

Spice Up Your Spring

By Dr. Susan Esposito

As many of us strive to consume the healthiest foods, we are faced with the challenge of making these vitalizing foods as appetizing as some of their junkier counterparts. One major strategy to combat the comparative blandness of non-processed foods, is to incorporate the exciting and flavorful aspects of some of the world's most common spices.

Not only will these spices help to make your dishes more appealing to eat, but they contain a vast and varied amount of nutritional and medicinal properties. Spices have been used throughout history as both flavor enhancers and medicinal curatives. For example, in the 14th century, certain spices such as cinnamon, clove, and garlic were used to protect against contracting the Bubonic Plague in Europe.

There are numerous studies proving the efficacy of certain spices below that were listed in *naturalnews.com*, October 2008:

In a study reported in the *British Journal of Nutrition*, fifteen aromatic herbs and spices consumed in Central Italy as part of the Mediterranean diet were studied to reveal total phenolic, flavonoid, and flavanol content, as well as their antioxidant potential as measured by oxygen radical absorbance capacity (ORAC). A comparison was made between salads to which aromatic herbs had been added. The addition of lemon balm and marjoram increased the antioxidant capacity of a salad portion by 150% and 200%, respectively, corresponding to an intake of 200 mg. of phenolics and 4000 ORAC units. Among other spices tested, cumin and fresh ginger made the most significant contribution to antioxidant capacity.

Another study reported in the *Journal of Medicine and Food*, examined the effects of a spice mixture on oxidative stress markers and antioxidant

potential in tissues of insulin-resistant rats. Addition of the spice mixture reduced the levels of lipid peroxidation (break down of fats resulting in free radical formation) markers in tissues and improved glucose metabolism and antioxidant status of the rats even though they continued to be fed their fructose diet.

A study in *Prostaglandins Leukotrienes and Essential Fatty Acids* reported that spices possess antioxidant activity that can preserve the integrity of lipids and reduce lipid peroxidation. Researchers investigated the antioxidant activities of selected spice extracts on peroxidation. The spices tested were garlic, ginger, onion, mint, cloves, cinnamon, and pepper. Cloves exhibited the highest and onion showed the least antioxidant activity. The relative antioxidant activities decreased in the order of cloves, cinnamon, pepper, ginger, garlic, mint, and onion. Spice mixes of ginger, onion, and garlic; onion and ginger; and ginger and garlic showed cumulative inhibition of lipid peroxidation, exhibiting synergistic antioxidant activity. The antioxidant activity of the spice extracts was retained even after boiling for 30 minutes, indicating that the spice constituents were resistant to thermal denaturing.

The *Journal of Medicine and Food* also reported an investigation in which researchers bought 24 herbs and spices at a local supermarket. After testing them they found that many appeared to have the power to inhibit tissue damage and inflammation brought on by high blood-sugar levels in the body. They inhibited the glycation process that has been linked to inflammation and tissue damage in diabetics. The spices with the greatest effects were cloves, cinnamon, allspice, apple pie spice, and pumpkin pie spice. Top herbs included marjoram, sage, and thyme.

Another study from the *Journal of Medicine and Food* investigated the effects of red chili, cumin, and black pepper on colon cancer induced in rats. They found that cumin and black pepper suppressed the onset of colon cancer.

I am not advocating that you should throw out any prescribed medicine and replace it with your spice rack. You must always check with your doctor before performing any drastic changes to your medical regime. You may, however, experience greater health and vibrancy with a dash of spices thrown into your daily menu. In the next issue, I will list many of the most popularly used herbs and their beneficial properties. I will also include a list of spices and their common food usages. Here's to spicing up your life!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, you may e-mail her at susanesposito@gmail.com. Not all questions can be answered in this newsletter.

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Vitamin D – A Missing Link?

