthy bacteria by modifying the metabolic activity of harmful microflora into beneficial ones. A 1999 article in the “British Medical Journal” noted several studies in which subjects were fed prebiotic forms of fructo-oligosaccharides. The results showed a twofold increase of bifidobacteria in the lower intestine. Fluid retention, or edema, is the swelling or accumulation of excess fluids in the interstitial spaces between your cells or in your circulatory system. Accumulation is usually most noticeable in the feet, ankles, fingers or face. Swelling is usually a symptom of an underlying condition or disease, such as pregnancy, allergies, kidney or liver disease or exposure to heat. The University of Maryland Medical Center suggests eating leeks to support medical treatment due to its diuretic properties. Always consult a physician before using any new treatment.

Potato-Leek Cream Soup

from doityourself.com

1 TBS olive oil
1 1/2 lbs Brussels sprouts
Slice to 1/4-inch pieces
2 1/2 cups diced onion
Slice to 1/4-inch pieces
1 TBS olive oil
3 TBS vegetable stock, fresh rosemary.
3 cloves of minced garlic
1 TBS salt
Mix them in a bowl with the olive oil, rosemary, garlic, onion, and salt.
Cover the pot and bring the contents to a boil.
Sauté for 5 minutes until you notice the onion outside and tender on the inside.
Shake the pan from time to time to brown the sprouts evenly.
Sprinkle with more kosher salt, and serve immediately.

Recipe from foodnetwork.com

Roasted Brussel Sprouts

from foodnetwork.com

1/2 lb Brussels sprouts
3 TBS olive oil
1 tsp salt
1/2 tsp freshly ground black pepper

Preheat oven to 400 degrees F.
Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves.
Mix them in a bowl with the olive oil, salt and pepper.
Pour them on a sheet pan and roast for 30 to 40 minutes, until crisp on the outside and tender on the inside.
Shake the pan from time to time to brown the sprouts evenly.

Beets: According to organicfacts.net

Eating occasional beets may bring benefits that include anemia, digestion, constipation, piles, blood circulation, kidney disorders, skin care, dryness, and bladder disorders.
I have just about gotten my family “all right” with tofu and they don’t joke about it too much anymore. In fact, just over the past five years, a few of them have actually become vegetarians, but are not quite the hard core kind they were ready to embark on the soy train yet, but they are flirting with it. Most are mostly vegetarian because of mostly eating veggies, beans, eggs, and tofu. So I think it’s time to mess with them a little bit, don’t you? I mean, they need to have a good source of protein and will need to have a little push in the right direction. Yep, it’s time to break out the tofualternativelifekit and do some research on tempeh. Just when you thought you was going to go back to the+.

I just explained that last sentence in case you were wondering. Many years ago, back in the day when I was fast at work in my tofu laboratory creating tasty concoctions for my cookbook, I stumbled across the idea of making a pumpkin pie with tofu. You know, throw in some mac and cheese too and go with those carbs and all. Pumpkin is actually good for you and it’s healthy, too, so wouldn’t a little block of tofu make it even better? Well, yes, I was genuinely pleased with the idea and also pleased with myself for coming up with it. I went to work creating the perfect pumpkin and tofu pie and tasted it on Steven. We both loved it. I even replaced the sugar with honey, giving it yet another healthy boost. Genius! My family was sure to embrace this delectable tofu creation and realize that tofu was actually pretty good after all. It wouldn’t fancy us ever.

I was exactly as well, because in all sincerity, back in those days they would rather eat dirt than tofu. No kidding. The mere mention of tofu around two of my three brothers and their families would put a look of fear on their faces as they had just seen a pack of zombies coming after them. The idea of consuming it was so remote to them that my brother Pat said, “I had rather eat raw eggs instead of this.” Oh he did.

Anyway . . . over since I can remember, I had been in charge of making the pumpkin pies for the holidays. Since we have a big family, I would typically make between six and eight pumpkin pies each holiday. One particular year, I decided to make four regular and two pumpkin tofu pies. I thought I was going to have to call the poison control center once they found out they had eaten tofu. No kidding. Wall, from that day on, I was banned from making pumpkin pies anymore. Never mind the year I forgot to put sugar in the “real” pies and wound up poking holes in the pies and pouring molasses over the tops of them. Oh, that was just fine, but not the tofu pie. Right.

