

The Original Spice Girls: Cinnamon, Ginger, and Turmeric

By Betsy Bearden

I love to cook, and I love to use herbs and spices in my cooking. Turmeric is something I have used in cooking since the '70s, man. I never really gave much thought to it other than I just liked the way it would add a nice golden color to rice or tofu, and it added a very mild, spicy flavor to my dishes. Aside from lending flavor and color to your recipes, another thing about turmeric is that it will turn your hands or finger tips yellow if you get it on them. This can be quite distressing if you have a business meeting to go to where you might come across as being a seasoned chain smoker or something. (Oh, you've seen them.)

In continuing this subject of how turmeric will turn things yellow—I remember a time when Steven and I invited some family members over for breakfast one morning. No, they are not vegetarians, but they were, and always have been, kind enough to eat and actually like my tofu dishes and veggie concoctions.

Well, this one particular morning while enjoying our homemade biscuits, scrambled tofu with turmeric and veggies, and other breakfast goodies, I was conversing with an elderly relative across the table, who happened to have false teeth. I was carrying on and telling her a funny story. Let me tell you, when she laughed, I almost choked! The turmeric in the tofu dish had turned her teeth YELLOW! I almost died right there. No kidding. Thank goodness when she drank some water, it washed it away. Lesson learned: turmeric + false teeth = yellow teeth. Not good, so I am sharing this with you as an FYI.

As usual, I digress—I had never really given the health benefits of turmeric much thought, but during a conversation with my sister-in-law one day, the subject of turmeric popped up. She has fibromyalgia and suffers from inflammation from this condition. I asked her if there were any new treatments available to her and she replied that her conventional doctor recommend she take turmeric, ginger, and cinnamon. I was flabbergasted...well, pleasantly surprised.

After doing some research, it is fair to say that turmeric is a super spice. It has a long history as a medicinal herbal remedy that was used to treat many different ailments from the inside out. Turmeric originates from China, India, and Indonesia and thrives in India and tropical Asian

areas. The plant is related to ginger, and as with ginger, its roots are rhizomes.

The active ingredient in turmeric is curcumin. According to an article in the American Cancer Society: "Curcumin can kill cancer cells in laboratory dishes and also reduces growth of surviving cells. Curcumin also has been found to reduce development of several forms of cancer in laboratory animals and to shrink animal tumors." *

There are also studies being conducted on the anti-inflammatory effects turmeric has for those with rheumatoid arthritis, and overall inflammation and pain in their joints, with remarkable results and conclusive evidence pointing to the fact that it can help to reduce pain and inflammation. Why is treating inflammation so important? Inflammation can occur anywhere within our bodies, particularly our hearts and our brains. When inflammation occurs in our brain, it can possibly lead to Alzheimer's disease. I don't know about you, but I am going to up my turmeric intake. **

As to our second spice girl, cinnamon, it also has anti-inflammatory properties and can help to alleviate pain from arthritis, as well as Alzheimers, and is anti-microbial so it helps to kill off the bad things in our bodies; that's a plus. Cinnamon originated in Ceylon, which is now known as Sri Lanka. There are references to cinnamon and it's desirability in the Bible and in numerous ancient writings dating back as far as 2800 B.C. It was so desired by many that wars were fought over it, and it was once used as currency, such as salt, and other precious metals, minerals and spices of that time. It's no wonder we all love cinnamon, and the bonus is that it's so beneficial to our health. ***

Our third spice girl is ginger. This is yet another powerful anti-inflammatory along with so many other beneficial uses from nausea, to antibacterial properties, to cancer prevention. Ginger was yet another highly sought after spice thousands of years ago. It is reported that ginger originated in Southeast Asia as far back as 5,000 years ago, yet it is really difficult to pinpoint its exact origin. During the fall of the Roman Empire, ginger almost disappeared until it started to show up in the Arab market, and from there it began flourishing again. ****

Aren't we fortunate that we don't have to fight wars over ginger, cinnamon, and turmeric? We can just hop in our cars and head over to Life Grocery

in Marietta, Georgia, where it is highly unlikely any altercation will occur while purchasing these super spices. Life Grocery has just about every imaginable spice and vitamin supplement from reliable sources in their Supplement Department, as well as their Bulk Herb Department, with a wide variety that are organic and vegetarian-based.

While you are there shopping for your spices and herbs, be sure to check out Café Life where you can find fresh organic smoothies or juices to kick start your day or serve as a "pick-me-up" in the afternoon, their Organic Living Foods and Salad Bar, Signature Salads and Sandwiches, and delicious Hot Cooked Foods and Fresh Baked Pastries that you are going to love.

Here are a few pointers for using cinnamon, ginger, and turmeric:

Turmeric- when cooking rice, add a good tablespoon to water along with a tablespoon of either onion powder or garlic powder. Cook your rice as usual. Use it when cooking stir fried tofu, or add a tablespoon to your tofu marinade or casserole. Add it to cauliflower dishes, mac and cheese, vinaigrettes, or just about anything you want.

Cinnamon: How easy is it to make cinnamon toast with a little honey? Add it to cold or hot cereals, coffee, desserts, or yogurt. If you have left over brown rice, add some cinnamon, honey, and almond milk and enjoy.