By Don Bennett, DAS

It's not a stretch of the imagination to think that we need sunshine. Obviously plants (and the plants that we eat) need sunshine to grow and to be healthy. And so do we, but this fact isn't as obvious. People who get very little sunshine obviously don't wither at a young age, but they do "wilt," they just don't realize it. Vitamin D is known as the "sunshine vitamin" for a very good reason; that's how humans are supposed to get their vitamin D (it does *not* come from food in any meaningful way). But if not getting enough D contributes to diabetes, cancer, and osteoporosis (among other things), and we're told that we either don't know what causes these conditions, or that they are caused by something like insufficient calcium or some other equally erroneous information, and we then get one of these conditions, we're not likely going to suspect lack of sufficient vitamin D as a cause.

But what if insufficient vitamin D, in reality, contributes to the above-mentioned conditions? First let's understand why processed foods are fortified with vitamin D. When it was discovered that the condition known as rickets (softening of the bones) was caused by a vitamin D deficiency, it was decided that our foods should be fortified with D to prevent this disease. But 400 IUs of D (a common dose in multivitamins), although enough to prevent rickets, is not enough to provide the human body with what it needs to help prevent those above named diseases that plague our society today. And this is what emerging research is now telling us, in no uncertain terms.

So how do you know if you are getting enough D? The long and the short of it is: If you live in a climate where you can't sun yourself in "meaningful" sunshine all year round, you are extremely likely to be deficient to a degree that will increase your odds of developing one (or more) of those above named serious, degenerative conditions. "Meaningful" sunshine is sunshine that could burn you if you stayed exposed too long; many people put up with cold temperatures to sunbathe during late fall, winter, and early spring, and although the sunshine may feel nice, it is shining through too much atmosphere to create any meaningful amount of vitamin D in the skin. So there are many people in the US who are deficient enough in D to prevent the body from doing its best job at keeping you free of those life-threatening diseases.

So how can you be sure you're getting enough? Test yourself! Even if you take a multivitamin, you are very likely to be deficient to some degree in vitamin D, especially in the winter. Fortunately this test can be done at home and sent through the mail to get your results; you don't need a doctor's order (unless you live in New York). Your *25-hydroxy-vitamin D* level should be between 50-80 ng/ml. (Be advised that some doctors are behind the times in recommending between 30-60 ng/ml.) So if you're under 50 ng/ml, you should do something about it. Since all tanning lamps are not created equal in that some will tan you but not produce any D (which is counter-productive), this is why I recommend supplementation with D3 (D2 is available as a supplement, but it is not nearly as effective, and in many cases not effective *enough*). And certainly do so in the winter months and whenever you can't get goodly amounts of sunshine on a daily basis (but needless to say, don't get burned).

Because vitamin D is so cheap and so clearly reduces all-cause mortality, I can say this with great certainty: Vitamin D represents the single most cost-effective medical intervention in the United States.
- Dr. Greg Plotnikoff

Since too much supplementary vitamin D can be toxic, and too little can rob you of adequate protection, it's important to know how much D3 to take and how to arrive at this dose (and by-the-way, what's printed on the bottle will always be a safe amount, but may be too conservative an amount). There's some great in-depth information on this very important subject in the ARTICLES section of Health101.org (look for the article *Cancer Prevention and Vitamin D*).

If you want the BEST odds of never getting a diagnosis of something serious, or of getting rid of something you already have, respecting your body's need for enough vitamin D is critical.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author; his book How to Have the BEST Odds of Avoiding Degenerative Disease is available in the book department at Life Grocery.

Sleeping Well

By Dr. Kimberly Strickland, ND

The importance of a good night's rest for excellent health cannot be emphasized enough. Many people are committed to proper nutrition, exercise, and supplements, but then stay up late at night, producing sleep deficiencies. We evolved to sleep when it was dark because of lack of light. Now we can stay up as long as we like since we have electricity. That doesn't mean that is a good thing for our health.

Suggestions for a good night's sleep include going to bed at the same time most nights, giving yourself about an hour before you go to sleep in dim light, and reducing sugar and caffeine consumption as the day goes on. If you are still having difficulty sleeping, which is typically more common as people age, there are items in the supplement section at Life Grocery to assist you in getting a restful sleep.