I got to the point that each casserole I brought to family gatherings, caused everyone to make wistful sounds, poke it and say, “But what’s in it?” Trust me, kindness, thanks to Geoffrey von, Eddie, my now-late-in-law, Margaret, my brother Jimmy, and Manna. At least they have always been good enough to enjoy some of the tofu veggie dishes.

I am now reduced to bringing my other delicious baked Macaroni and Cheese, Pineapple and Cheese casserole, corn bread dressing, green beans, and rosemary corn. No tofu. It’s time, people, it’s time. My creativity is begging to be let loose upon my family once again. Tempeh! Is it any easier to do this than it is to learn more about this very tempting food? It’s pretty much like this. At first, I am in the beginning phases of discovering tempeh. We’ve tried it a few years ago, and did not really embrace it, but it’s time to move on from tofu for a while and try something new and exciting. So, here’s the question, how does tempeh compare to tofu?

Both start with the mighty soy bean, but from there, any similarity ends. Tofu originated in ancient China and is made from the liquid “milk” that soybeans are cooked in, to which is added such as magnesium chloride that coagulates the milk, and it’s then formed into the little square white cakes in the tubs you will find most anywhere. But to assure you are getting the best non-gmo, organic tofu, it’s best to trust Life Grocery in Marietta. Per three ounce serving, tofu has the following: 90 calories, 9 grams of protein, and 1 gram carbohydrates. It’s bland in taste, but takes on the seasonings or success in which it is prepared: it’s extremely versatile and gluten free.

Tempeh originated in Indonesia, and is a main source of protein for the majority of the population. It has now become widely produced in the United States. It is made from whole cooked soybeans for the most part, but there are numerous varieties where the addition of other beans such as garbanzo beans, white beans, and black beans are included. To this, you can add whole grains or brown rice, making tempeh a viable source of complete protein.

Once the beans are cooked, a starter culture such as Rhizopus oligosporus is added to begin the fermentation process and this also aids in better digestion. A bonus for tempeh is that it’s left unprocessed, it will contain more live, beneficial probiotics. Tempeh has a mild, nutty flavor.

As with tofu, tempeh can be added as a meat substitute to just about any meal or sandwich. I just made a sir fry last night with tempeh, broccoli, cauliflower, green beans, carrots, some fresh garlic, and teriyaki sauce. I served this over brown rice and it was quite, simple and delicious.

Life Grocery has several different varieties of tempeh from which to choose. I like the fact that the Turtle Island Brand is already present, and comes in yummy flavors. All you have to do is set it on a separate plate for a minute or two, and you are ready for just about anything. While you are at Life Grocery, don’t forget to partake of the Café Life. When it comes to eating on the go, it’s a non-brainer. The food is fresh, organic, and 100% delicious.

Check back next time, and I’ll update you all on how well (or willingly) my family was about embracing tempeh. I am sure I will have another witty quote to share with you from my brother Pat. Meanwhile, is there a tempeh pumpkin pie in the future? Will, due to the texture of tempeh, probably not. It’s a little harder to “hide” it in stuff, but I’ll get back to my laboratory because I think I may see the great possibility for a rice patty made with some really good tempeh in the works.

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

Purpose

By Kim Strickland, ND

If you want to be fulfilled, happy, content, and experience inner peace and ultimate fulfillment, it’s critical that you discover your purpose. Without a purpose to guide you, your life may not be fulfilling. It’s like going on a trip without a map to help you get where you want to go. Have you ever gotten a little lost or turned around because you didn’t have a clear destination in mind? How do you know in which direction to drive?

I believe that each of us is born with a life purpose. Some of us know what that is from a young age. For many purposes was clear to me from a young child, although I didn’t recognize it until I was a teenager. As a child I played teacher and nurse. I love to draw on a chalkboard and show people or dolls how to do something. I also love pretending to make things well. I have been teaching since I was 15 years old and now have a doctorate degree in natural health.