Ginger: Definitely use in vinaigrettes, pumpkin bran muffins, cookies, stir fried veggies, salads, or tea. The scent and flavor of ginger is so refreshing.

Note from author: Please do not add or incorporate any vitamin, mineral, herb, or supplement routine into your diet until you have researched it, or have spoken to your health care provider about it.

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So, What Can I Eat?

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

If you have been following the news for even a few days, it seems everything you eat is bad for you. Some studies show that even food that is universally accepted as “bad” may in fact have some benefit, although what some consider “good” is questionable. The biggest question I am asked, after a person gets an awareness of how toxic their diet may be, is “So . . . what can I eat?”

Many of the foods we have held sacred and close to our hearts we now know are leading to our demise. The milk we were forced to drink back in the school cafeteria helped lead to the osteoporosis, cancer, and heart disease that is now epidemic in our society. The hydrogenated oil-based cookie and cake filling we would suck out of the middle of our snacks is now found to be loaded with free radicals. These free radicals are draining the vital alkaline nutrients from our bodies making our bodies more acidic and thus a welcoming environment for many diseases to prosper. With all this gloom and doom, what’s a person to do?

There is nothing but good news for those of us concerned about what we put in our bodies. There are 120,000 edible plants on this planet. Multiply that by the almost countless combinations we can create with these foods and it is difficult to say, “There is nothing to eat.”

Let’s start with breakfast. If you are eaten up with candida, which is a yeast infection in your entire body, the following may not be good advice. You folks can do vegetables for breakfast; just stay away from the high sugar veggies such as carrots and potatoes. Everyone else, eat nothing but fruit and water from the time you wake up until 12:00 noon. Now, at first this might seem boring, however there are lots of choices when it comes to fruit. There are plain, raw fruits such as apples, peaches, pears, pineapple, kiwi, star fruit . . . you get the idea. Then there is dried fruit, but be sure it does not contain sulfites. Many folks have very obvious reactions to sulfites including difficulty breathing, headaches, and seizures. If you do not have an immediate reaction, you may be having sub-clinical reactions. This means it is doing damage, you are just not immediately aware of it happening.

In my book, *Eating Right For The Health Of It!* I have several recipes for fruit puddings, pies, shakes, and other delicious fruit treats. If you find fruit alone does not fill you up, eat more fruit. If this is still not enough, add some raw, organic almonds to your meal. They are the only alkaline nut and if eaten raw, will retain their nutritional value. When ever you cook a food above 120 degrees F the nutrients begin to break down and the more you cook it, the less nutritious it will become. I recommend you eat at least 60% of your daily food intake in the raw state. Now this may seem difficult, but if you eat a raw breakfast, you are already at 33% raw. Add a salad or other raw fruit or vegetable at the other two meals and/or snack on raw food throughout the day and you are well over 60%.

Now comes lunch. If you are the typical person, you have about 2½ minutes for lunch. You may even be forced to eat at, dare I say, a fast food restaurant. What foods can you eat at a fast food restaurant and not have to have your blood vessels cleaned out by Roto-Rooter? Mexican food is a good choice if you choose bean tacos, bean burritos, chalupas, guacamole, or salsa. Baked potatoes, salad bars, or even “burgers” with no meat, just the bun and toppings, are other options. There are tons of choices if you decided to go Chinese, Thai, or Indian. Look under the section of the menu labeled vegetables. If something on the menu that has animal products looks good to you, ask if they will make it with tofu. Always make sure you specify no MSG or chicken broth. Should you feel embarrassed about making a special request at a restaurant, remember you have money and they have food. They want to make a trade.

One other option is to make your own lunch. A bacon, lettuce, and tomato sandwich without the bacon is a good idea. (Hint: Put raw sesame seeds in a dry fry pan and keep tossing them until they are golden brown and spray on a little tamari. It will taste just like bacon.) Peanut butter and jelly is an old stand by. Be sure the peanut butter or any nut butter does not contain hydrogenated oil or sugar. The jelly should be all fruit and no added sweetener. If worse comes to worse, you can skip a meal. It is a good way to detoxify and will save you a few dollars in the process. If you can’t do that, think about what the least toxic menu choice is before you order. It may not be the ideal food, but a well thought out choice will be a better choice than the standard burger and fries.

Dinner is the same as lunch, make better choices. Think about what would be the healthiest choice on the menu. It is usually the least expensive item on the menu that is the most nutritious. In any town there are usually establishments that cater to the health conscience consumer. We are fortunate to have Café Life, which is filled with healthy and delicious options, and it’s even organic!

There are lots of books on the market to help you make the transition to better eating and to keep you there once you arrive. My book, *Eating Right For The Health Of It!* is a perfect example of such a book. Be sure to pick up a copy at Life Grocery’s book section. As with all their books, it is discounted 20% before any member discounts!

Happy dining!

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

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Recipes for KIDS of All Ages

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

In the last issue of *The Life Line*, I shared with you the news from a new study published online in the journal *Hypertension* that the number of children seen in US hospitals nearly doubled in the ten years leading up to 2006.

The foods that we feed our children create the physical and physiological consequences that are evidenced in them. One of the main strategies discussed in my previous article was improving the quality and quantity of the foods that our children consume.