Valerian is a sedative herb that is nontoxic and non-addictive. Other herbs that are good for overcoming insomnia are passion flower, skullcap, and kava kava. Calcium has a calming effect and should be taken at night. Floradix makes a liquid herbal form that is quite tasty. Melatonin is a naturally produced hormone that affects sleep, as does serotonin. GABA is an amino acid that acts as a neurotransmitter in the central nervous system. It helps to calm the body in addition to other

things. In the fall during my pregnancy, I experienced sleeplessness, although I was very tired. I found that my GABA levels were off and for a month I took a supplement called inositol, which is a derivative of B complex, to balance my GABA. Inositol has a calming effect in the body and helped me to sleep soundly. There are also plenty of herbal tea selections at Life Grocery that offer calming mixtures of herbs to induce a restful night of sleep.

Resources:

Healthy Aging, Andrew Weil, M.D. First Anchor Books Edition, 2005.

Prescription for Nutritional Healing, James F. Balch, M.D. and Phyllis A. Balch, C.N.C., 1997.

Dr. 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 two boys with a third baby on the way any day. [Kim gave birth to Skyler Wynter Strickland at home on March 3, 2010, at 4:20 pm. He weighed 7 pounds 2 ounces, was 19¼ inches long, and is very healthy. Congratulations to the Strickland family!]

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If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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Nutrition from "A" to "Z"

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

"R" is for red sauce, which is typically made with tomatoes. They are loaded with disease-fighting antioxidants and contain lycopene, which has been shown to help prevent certain cancers, including prostate cancer. When cooked, the lycopene level in a tomato is actually increased. Lycopene in tomato paste is four times more readily available than in fresh tomatoes. This is one of the few times where cooking something actually increases the health benefits of a food! Lycopene has been shown to reduce cardiovascular disease, cancer, osteoporosis, diabetes, and male infertility. In my book *Eating Right for the Health of It*, I have some great red sauce recipes. I have yet to find a better red sauce than mine anywhere in the world. I strongly suggest that you try it and see if you can find one that's better than mine. Add it to your diet and not only will you enjoy your food more, you'll help to prevent disease, as well.

"S" is for sea salt. Most everyone loves salt. I love salt. However, most conventional salts cause more harm than good. The more you process something, the more

health benefits are lost and most conventional salts are super processed. Sea salt, however, is not heavily processed. It's loaded with natural iodine, which helps to balance hormones and is essential for proper production of the thyroid hormone. Iodine deficiency can lead to hypo-thyroidism, which causes extreme fatigue, mental slowing, depression, and weight gain. By ingesting sea salt, you're getting that iodine, which is an essential part of any diet. Sea salt also contains calcium, magnesium, sulfate, and potassium, all of which table salt doesn't contain. You can add sea salt to salads, snacks, and cooked dishes. If you don't particularly like salt (yes, such people do exist!), you can add it to my *Dr. Joe's Super Greens* to make the sea salt more tolerable. You can even add it to water. Take some water, add a little organic fruit juice, and some sea salt. This makes the sea salt less distinguishable. I recommend you consume one half to one teaspoon of air dried sea salt a day.

"T" is for tomatoes, which are loaded with lycopene and vitamin C. They are extremely versatile. There are

all kinds of things you can make with tomatoes, such as red sauce, tomato paste, salsa, and even tomato sandwiches. Try making a nice spring salad with sliced tomatoes, cucumbers, and onions, lemon juice or apple cider vinegar and fresh herbs like basil or dill. Experiment with tomatoes and see what delicious and healthy dishes you can create.

This article will be continued in the upcoming edition of The Life Line.

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. 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 an exam, consultation, x-rays, and doctor's report of findings for only \$50!

How Fat are You?

By Brian Murray, M. Ed.

When someone tells me they lost ten pounds I like to ask "Ten pounds of what?" Of course they can't answer the question – they don't know what they *really* lost, and to their detriment, often don't care. I realized this one day when I stopped a woman who was briskly walking around my office building. I asked if she was out for a "fitness walk" and she said yes, and told me that she had lost 18 pounds. I replied, "Eighteen pounds of what?" to which she replied, "I don't know, but it's gone." Big mistake. All of you should know what you are losing.