Some discover their purpose as a young adult and still others wonder what their life purpose is. I can tell you for sure that you have a purpose, you just haven’t discovered it yet. I am sure I will have another witty quote to share with you from my brother Pat. Meanwhile, is there a tempeh pumpkin pie in the future? Will, due to the texture of tempeh, probably not. It’s a little harder to “hide” it in stuff, but I’ll get back to my laboratory because I think I may see the great possibility for a rice patty made with some really good tempeh in the works.

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The first thing many people do when they start eating healthier is to eat more salads.

Did you know that many people don’t initially lose weight when making this dietary change because of the high oil content in most salad dressings? That’s why I’m sharing this fast and easy salad dressing with you today.

There are no oils in it and it’s high in nutrient-dense ingredients, so you can eat lots of it without the worry of excess calories!

Carrot Tahini Salad Dressing
— From “Transitioning to Living Cuisine” by René Oswald

1 medium cucumber, cut into 1½” pieces
3 carrots, cut into 1½” pieces
¾ c walnuts, soaked in water for 30 minutes
½ c sesame seeds, soaked in water for 8-10 hours
½ c fresh lemon juice
½ t Himalayan salt
1 clove of garlic
1” fresh ginger
1 t onion granules
½ t honey
½ t Dijon mustard
2 T sherry vinegar or white-wine vinegar
¼ c extra-virgin olive oil

• Place all ingredients in a high speed blender and blend on high-speed until smooth.
• Add water if necessary to reach desired consistency.

Beet Salad from eatingwell.com

2 lbs beets, (5-6 medium)
1 large shallot, finely chopped
1 stalk celery, finely chopped
½ t salt
¼ t Himalayan salt
1” fresh ginger
½ t Dijon mustard
2 T sherry vinegar or white-wine vinegar
½ c fresh lemon juice
½ t honey
1 t onion granules

Cut into ½-inch cubes and place in a large bowl.
Add celery, shallot and the dressing; toss to coat well.
Serve at room temperature or chilled.

Beets are good for pregnant women since it is a source of B vitamin folate which helps in the development of infant’s spinal column. Deficiency of folate could lead to the condition called neural tube defect. Studies revealed that beets are good in preventing colon cancer, as it contains the pigment betacarotenes, which counteracts cancer. Nitrates used in meats as preservatives, cause the production of nitrosamines compounds in the body resulting in cancer. Studies reveal that beet juice inhibits the cell mutations caused by these compounds. Researchers in Hungary have also discovered that beet juice and its powdered form slows down tumor development. Betaines contained in the beet juice stimulates the functions of liver.

Beetroot is a source of vitamin C which helps to prevent asthma symptoms. The natural beta-carotene in beetroot also helps to prevent lung cancer. Beetroot contains a significant amount of carbohydrates that provides fuel for energy and prolonged sports activities. The presence of beta-carotene (vitamin A) helps to prevent age related blindness called cataracts. The flavonoids and vitamin C in beets help to support the structure of capillaries. The beta-carotene present in beetroot avoids muscular degeneration. Low levels of potassium in the body increases the risk of stroke. So potassium-rich beetroot is recommended in that aspect. The presence of the mineral boron in beetroot juice helps in the production of human sex hormones. In ancient times beetroot was used to cure fever and constipation. In the Middle Ages, beetroot was also used as a remedy for digestive disorders. Beet leaves are also good for curing wounds. Precaution: Beets contain oxalates, which when eaten in excess, can cause body fluid to crystalize. So people with kidney or gallbladder problems should avoid beetroot.

Beet Salad

1 t onion granules
1” fresh ginger
½ t Himalayan salt
¼ c fresh lemon juice
½ c sesame seeds, soaked in water for 8-10 hours
¼ c walnuts, soaked in water for 30 minutes

• Preheat oven to 400°F.
• Divide beets between 2 pieces of foil, bring edges together and crimp to make packets.
• Roast until the beets are just tender when pierced with the point of a knife, about 1½ hours.
• Unwrap the beets and let cool.
• Whisk oil, vinegar, mustard, honey, salt and pepper in a small bowl to make dressing.
• When the beets are cool enough to handle, slip off the skins.

Wonderful Winter Veggies

cancer, and heart disease. Beets or beetroot, as they are called, belong to the Chenopodiaceous family. Health benefits of beet roots can be attributed to their richness in nutrients, vitamins, and minerals. They are a source of carotenoids and lutin/zeaxanthin. Beets are also rich in dietary fiber, vitamin C, magnesium, iron, copper, and phosphorus. They are a source of beneficial flavonoids called anthocyanins.