I am listing again a few of the National Institute for Health (NIH) suggestions for dealing with childhood obesity:

1. Avoid high-calorie foods that are low in nutritional value.
2. Make fruits and vegetables part of every meal.
3. Check the Nutrition Facts Label to compare foods.
4. Enjoy smaller portions of food both at home and at restaurants.
5. Substitute water or low-fat milk for sweetened beverages.

Below are basic nutritional guidelines broken down by age groupings according to the Mayo Clinic:

Toddlers

Boys and girls ages 2 to 3 need between 1,000 and 1,400 calories per day. It is very common for caloric intake to vary from meal to meal in this age group. Allow your child to respond to hunger cues and do not force your child to finish a meal. Children ages 2 to 3 years old need to consume plenty of healthy fats for proper brain development and growth.

Children

Girls ages 4 to 8 years old need 1,200 to 1,800 calories per day while boys need 1,400 to 2,000, depending on growth and activity level. Of the total caloric intake, 25 to 35 percent of calories should be in the form of fat, primarily polyunsaturated and monounsaturated fatty acids. Protein should account for 10 to 30 percent of calories and carbohydrates should provide the remaining 45 to 65 percent.

Preteens

Boys ages 9 to 13 years old need 1,800 to 2,600 calories per day and girls need 1,600 to 2,200, depending on physical activity level and growth. Around 10 to 30 percent of these calories should be from protein sources and 25 to 35 percent of calories should be in the form of healthy fats. High-fiber, whole grain carbohydrates should provide the remaining 45 to 65 percent. This group needs more calcium than younger children.

Teens

Teenage girls ages 14 to 18 require 1,800 to 2,400 calories per day and boys need 2,200 to 3,200 calories. Protein should account for 30 percent

of total calories, carbohydrates should account for 45 to 65 percent of calories and fat should account for 25 to 35 percent of calories.

I want to emphasize the importance of monitoring the beverages that children consume. The average can of soda contains 140 calories. If a child drinks a soda with every meal, that's 420 calories or a third of their daily caloric intake in just soda alone. That's not even including any soda they may drink in between meals. The "biggie" cups of soda that are sold at convenience stores can contain over 500 calories! We also have to be careful about fruit juice. I just pulled a bottle of 100% grape juice out of my refrigerator and saw that one 8 ounce serving of grape juice has 160 calories. Although these calories come along with a higher nutrient value than a soda, it is still very high in calories and sugar. I always cut fruit juice in half with water when serving a glass of it to my children. This way they only drink half the calories and sugar per cup, and I found that the taste of the juice was still enjoyable. The best solution, as advised by NIH above, is to give children water to drink.

Here are some recipes that your kids can make for themselves that are full of nutrients and tasty:

Veggie Boats

What You Need:

- 1 green, yellow, or red pepper, washed
- 1 bunch of celery, washed
- 1 carrot, washed and peeled
- your favorite salad dressing

Equipment and Supplies:

- knife (depending on your age, you may need help from your adult assistant)
- cutting board

What To Do:

- Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
- Cut the other half of the pepper into skinny slices.
- Cut the carrot into skinny sticks about 4" long.
- Cut celery into skinny sticks so each one is about 4" long.
- Put a little salad dressing in the bottom of your pepper bowl.
- Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
- Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

Veggie Quinoa

What You Need:

- 1½ c low-sodium vegetable stock or water
- 1 c quinoa, thoroughly rinsed and drained
- ½ t salt

- ½ t black pepper
- 1 c frozen chopped, mixed vegetables such as peas, carrots, green beans, corn

Equipment and Supplies:

- medium saucepan with a tight-fitting lid
- measuring cups
- measuring spoons
- fork

What To Do:

- Add vegetable stock or water to medium saucepan.
- With an adult's help, bring stock or water to a boil over medium-high heat.
- Stir in quinoa, salt, and pepper.
- Switch heat to low and cover pot with lid.
- Cook until liquid is evaporated and quinoa is tender, about 15 minutes.
- Remove lid and stir in veggies with a fork.
- Place lid back on quinoa so that the heat from the quinoa cooks the vegetables.
- Serve immediately or place into an airtight container and refrigerate for up to 5 days.

Zucchini Muffins

What You Need:

- 1½ c shredded zucchini (about 2 small)
Note: You don't have to peel the zucchini before shredding it for this recipe. It won't affect the taste and the peel will provide some extra fiber.
- 2 c whole-grain pancake or biscuit mix
- 1 t cinnamon
- 1 t allspice
- 2 eggs
- ¾ c brown sugar
- ¼ c unsweetened applesauce
- 2 t fresh lemon juice
- powdered sugar (enough to dust the muffins)

Equipment and Supplies:

- oven (depending on your age, you may need help from your adult assistant)
- bowls one large, one medium
- grater a plastic grater is safest for kids
- measuring cups and spoons
- muffin tin and paper liners

What To Do:

- Wash zucchini and remove ends.
- Shred zucchini using largest holes on grater.
- Wrap grated zucchini in a couple of paper towels and squeeze to remove water.
- Measure 1½ cups of squeezed-dried
- Preheat oven to 375° Fahrenheit.
- Line a 12-cup muffin tin with paper liners.
- In a large bowl, mix whole-grain pancake mix (or biscuit mix) with spices.
- Place walnuts in food processor and process on high until the nuts are finely ground.
- Add the cacao and salt.