I have said it before and I will continue to say it over and over again until everyone understands that body weight is meaningless, especially when you are on a "weight loss" program. Why? Your weight doesn't tell you how much fat or muscle is on your body. These are the two tissues you should be most concerned about. These are the tissues that primarily determine your weight, shape, and how much space you occupy. So how do you know what is happening on the inside of your body?

I cannot recommend strongly enough that you start tracking your body composition. For the past four years I have collected body composition data on clients using a Tanita® Body Composition Monitor. It calculates body composition using Bioelectrical Impedance Analysis

(BIA). A safe, low-level electrical signal is passed through the body. Electricity passes easily through fluids in the muscle and other body tissues but meets resistance as it passes through body fat, which contains little fluid. When used under consistent conditions this device gives you the information you need to evaluate what is actually happening to your body as a result of exercise or dietary modifications. You should be primarily interested in how your measurements *trend* over time; not the accuracy of the numbers during each individual measurement. In my experience this is a very simple, reasonably accurate, and convenient way to obtain trend information that will alert you when you are doing something wrong, or reinforce when you are doing something right.

The main thing to remember about checking your body composition is that your body weight is not important. It is what happens "behind the scenes" that effects your body weight that is important, hence what is happening to your fat mass and muscle mass. For example, the following scenarios indicate that you are getting leaner:

- Scenario 1: Body fat percentage goes down while muscle mass goes up.
- Scenario 2: Body fat percentage goes down while muscle mass remains the same.

- Scenario 3: Muscle mass goes up, body fat does not change.

In keeping with weight being the great master of disguise, in scenarios 1 and 3, your body weight could be going up. Hence, not all weight gain is bad. This shift in thinking is incredibly difficult for our weight-obsessed society to grasp, yet so incredibly important. Although I'm old enough to know that you can't change the thinking of those who don't want to change, I'm young and stupid enough to keep trying.

The point I want to make perfectly clear is that you can lose a ton of body weight and still see your fat mass as a percentage of your body weight actually go up! That is the exact opposite of what you want to happen. You need to know how much fat and lean body mass you have so you can know if your efforts are working for you or against you. The old bathroom scale will always lead you astray. Get more information with a body composition monitor and you will start to have better success getting, and keeping a leaner, healthier body.

Brian Murray is an exercise physiologist, weight loss consultant, and creator of mbody®, a six-week fat loss plan that will change your life. To learn more about mbody® please visit www.mbodytransformation.com.

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CoQ10 Technology: Innovation That Never Quits!

By Julius Goepf, MD

Back in 1983, when coenzyme Q10 was first introduced, the only concern was being able to afford it. A 100-count bottle of 10 mg CoQ10 capsules retailed for almost \$100 in today's dollars. CoQ10 prices plummeted as more companies began producing it. In 1995, Life Extension introduced an oil-soluble CoQ10 for greater absorption into the blood.

By 2004, Life Extension scientists had developed a novel delivery system for ubiquinone CoQ10 that dramatically increased blood levels even more. This technology was outmoded in 2006 when Japanese scientists perfected a way to produce the superior ubiquinol form of CoQ10. Ubiquinol not only absorbs into the blood many times better than ubiquinone, but it is proven to produce vastly superior biological effects!

In 2007, Life Extension introduced a better form of ubiquinol that enabled even greater amounts of CoQ10 to be absorbed. Now in 2009, a novel ubiquinol compound has been shown to function in the mitochondria better than ubiquinol CoQ10 by itself.

Within the last 26 years, Life Extension has gone from introducing a CoQ10 pill that is merely swallowed to achieving vastly improved CoQ10 blood/performance levels. The ubiquinol compound being introduced today increases ATP mitochondrial energy output even better than ubiquinol alone!

A Cutting-Edge Adaptogenic Combination

For centuries, Ayurvedic practitioners relied on a curious substance called shilajit to treat or prevent a host of health problems. Culled from ancient biomass high in the Himalayas, shilajit was prized for its evident power to restore energy, increase fertility, enhance immunity, and safeguard memory against the effects of aging.