They are very low in calories, but have the highest sugar content of all vegetables. It is used to make refined sugar. Beetroot is also added as an ingredient to salads, soups, and pickles, and also used as a natural coloring agent. Even though beets are available throughout the year, they are still seasonal vegetables. Beet fiber helps to reduce cholesterol and triglycerides by increasing the level of HDL. High level of triglycerides increases the risk for heart related problems. The presence of the nutrient betaine lowers the levels of homocysteine in the body which can be harmful to the blood vessels. Thus, consumption of beetroot helps to prevent cardiovascular diseases.

Beets are good for pregnant women since it is a source of B vitamin folate which helps in the development of infant’s spinal column. Deficiency of folate could lead to the condition called neural tube defect. Studies revealed that beets are good in preventing colon cancer, as it contains the pigment betacarotenes, which counteracts cancer. Nitrates used in meats as preservatives, cause the production of nitrosamines compounds in the body resulting in cancer. Studies reveal that beet juice inhibits the cell mutations caused by these compounds. Researchers in Hungary have also discovered that beet juice and its powdered form slows down tumor development. Betaines contained in the beet juice stimulates the functions of liver.

Beetroot is a source of vitamin C which helps to prevent asthma symptoms. The natural beta-carotene in beetroot also helps to prevent lung cancer. Beetroot contains a significant amount of carbohydrates that provides fuel for energy and prolonged sports activities. The presence of beta-carotene (vitamin A) helps to prevent age related blindness called cataracts. The flavonoids and vitamin C in beets help to support the structure of capillaries. The beta-carotene present in beetroot avoids muscular degeneration. Low levels of potassium in the body increases the risk of stroke. So potassium-rich beetroot is recommended in that aspect. The presence of the mineral boron in beetroot juice helps in the production of human sex hormones. In ancient times beetroot was used to cure fever and constipation. In the Middle Ages, beetroot was also used as a remedy for digestive disorders. Beet leaves are also good for curing wounds. Precaution: Beets contain oxalates, which when eaten in excess, can cause body fluid to crystalize. So people with kidney or gallbladder problems should avoid beetroot.
Detox and Improve Your Health

The health of Americans has declined to the point that we are now one of the sickest nations in the world, and in part this is due to toxicity. Even though we spend more money on health care than any other nation, we are near the bottom of the list in actual good health. Besides being toxic, many people are extremely deficient in enzymes, vitamins, and minerals to the point that they are losing mental capacity along with good health.

Brainpower has diminished because of deficiencies. It isn’t that we don’t have enough to eat, the quantity of food is there, but a lot of the real nutrition is missing. As dollar burgers, shakes, and fries have become more prevalent at the typical fast food restaurants and people have become less willing to prepare their own food at home, the health of the nation has suffered.

A lack of iron can lower a child’s IQ by an average five to seven points and an iodine deficiency can cut it by 13 more points or more. This isn’t happening in a third world country. This is happening in epidemic proportions in one of the richest countries on the earth, our own United States where food is abundant but often times very unhealthy. The vitamin and mineral deficiency has weakened us physically, mentally, emotionally, and spiritually and the toxicity has clogged every cell and tissue.

A variety of symptoms and diseases including immune and hormonal dysfunction, neurotoxicity, psychological disturbances, cancer, heart disease and many other common diseases are a result of toxicity and deficiency. Industrial and petrochemical toxins continue to accumulate in the human body faster than they can be eliminated and many people have a lethal mixture of chemicals, pesticides, food additives, heavy metals, anesthetics, pharmaceutical drugs, legal drugs (alcohol, tobacco and caffeine), and illegal drugs (heroin, cocaine, and marijuana) clogging up their systems. With all of these toxins in the body it is no wonder that we are facing more diseases and illnesses than we have ever known before.

We are much more exposed to chemicals than previous generations. In virtually every city most drinking water contains over seven hundred different chemicals and excessive levels of lead, mercury, fluoride, and chlorine. Over 3000 chemicals are added to food and over 10,000 chemical solvents, emulsifiers, and preservatives are used in food processing and storage. These toxins not only remain in the body for years, they can cause serious damage.