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Sourdough: Starter to Slice-Part 2

By Linda Townsend

The starter I described how to make in my last article is the most important part of sourdough making. It is the foundation of every loaf of bread you will make from it and it must be remembered that it is a living biosphere of helpful organisms relying on you for nourishment. If you are not baking regularly, you will need to feed your starter with near equal portions of water and flour to keep it healthy and ready for use. However, if you are baking regularly, you do not need to do this as you will be feeding the starter as you use it.

The starter needs to breathe and have room to froth, so I use a quart-sized glass canning jar filled about half full. I prefer my starter to be kept in the refrigerator with a loose lid or cheese cloth over the mouth of the jar and I feed it once a week, if I am not baking weekly. However, some people leave their starter at room temperature year around and feed it every day or every other day. At room temperature the yeast are more active, so they need to be fed more often.

The starter will form a liquid above the dough; this is normal. The liquid can turn a bit grey and smell similar to beer, also quite normal. You can drain it off or stir it in, whichever suits you. I stir mine in.

To begin the bread making process, the sponge must be made first. The sponge is basically starter that has been fed and is of a quantity to satisfy the recipe with a bit left over to replace the original starter. Most recipes call for two cups of starter or sponge for one loaf of sourdough bread. By adding one cup each of water and flour, the starter should increase about two cups more.

The sponge should be left out at room temperature for a few hours to encourage the yeast to be active and feeding. The container in which the sponge is placed should have ample room for it to froth up without spilling over. I usually leave my sponge out at least overnight, but it can be ready in just a few hours. The longer it is left out the sourer the taste of the bread.

This is the point where I, at first, was a bit frustrated about the sourdough making process, because there is no particular standard. I found lots

of information that could contradict each other. It seemed it is all a matter of preference based on experience and I did not yet have the experience. Since then I have learned that starters have different consistencies, sourdough is not as predictable as commercial yeast, and personal experience is the best teacher.

All starters are gooey, but each is unique. Not only can they be made with different flours, some starters can be wetter than others. You can add less water or more flour to make your starter the consistency you prefer. Because the moisture content of the sponge will vary also, the total amount of flour suggested in the recipe is more of a judgment call. At times I have used less and others a bit more.

This is where the experimenting begins and learning the art of sourdough baking. If you are thinking this is too complicated, let me explain that it only seems so because it is something of an art for which you just get a feel for doing. You will enjoy the process more if you are willing to experiment and have a few flops. Most anything you make will be edible, regardless of how it looks as long as it is baked completely through. Even the densest bread can be used toasted!

My first loaves blew their tops, which is to say that there was a huge cavity near the top of the crust the entire length of the loaf, which is why sourdough artisan round loaves are usually cut on the top crust. Some of my breads have been very dense and could be sliced very thin and other loaves have been light and sponging like store-bought, even though the recipes were the same. I still have the surprising flop every now and then, mostly due to my own impatience and ignoring the signs in how my dough was developing that day. I think my best bread loaves have been a combination of the starter's characteristics that day, the weather, my patience, and the love of the art for making sourdough bread. It is just as doable for you.

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

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Apples, Antibiotics and Why Johnny is Such a Big Little Boy

By Jeani-Rose Atchison

I woke yesterday with a strong desire to do some cooking. My number four daughter, Caoilinn, must have had the same idea as she had all my pots and pans out and was playing “restaurant” . . . with a grin on her face and a pot on her head.

I turned on the oven in anticipation for baking and also to heat up our cold house. While it was warming we went through our supplies and found some polenta and a bag of green apples. I immediately thought about an apple and polenta upside down cake and searched for the other ingredients so we could make it happen.

At the same time Nimue (number three) was walking around with a huge cabbage, which is not unusual in my home. The kids imagine talking vegetables all the time. Once I wasn’t allowed to take the top growth off of the sweet potatoes for a couple of weeks because the girls had adopted a few of them. The sweet potatoes were dressed daily in new outfits including new hairstyles as the “hair” continued to grow. Chances are if they were conventionally grown sweet potatoes they wouldn’t have been as much fun due to being bald and unable to sprout! I had to finally wrestle with the three of them to bake those potatoes and we all mourned their demise, sort of, as we eagerly dug into the steaming insides.

Anyway, seeing the cabbage made me think it was time to also make another batch of cultured veggies. So we made Nimue hand it over and did just that while the cake was in the oven.

Our recipe was relatively easy. I took a conventional one and tweaked it a bit to suit our needs. Our kids are totally on board with this and come up with alternative suggestions any time we try a new recipe. They all know of course that organic is best, but just in case they forget I am always there to remind them why.

Take apples for example. Conventional ones are sprayed heavily in antibiotics. I have written a great deal about the overuse of antibiotics and include a section of it in my latest book *Food for Thought*.

It’s hard to believe that 75-80% of antibiotic use is not through direct human intake but rather it is being fed to animals and sprayed on fruits and vegetables. Dr. Stuart Levy, president of *The Alliance for the Prudent Use of Antibiotics* states that just one pound of antibiotics is enough to provide a one-day treatment to 450 sick people. This really sinks in when we know that up to 50,000 pounds of antibiotics are sprayed annually on fruit trees in the U.S. alone.