Modern science has confirmed that shilajit is in fact an adaptogen and a super-vitalizer.¹⁻³ Adaptogens are substances that provide broadspectrum protection throughout the body by helping it adapt to internal and external stressors. Recent research indicates that shilajit achieves these benefits through highly specific effects that restore and sustain cellular energy, particularly through enhanced production of ATP, the vital molecular power source we need to survive.

The latest studies reveal an even more remarkable finding: When shilajit is combined with CoQ10, cellular energy gains increase dramatically. Together they optimize mitochondrial energy levels, activating a super-vitalization of our mitochondria's ability to convert food into energy. This adaptogenic combination not only radically ramps up available energy, it enhances mitochondrial health, a vital factor in preventing aging at the cellular level.

What is Shilajit?

Ancient doctors discovered shilajit preserved in the rocks of the Himalayas, and it became an essential part of their treatment for a variety of conditions.²⁻⁵ Shilajit is a rich brown organic material that forms in the rhizosphere—the thin layer of earth where living roots and microorganisms interact with the rocky core of the planet itself.² This intimate organic/inorganic relationship generates the humic substances that make up shilajit, contributing to its more than 85 distinct components.^{2,6,7}

Modern analysis has determined the presence and function of two major components of shilajit, fulvic acids

(also called humic acids) and dibenzo-pyrones (DBPs). These two components go hand-in-hand to promote and enhance the energy-boosting function of CoQ10 in the body. Here's how they work.

Fulvic Acids

Found in both living and fossilized organic material (such as peat), fulvic acids protect mitochondria against oxidative damage and reduce dangerous lipid peroxidation.⁸ Fulvic acids carry DBPs into mitochondria⁹ thereby augmenting the availability of electrons in the mitochondrial energy pathway. Fulvic acids and related humic substances found in shilajit also work as "electron shuttles," augmenting CoQ10 to speed and facilitate essential electron flow in mitochondria.¹⁰⁻¹³ Mitochondria generate those electrons from the food we eat and capture their energy in ATP molecules. ATP is the cellular energy "juice" that drives all living functions. The larger the flow of electrons, the greater the production of vital ATP—and the more energy there is to power vital functions and protect cells from aging.

Dibenzo-a-pyrones (DBPs)

DBPs can come from various sources, including spontaneous formation in the body and from dietary sources such as polyunsaturated fatty acids (PUFAs).⁹ They serve as an "electron reservoir," rapidly replenishing the electrons that CoQ10 needs to sustain its antioxidant functions and its vital role in ATP production within mitochondria.¹⁴ Cellular stresses and the normal requirements of electron transport deplete stores of active CoQ10, which must be replenished in order to support healthy mitochondrial function.

Shilajit provides a rich natural source of DBPs, which support and enhance CoQ10 levels in the body.^{9,14} When laboratory mice are supplemented with oral CoQ10 alone, CoQ10 levels rise in heart, liver, and kidney tissue, as might be expected.¹

Astonishingly, when DBPs from shilajit are added to the supplement, CoQ10 levels rise still further—as much as 29% more in the liver alone!¹

What's going on? The DBPs from shilajit are not only sustaining higher levels of CoQ10 from the supplement itself—they are actually increasing concentrations in tissues beyond what the supplement alone can produce. One way that DBPs achieve this remarkable effect is by stabilizing and preserving CoQ10 in its active form. In other words, CoQ10 that would otherwise be depleted during mitochondrial energy production is preserved, thus better protecting mitochondria against oxidant damage.^{1,14}

One recent study highlighted just how DBPs from shilajit preserve CoQ10 in its superior ubiquinol (active) form at a wide variety of pH levels. For example, under alkaline conditions, DBP from shilajit preserves CoQ10 as ubiquinol 48% better than CoQ10 ubiquinol alone at 60 minutes, and is an impressive 148% better at 100 minutes. At neutral conditions (pH=7), DBP from shilajit preserves CoQ10 ubiquinol 71% better at 72 hours than CoQ10 ubiquinol alone.¹

CoQ10 Plus Shilajit—Dramatic Synergy Boosts Energy and Protects Mitochondria

Since shilajit's components protect, preserve, and enhance CoQ10 in the laboratory, you might expect that

putting shilajit and CoQ10 together in one supplement would have even greater effects in living organisms. And you would be right!