Gasoline, paint, household cleansers, cosmetics, pesticides, and dry cleaning fluid pose a serious threat to human health because the body cannot easily break down these pollutants. This negatively affects the kidneys, liver, pancreas, heart, lungs, and other organs and glands.

The ecological changes in the environment have come so fast that the human body has not been able to adapt quickly enough. As the earth has become more polluted, so has the average person.

If you have a healthy immune system, with efficient organs of elimination and detoxification, and a sound circulatory and nervous system, you may be able to handle more toxicity than the average person. If your body has been damaged from chronic exposure to environmental pollutants and is deficient from the lack of real nutrients, your bodily functions could be impaired. Excess animal proteins, fats, caffeine, alcohol, sugar, and chemicals inhibit the optimum function of the cells and tissues of the human body. When you clean out these toxins and waste products, you can restore optimum function and vitality.

Following a healthy diet is important, but it alone isn’t enough. Putting good food on top of a toxic body doesn’t solve the toxicity issue; however, there are certain foods and superfoods which can help to detoxify the body while simultaneously nourishing it.

Green foods, such as dark green leafy vegetables, including kale, mustard greens, collards, chard, spinach, celery, cucumbers, sunflower sprouts, and buckwheat lettuce when juiced or blended in the Vita-Mix or other high speed blending machine, offer a wonderful nutritious, healthy, and detoxifying drink. The good thing about green juice and blended green drinks is that they can simultaneously detoxify the body while nourishing it.

If there are heavy metals present in the body, a combination of liquid cilantro herb, which is a highly concentrated cilantro tincture, or a full 10 ounce glass of fresh cilantro juice, mixed with celery and kale juice consumed with eight to ten high potency chelates three times a day for several weeks can help to cleanse the body of toxins like mercury, aluminum, and lead.

Undertaking some form of detoxification periodically is extremely important as it helps you to clear the waste products and dead cells from your body. You can revitalize your body’s natural functions and healing capacities by detoxifying the body and building it back up with nourishing organic raw and sprouted foods.

Besides using specific green foods to cleanse and detoxify the body, there are also detoxification powders like zeolite. Zeolite is a mineral found in volcanic rocks which has a negative charge and a molecular cage structure. Zeolite acts like a magnet to pull toxins from your body and trap them into the zeolite’s cage which then safely carries them out of the body as waste. Since your body is never exposed to the withdrawing toxins there are virtually no adverse side effects. Zeolite is safe and extremely effective in the detoxification process. Zeolite will also help balance the pH of the body and help boost the immune system.

There are so many benefits to detoxification such as increased energy, greater mental clarity, improved eyesight and hearing, stress reduction on the immune system, increased vitality, reduced blood pressure and blood fats like cholesterol and triglycerides and a sense of well-being from the inside out. It is important to detox for maintenance of normal bowel function, integrity of the intestinal flora, to enhance the natural ability of the body to resist infections, to lower and eliminate allergies, and to clear up skin disorders. If you want to reduce and eliminate symptoms and diseases, to feel mentally and physically rejuvenated and energized, then you must detoxify.

You know that it is time to detox when you feel fatigue, confusion, aggression, mental disorders, and low energy levels. Further, when you experience headaches, allergy symptoms, joint pain, respiratory problems, back pain, food allergies, insomnia, mood changes, arthritis, constipation, hemorrhoids, sinus congestion, ulcers, pootosis, and acne it’s time to detox. When you are diagnosed with any disease or illness you must detox.

Diseases like diabetes can be virtually healed by detoxing the body first and then adopting a healthy lifestyle and good eating and exercise habits. People usually tend to turn to drugs to treat a disease like diabetes, but drugs do nothing more than add to the toxicity and create even more problems. Other diseases like cancer, arthritis, and heart disease can be improved and eliminated by detoxing and rebuilding the body.

Colonics and enemas will help tremendously with detox symptoms which can include headaches, nausea, aches, pains, brain fog, cloudy vision, distorted hearing, stomach pains, diarrhea, insomnia and depression. If you will clean out your colon you will see how the detox symptoms “magically” disappear. Implanting wheatgrass juice into the colon after an enema or colonic can help tremendously in the detoxification process. Wheatgrass juice also has many vitamins, minerals, and enzymes which can help to rebuild and nourish the body.