Streptomycin and oxytetracycline are the two most common antibiotics used for pear and apple trees in the states. A condition called fire blight is the main reason for spraying the fruit. Fire blight has not been found in Australia though with globalization and increased foreign travelers this will happen eventually. And when it does it is already understood that streptomycin will be used as it has proved to be the only product effective in diminishing the problem. Until then, New Zealand’s answer to importing apples to Australia is to have their apples undergo “chlorine treatment.” That seems a disturbing thought though, with the current research showing that the chemical by-product of chlorine is dioxin. As the single most carcinogenic chemical known to science, I don’t know if I want more exposure to it than we already have.

On August 8, 2012, a federal court in New York ruled that the FDA cannot delay regulatory proceedings for penicillin and tetracycline used in livestock.

We have been experiencing antibiotic resistance strains of bacteria worldwide and it scares me terribly. I have a kidney anomaly that has seen me in hospitals

since I was born and from time to time the only thing that can help me is intravenous antibiotic therapy. When I was a child and young adult I lived on antibiotics. I chose alternatives though in my mid-life and child bearing years and didn’t use drugs for more than 15 years. Recently I have found the need to rely on antibiotics again only to find that several of the drugs I used in the past can no longer be used due to bacterial resistance. I have already had two life threatening instances where I needed to have these drugs. I’m not too happy about the fact that there may be a day in the near future when those drugs won’t work for me any longer.

Peter Collignon, Infectious Diseases Physician and Microbiologist, from the Canberra Hospital stated: *Some of this resistance can be to antibiotics that are “last line” or “critically important” antibiotics that are needed to treat life-threatening infections in people. The development and spread of these multi-resistant resistant bacteria can follow the use of “last line” (or similar) antibiotics in food production animals. Examples include ciprofloxacin resistant strains of Salmonella spp., Campylobacter spp. and E. coli, vancomycin resistant strains of enterococcus (VRE) and 3rd and 4th generation cephalosporin resistance in Gram-negative bacteria such as E. coli.*

I agree with Dr. Collignon and other groups such as *The Union of Concerned Scientists* in that there are three basic principles of antibiotic use that must be adapted in the agricultural sector if we are going to stop this problem, before it’s too late. And that is:

- to prevent the use of antibiotics for prophylactic purposes,
- “critical” or “last-line” antibiotics should not be used in food production animals or agriculture and
- they need to be banned as growth promoters.

Another interesting thought to ponder is this: Antibiotics are used not to just prevent illness or to spray on crops, but also to make animals grow faster. It is common knowledge that people are larger now than they were 20-30 years ago; quite a bit larger. Drink cups, train seats, and dress sizes have all changed to keep up with the times. Denial is a beautiful thing especially when it protects us from asking the question, “What is happening to me?” For those of us that want to know, could antibiotic use prove to be another piece in the obesity picture? If our children are being constantly bombarded with sub therapeutic dosages in their food along with regular rounds of antibiotics from their medical practitioners, how does this affect their growth patterns? This gives a different perspective on why Johnny is such a big little boy, doesn’t it?

There is no question that my family and I will always strive to eat food that is as clean and pure as we can get. Certified organic or knowing my local farmer and his or her agricultural practices are the only way we can be sure of what we are getting.

We hope you enjoy our recipe for a healthy organic cake. Please use organic ingredients!

Upside Down Apple Polenta Cake

3 medium unpeeled green apples, quartered and cored
2/3 c raw sugar (I used coconut)
8 T coconut oil (or butter for those who use dairy)
1 heaping t ground cinnamon
1/4 chopped pecans
1 c whole meal spelt flour

1/2 t baking soda
1/4 t good quality sea salt
1/2 c raw sugar (I used coconut)
1 T lemon juice
2 t chia seeds, mixed in 1/4 c water and allowed to sit for five minutes before using
1 T vanilla extract
3/4 c soy milk mixed with 1 t apple cider vinegar
1/2 c polenta

- Cut each apple quarter lengthwise into 3 wedges.
- In a 10-inch cast-iron or nonstick skillet, over medium heat, melt 4 tablespoons of the coconut oil or butter.
- Stir in the sugar and cinnamon and cook 1 to 2 minutes, stirring, until the mixture is smooth.
- Remove from the heat and add the apples and pecans, gently stirring to coat.
- Return the pan to medium heat; cover and cook 2 minutes. Turn the apple slices over and cook 3 minutes more, uncovered; set aside.
- With a fork, arrange the apple slices in a spoke design in the sugar mixture, filling in the center with remaining slices.
- Preheat oven to 350° F.
- I use my cast iron for this because it can then go straight into the oven. If you don’t have one, just place apple slices and sugar mixture into a prepared cake pan.
- In a small bowl, combine the flour, baking soda, and salt; set aside.
- In a large saucepan, over medium heat, melt the remaining oil or butter.
- Remove the pan from heat and whisk in the sugar, lemon juice, chia mixture, and vanilla extract.
- Whisk in the soymilk and polenta.
- Add the flour mixture and stir gently with the whisk until the batter is smooth.
- Pour the batter over the apple slices.
- Bake about 35 minutes or until the cake springs back when gently pressed.
- Remove from oven and run a knife around the edge of the skillet to loosen the cake. Immediately cover the pan with a heatproof plate and carefully invert the two.
- Wait 1 minute before lifting off the skillet.

Serve warm or at room temperature with an organic cream if desired. We love it with a dollop of fresh vegan cashew cream.

Jeani-Rose Atchison is a health advocate and author who has called Australia home now for eight years. Originally from the states, Jeani-Rose spent many years in Marietta and was an active member of Life Grocery. She is the author of the bestselling book Every Day Vegan-300 recipes for Health, as well as a variety of articles on organics and food. Her latest book Food for Thought- Thought for Food is chocked full of delicious whole food recipes. It also takes a controversial look at the food we eat today. Can your food make you ill? The answer may shock you! Visit www.healthyfoodhealthylife.com.au/ for more information.

No Guarantees

By Kim Strickland, ND

During the last two weeks I have been sad due to the loss of a friend's 17 year old son because of suicide. He regularly told his friends what a great family he had and how much he loved them. He also was very popular and had lots of friends and enjoyed lots of after school activities.

There were no missed warning signs. The hardest part for me to understand is how a boy could leave home at 11:30 pm and by 1 am have already procured a handgun. Here in our community it was apparently very easy for him to get a gun in the middle of the night. Who gave it to him? What did they think he was going to do with it? Did they care? I am currently asking what can be done to affect change in this area. Those of us concerned with health spend time thinking of how to optimize energy, vitality and well-being. In an instant all of that can change.

What I have learned from this experience is that there are no guarantees. You might do a great job raising your children, feed them well, ensure they have good friends, activities they love and a good education and it guarantees nothing. You may change your diet, exercise, meditate, pray and do good deeds and you may be killed in a car crash or experience some other tragedy. I ate healthy,

exercised, did guided meditation in preparation for a homebirth with my first son yet ended up transporting to the hospital because he got stuck. I felt that all my preparation had been a guarantee for a successful homebirth. Since we get no guarantees, I have learned that for me joy in the process of living daily is a must. Love this day that you have been given and don't put off until tomorrow that which you desire. If you desire a more loving relationship with someone then be more loving today. If you are not happy with the body you reside in then make permanent changes today. I have also learned that when hearts are breaking and empty, words do not do justice, but sitting and listening and holding a hand lets people know they are loved and cared for. Hold those dear close to you.

I have also learned that in tragedy, communities bring food to families to comfort them. When doing so I suggest you ask if there are any dietary restrictions or preferences. I know of a vegetarian man who received lots of meat dishes and one who was eating raw who received lots of cooked foods. Also during grief many people do not eat very much. Below is a recipe I brought to this family to nourish their bodies at a time when their hearts were breaking.

Sweet Potato and Carrot Slaw

¼ cabbage, shredded
2 sweet potatoes, shredded
2 carrots, shredded
½ bunch of cilantro, shredded

Dressing

½ c almond meal
½ c water
1 clove garlic
¾ t Himalayan salt or sea salt
1 c olive oil
⅓ c lemon juice

- In blender combine almonds, water, garlic and salt until smooth.
- Slowly add oil. Add lemon juice.
- Fold dressing into the slaw mixture and season with extra salt if necessary.

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

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Recipes for KIDS of All Ages

- In a separate bowl, whisk together eggs, brown sugar, applesauce, and lemon juice.
- Fold the egg-sugar mixture and shredded zucchini into the pancake-spice mixture; do not over mix.
- Fill each muffin cup $\frac{2}{3}$ full with batter.
- Bake 10-15 minutes or until golden.
- Remove muffins from tin (with help from your adult assistant) and cool on a wire rack.
- Sprinkle muffins with a dusting of powdered sugar.

Fun Fruit Kabobs

What You Need:

- 1 apple
- 1 banana
- $\frac{1}{3}$ c red seedless grapes
- $\frac{1}{3}$ c green seedless grapes
- $\frac{2}{3}$ c pineapple chunks
- 1 c nonfat yogurt
- $\frac{1}{4}$ c dried coconut, shredded

Equipment and Supplies:

- knife (depending on your age, you may need help from your adult assistant)
- 2 wooden skewer sticks
- large plate

What To Do:

- Prepare the fruit by washing the grapes, washing the apples and cutting them

into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.

- Spread coconut onto another large plate.
- Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
- Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
- Repeat these steps with another skewer.

Raw Brownie Bite

Thanks to my good friend Paula for this yummy recipe!

What You Need:

- 2 c whole walnuts
- 1 c raw cacao
- $\frac{1}{4}$ t sea salt
- $2\frac{1}{2}$ c Medjool dates, pitted
- 1 c raw unsalted almonds, roughly chopped

Equipment and Supplies:

- food processor (depending on your age, you may need help from your adult assistant)

What To Do:

- Place walnuts in food processor and process on high until the nuts are finely ground.

- Add the cacao and salt.
- Pulse to combine.
- Add the dates one at a time. The consistency should be like cake crumbs that when pressed, will easily stick together (if the mixture does not hold together well, add more dates).
- In a large bowl, combine the walnut-cacao mix with the chopped almonds. Press into a lined cake pan or mold.
- Place in freezer of fridge until ready to serve. Store in an airtight container.