It is very important when detoxing to put back the beneficial bacteria into the colon. When you clean out the colon with enemas and colonics you are cleaning out the good bacteria along with the bad, so be sure that you are using a potent probiotic and fermented vegetables like veggie sauerkraut or a fermented beverage like rejuvena.

Drink a lot of water during the detoxification process. Most people don’t drink enough water on a regular basis and many diseases are caused because of dehydration. Drink a minimum of one ounce of water for every two pounds you weigh and for an even more intense detoxification process drink one ounce of water for every pound you weigh. If you use alkaline water you will also bring alkalinity back to the body.

Detoxifying your body seasonally and adopting better lifestyle habits to keep the body free of toxins on an on-going basis will be the best gift you could ever give yourself.

By Brenda Cobb

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In the previous parts of this discussion on gut pH, we discussed the role of chewing and the role of the stomach. While those are the most important parts of the discussion, there is a key job that must be done here at the small intestine. Further, when it comes to understanding what your body is doing with inflammation, bloating and weak digestion, this discussion will prove helpful.

To begin with, let us discuss the chemistry of the small intestine a bit. There are two key relationships of interest:

1. The upper most small intestine, known as the duodenum, should be pretty sterile without any flora growing in it. If there is poor stomach action or if there is not enough bile flow, friendly flora may creep up in there. This can cause dysfunction of the sphincter of Oddi and can even get into the bile and pancreatic ducts causing liver and pancreatic malfunction.

2. The acidic contents of the stomach are neutralized by the most alkaline substance secreted by the human body: bile. This neutralizes the contents, but the hollow wall, mucus membranes and glandular tissues are all acidic when they are healthy.

One challenge that comes out of this information is what to do with a person whose flora is distressed but who also has a poor functioning stomach or bile secretions? The introduction of flora supplements may make the overgrowth in the duodenum worse, rather than better. Some are internally coated and will only open in the large intestine. That would be one solution. In my practice, I usually recommend against flora supplements in the beginning, but I do occasionally recommend rejuvelac enemas. We will pause here to interject a basic rejuvelac recipe and then we will move on.

Rejuvelac may be made with any true grain (true grains grow on grasses). It is best if it is healthy grain that could sprout so that its chemistry is well to start with. I usually use millet, but any grain will work. For weak and this person may be a better choice. I put one inch of grain in the bottom of a glass jar. This I cover with distilled water and let sit overnight either uncovered or with just a cloth over it on the counter.

In the morning, I pour off the water and discard it or water plants with it. Then I refill the jar with distilled water and I repeat, allowing it to sit this time 24 hours or until the following morning. By this time the water is smell and bubbly. This is rejuvelac. This other rejuvelac water that we generally use either as an enema or in a fruit and green leafy smoothie. Usually, only one cup is needed per day and the rest can be stored quite a while in the fridge.

After pouring off the water the first time, refill and repeat for the following morning. This you can do 3-5 times before the grain starts to fall apart so much that it is messy and kind of unpleasant. By the time you are done you will also have a pretty good stock in the fridge. I usually recommend a two week daily use to restore flora, no matter which end it enters. People with dangerously low immune response should use caution or not use rejuvelac.

Let me repeat, the beginning of a healing program, do not use rejuvelac by mouth or any other flora supplement enema. This is specific for acidifying the small intestine. It poses no threat to the duodenum and will help prevent a variety of abnormal flora problems. This is a SP (Standard Process) product called, “Lactic Acid Yeast.” This product is a single yeast that has but one behavior. It eats carbohydrates and produces lactic acid.

There is a poor man’s way to produce lactic acid in the gut. That is with sour kraut. The sour in sourkraut is a lot of lactic acid. If I have a person who cannot get SP products for some reason, I have them chew up one tablespoon of sour kraut with the midday meal only. This, in conjunction with plenty of raw vegetables, is a recipe for a more acidic gut lining. In healthy people living normal lives without unnatural stressors, we would make plenty of our own sourkraut in the gut. That is not the world we live in, however, so we have to improvise. This brings up the next point. When we are under high stress, the gut becomes alkaline and the blood becomes acidic. The digestion shuts down and the stomach stops working. Some people think that stress gives them too much acid, but acid reflux should not be confused with too much acid. The reverse is usually true. If there is enough acid in the stomach when food comes, there will generally be no acid reflux in most people. A few actually get the acid surge from acute stress, but if the stress persists the reverse will be the probable.