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American Heart Association: Dietary Recommendations for Healthy Children

National Cancer Institute: Estimated Calorie Requirements (In Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity

<http://kidshealth.org/kid/recipes>

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

Gut pH: Part I

By Kal Sellers, MH

In all the discussions about pH, there is nothing so obscured as the role and state of the gut. In fact, the pH of the blood, which is what everyone is talking about, is a secondary or tertiary condition. This means, it is not a cause in and of itself, but is actually the outcome of other factors that affect global health. In an effort to put some of this misinformation in its place, this article will be the first in a series of discussions on pH, starting with the pH of the gut.

The first thing about alkaline mania that should be noted is that our body is not ruled by alkalinity at all. In fact, our bodies must be a balanced mix of both yin and yang, where yin is alkaline and yang is acid. Without either of these, health and life itself cannot be manifest. It is worth noting that the following have something in common:

Amino alkalines, para-amino-benzoic-alkaline, deoxyriboneucleic alkaline, essential fatty alkalines and folic alkaline. What is it? They all should be written to end in ACID! They are not alkalines! These are the key functional aspects of life and they are all acidic! To write those names correctly, we should have acid in place of alkaline in every case.

In our discussion of acid and alkaline, we need to also appreciate that acid or alkaline dominance at any given time is governed by three factors:

- The need of the body to thin the blood (acid blood is thinner than alkaline);
- Circadian rhythms (the cycle of the sun, day and night) and;
- Parasympathetic (alkaline) and sympathetic (acid) dominance.

With this foundation, hopefully we can come to some reasonable conclusions about pH. The behavior that is so desperate by so many, done out of pure, unadulterated fears, where they take in large doses of unnatural substances in the name of alkalizing their blood cannot possibly be a good thing. It will invariably lead to inconsistent results and possible harm.

I have dealt with this subject a good many times and yet the philosophy continues to be pervasive that alkaline is good and acid is evil. Honestly, how much sense does that make? I wish before we came to a conclusion we would just think about whether it was logical or not!

What is true is that more acidic blood (not urine or saliva and certainly not the gut) is known to be associated with increased incidence of chronic disease.

Considering that the body will acidify the blood to compensate for debris and wastes in it and poor circulation by it, and considering that acidity is also associated with sympathetic dominance (hurry and worry response), it should be no surprise that cancer, heart disease, and all chronic disease is associated with blood that is too acidic. What is surprising is

that suddenly alkalinity has become an end unto itself and a veritable god to so many!

The final consideration to discuss about pH as part of our foundation is that any and all highly active processes and yang organs are acid dependent, not alkaline dependent. Immune response, the gut lining, cerebral spinal fluid, and kidney environment are all acidic by design. The only surprise is the kidney, which is a yin organ. The blood at the kidney is more acidic, however, in a healthy person.

Cleansing is also an acid process. This is one of the great conundrums of the cancer battle using alkaline supplements. If the body is not first cleansed and cellular behavior changed with saturation of raw, live food/juice, the cancer will have a wall built around it that will make it immune from the alkaline substances. Further, the body will shift the blood immediately toward the acid in order to cleanse, which means the natural healthy processes of the body will be interrupted.

While I do not doubt the stories of people who alkalized themselves and cured cancer, as with many supplements and products that are supposed to cure cancer, I have many questions about what was done prior to the use of the supposed miracle supplement, which could not have cured anyone by itself, but might well have tipped the scales in the right person who had done sufficient groundwork in some way (emotionally, dietary, physical stressors, etc.).

So when we start into our discussion together, I shall make every effort to keep you a little sane, though I know that to be a startlingly rare commodity today. Today, we shall focus on but one idea. This is the idea of the pH of the gut, as it relates to chewing.

The gut lining is being replaced every three days. For this level of activity, there is a corresponding need for acidic conditions. Actually, without an acidic lining (to be distinguished from the contents of the gut, which are acidic in the stomach and alkaline in the presence of fresh bile and more neutral at the end of the large intestine), the gut will easily become infected, inflamed, and will react to whatever food is put in it. It will also cause gas and bloating and all manners of dysfunctional digestion.

Many things weaken and alkalize the gut. For example, sitting in front of a computer for many hours, being stressed out all day long, eating sugar, overeating, too much complexity, compensation for cooked food, eating nothing but cooked food, adrenal fatigue, not chewing enough...ahhh, there is the one we are looking for.

When we put food in our mouths, the body will begin to ready itself. This process takes several minutes, really. Smells and the excitement of eating actually help a lot. The most important time, however, is chewing. Here you not only activate the first stage of digestion (saliva), but you also let the body sample the food and get ready for exactly what you are eating. If the combination of foods is simple enough, this is a manageable process. Chewing also relaxes you and puts you into a more parasympathetic

state. The person who chews enough and eats simple, whole food meals that are mostly raw, will probably have a normal gut pH and, therefore, will have taken the single biggest step toward healthy blood pH.