Computer time also alkalizes the gut and lowers stomach function. There are interesting technologies to help prevent this, but nowhere near adequate. There is just no way to fix the fact that humans have no part of their design that suggests they should be in front of a computer for hours on end.

Chewing is probably the single-most powerful way to keep the gut pH healthy. However, we also have yam tea, which is very helpful for the small intestine. This I give by the cupful one time daily.

When the gut is too alkaline and insufficiently digesting food occurs, problems may arise from poorly digested food fragments getting through the gut. The gut is susceptible to this leakage because it is not repairing properly per its pH. Those undigested particles will invite immune involvement. This leads to inflammation and degeneration of tissues where the immune particles (called antibody-antigen complexes) settle.

Some foods seem to be not only hard to digest but hard to eliminate. Enter processed, white flour. Here we see a problem that can get bigger. The gluten, which is a very sticky protein, can cause more persistent immune reactions at the gut. This can cause a breakdown of tissues that results in what is an allergen-dependent autoimmune disease. This is known as celiac’s disease.

In truth, all autoimmune diseases are allergen-dependent, it is just a cumulative effect, rather than a single allergen such as gluten in celiac’s.

Whenever there is a long-term, persistent inflammation, even if indirect, such as when antigen-antibody complexes settle in a weak or previously injured tissue, there will be eventual breakdown of the tissues. When the tissues are actually damaged, then an autoimmune disease appears where the body creates antibodies to clean up those dying cells so that the DNA does not go on to make those cells, somewhere in the body where they do not belong (like a knee growing in your lung— that would be inconvenient!).

Repair, then, of the small intestine and maintenance of it, is very important. Enter low pH of the gut and the two options for making lactic acid in the small intestine we mentioned earlier.

A good many people struggle in frustration or have intense carbohydrate cravings for lack of low gut pH. Many are (against my express counsel, I might add) using pH strips all the time, checking and feeling沮丧 at acidic blood again. This is the end result of the gut pH and there is really no way to fix this. It is true, you can alkalize the blood with supplements or a strict food regime, but this is manipulation and is more like drug therapy than natural healing. We want the body to do the healing and use its innate intelligence. It is much smarter than we are.

There is a lot of immune reaction to particular undigestible food particles getting through the gut, the body gets specifically sensitive to that food. The result is known as a food reaction. It is not a full-blown allergy, though it is similar in what happens with the immune system. The difference is that it does not cause closing of the throat or trouble breathing as allergies might. It does cause inflammation and blot, however.

It also causes the release of endorphins.

The truth about food addictions usually involved endorphins that the body releases to help your brain deal with inflammatory reactions. The “happy” part of feeling “fat and happy” after a meal is never a good thing and should be avoided at all cost. If any food will do it, the person might fast on water for a bit, maybe a few days or more. Then the person can try a very low inflammation, very simple diet that they chew well.

The small intestine absorbs the overwhelming majority of our nutrition. Proteins can be absorbed in the stomach and a few minerals and trace minerals may also be extracted from the sigmoid colon (only if it is raw vegetable matter in there), but the overwhelming majority of the nutrition we need comes through the small intestine. Thus, instead of a bag of supplements, it is always superior to simply adjust the diet to one that is less inflammatory, is simpler, and is chewed better. In my consults, I teach a low or zero inflammation diet. I have also talked about this on my radio show, the Mad Herbalist Show, which can be found online.

I frequently take people off of their bag of supplements and I never see deficiency from it, but quite the reverse. Complexity is the enemy of our day, so we have to improvise. This is a recipe for a more acidic gut lining. In healthy people, make plenty of our own saurkraut in the gut. That is not only. This, in conjunction with plenty of raw vegetables, is a recipe for a more acidic gut lining. In healthy people living normal lives without unnatural stressors, we would make plenty of our own sourkraut in the gut. That is not the world we live in, however, so we have to improvise.

There is a key job that must be done here at the small intestine.

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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