It is always striking to me and a little sad that so many who pretend to want to heal themselves naturally and enjoy their natural vitality are so eager and willing to do things that are clearly unnatural behaviors to manipulate their bodies. They are stuck in fear. They are doing with less harmful substances and foods exactly what they so freely criticize the medical profession for doing! It is no wonder our health continues to decline. People are losing their anchors and balance in life and are reeling on a relentless sea of supplements, proposals, sales pitches, and hype. There is no clarity of thought in people who have no solid foundation to live by. I have a good deal to say about this that I shall not attempt here, since I am sure it is inappropriate to write a whole book just now.

So here are the rules that go with chewing:

1. Take time to relax before eating anything.
2. Choose simple meals of no more than 4-6 items. Less is better.
3. Have meals that are at least 75% raw.
4. Chew the first several bites (or if juicing, chew your juice well for many seconds) very, very well. Take a minute or so per bite!
5. After the first several bites, still chew to very small particles before you swallow.
6. If eating nuts, chew to an absolutely thin paste before swallowing.
7. Avoid all electromagnetic pollution while eating. This means computers, cell phones and, if possible, wireless routers. It also includes television.
8. Eat in a clean, organized space that allows minimal stimulation while eating. The stress of clutter should never be within the visual field when eating.

Anyone who follows these rules will get far more than they ever got from any special pH supplement or diet. It will almost immediately improve digestion, assimilation, elimination and both blood and gut pH.

In the next issue, we will discuss the benefits of acidifying the stomach specifically in a chronic disease state, and, of course, tell you how to do that.

Kal runs a website where he teaches natural healing. He does online consults via Skype and teaches natural healing, herbal medicine, and psycho-emotional healing all over the world. He will graduate from Life University in September of 2012 and will be setting up practice near Jackson Hole, Wyoming. He has six daughters who all participate in natural healing. He has had a live practice since 2000.

Healing Candida

By Brenda Cobb

Do you suffer from depression, brain fog, diarrhea, exhaustion, halitosis, cloudy thinking, menstrual pain, thrush, poor or unclear memory recall, yeast vaginitis, itchy skin, anal itching, itchy ears, vaginal itching, jock itch, or athlete's foot? If you answered yes to any of these, you may have candida. Candida is a fungal parasite that excretes toxic waste which can get into the bloodstream. Candida can be difficult to get under control and left unchecked can lead to other serious diseases. Cancer patients have an extremely high incidence of candida. It is also linked to lupus, MS, Parkinson's, depression, and a host of other serious illnesses.

Many times people try to get rid of candida, but never have success because they have heavy metals like lead, mercury, aluminum, manganese, and cadmium. Candida attaches to heavy metals, so it is important to do a heavy metal cleanse and a candida cleanse at the same time.

Bread, baked potatoes, cakes, cookies, and pasta, or diets loaded with refined or hybridized fruit sugars will feed candida and make it grow. In many cases, those suffering with candida have had a history of antibiotic, birth control, or other over the counter or prescription drug use. These drugs eliminate much of the good intestinal bacteria, which allow the candida to spread. You must have healthy flora in the intestines to overcome candida. A good probiotic is absolutely necessary to help get candida under control.

If you suspect you have candida, get checked through the Healthscope Scan analysis to see how

much you have and if you have heavy metals. This scan will also tell you all of your vitamin and mineral levels and your enzymes and amino acids. You will find out if you have allergies or sensitivities to any foods and if you need any specific herbs or supplements.

To help you get rid of candida, begin by getting out in the sun before 11 am or after 3 pm. Candida thrives in a dark, moldy environment. Yeast and fungi are destroyed by direct sunlight. Put on your tiniest bikini and let the sunshine in.

A diet of raw and living, sprouted foods, mostly green vegetables, green juices, veggie kraut, and rejuvelac can help a person to overcome this bothersome and debilitating disease. Low-sugar fruits like avocado, red bell peppers, cucumbers, squash, and zucchini along with living sprouts can be helpful. Sweet fruits will feed the candida and should be avoided until all the candida is gone.

Colon cleansing with colonics and enemas is very necessary and helpful. You must put friendly bacteria back into the colon to heal candida. Self-destructive, negative thoughts and emotions of rejection and lack of self-worth may contribute to the candida problem. Negative thoughts destroy good bacteria in the intestines, which allow candida to proliferate.

To get rid of candida, eliminate cooked starches, antibiotics and other drugs, sugar, and negative emotions. Get lots of sunshine, clean out the colon, and change your diet to raw and living foods. Don't wear pantyhose or nylon underwear, which can trap moisture and create yeast vaginitis.

Whatever you do to treat candida, treat it seriously. Stay positive and self-confident, focusing on the things that will heal you. It might seem like drastic measures giving up fruits or other favorite foods, but once the body has returned to its perfect balance you will be glad you made the effort.

Sesame Cabbage

3 c cabbage
1 c carrots chopped
½ c green onions
1 c red bell pepper
1 T chopped garlic
½ c lemon juice
1 t Celtic or Himalayan Salt
¼ c raw sesame oil

- Chop the cabbage, carrots, onions, pepper, and garlic.
- Combine with the lemon juice, salt, and sesame oil.

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute*, an Educational Healing Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing, Relaxing Therapies and the Healthscope Scan Analysis. For more information, call 404-524-4488 www.livingfoodsinstitute.com.



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