A team of researchers published compelling results in 2009 showing how shilajit plus CoQ10 preserve and protect energy function in mice.¹⁵ The researchers engaged mice in strenuous and stressful physical activity for two hours each day for seven days. Starting on day four, they supplemented the animals orally with CoQ10 alone, shilajit alone, or the two in combination. They measured levels of CoQ10, ATP, and other compounds vital in mitochondrial energy production. They then compared the results with those of the stressed animals given a placebo only, and with animals at rest. The outcomes were nothing short of astounding:

- Compared to a placebo, CoQ10 + shilajit significantly increased energy production (ATP) by 144% in muscle, and the combination was 27% better than CoQ10 alone!
- Compared to a placebo, CoQ10 + shilajit significantly increased energy production (ATP) by 56% in the brain, and the combination was 40% better than CoQ10 alone!
- Compared to control animals at rest, CoQ10 levels in the intense exercise-stressed animals plummeted by 75%—yet the combination of CoQ10 + shilajit restored CoQ10 levels to within 15% of the normal rested animals' levels!
- The CoQ10 + shilajit combination produced similar synergistic effects on a variety of other measures of cellular energy status, especially in muscle and brain tissue.

What Does This Mean for You?

The dramatic gains in cellular energy status in these studies are good news for aging people. We tend to think of energy in physical terms of how we feel; there's no question that enhanced levels of ATP, CoQ10, and other energy molecules contribute to less fatigue and better physical performance.¹⁶⁻²¹ But the benefits go far deeper.

Mitochondrial dysfunction from declining CoQ10 levels and oxidative stress is a fundamental cause of cellular aging.²² Aging cells with damaged mitochondria perform poorly and recover poorly from stress, contributing to immune dysfunction, poor cardiovascular performance, and insulin resistance.²³⁻²⁸ Studies of CoQ10 supplementation alone are producing increasingly dramatic results in patients with heart disease, stroke, and diabetes.²⁹⁻³⁵ The discovery of the synergistic effects of CoQ10 plus shilajit means greater gains for people working to enhance mitochondrial health and combat aging.

Summary

Ancient Ayurvedic practitioners observed shilajit's myriad benefits firsthand, but had no way of explaining them. Modern scientists are now discovering precisely how shilajit exerts its beneficial anti-aging, energy-enhancing effects. They're finding that shilajit works

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Contact Reflex Analysis: A Tool to Find the Problem and Chart the Path to Recovery

By Kal Sellers, MH

In natural healing, we have long had solutions for nearly every problem and for literally every organ, gland, tissue, and system. For more than 100 years, there have been widespread teachings about how to regenerate every organ, repair nearly every injury, and create vitality out of a state of disease.

Unfortunately, since that time, efficacy in natural healing has actually declined. This is partly because of the complexity of human character and the troubles of life. It is also partly because of the separation from nature in our modern, toxic, synthetic lifestyle. Whatever the reason, the primary challenge is not in actual efficacy of therapies, but in the ability to correctly target the correct cause. Enter Contact Reflex Analysis (CRA).

CRA was developed by a chiropractor over the last 40 years or so. He realized that, however pro-chiropractic he was, there was a cause behind that cause. He even discovered that many areas of the spine would actually self-adjust when the associated organs were at optimum.

I am in chiropractic school myself and am enthusiastic about the value of spinal hygiene, as it has come to be called. I believe in the value of establishing tone and communication, as well as movement, in the body, as a means to promote both healing and optimal vital function. Even so, this is clearly not the whole puzzle. There is a reason patterns of illness emerge in the body and it is not often previous injury from trauma.

The body should adapt to those situations easily. There must be a reason it does not.

This is the same conclusion Dr. Versandaal reached four decades ago! He had a thriving chiropractic practice, but he put in his time developing this system and reaching for healing formulas that would fill the need. Actually, many options always exist for healing specific organs, as previously mentioned, but to make them work, one must actually know what needs to be targeted.

CRA is a form of muscle testing that is designed to remove much of the subjective nature of muscle testing (which is always responsible for much criticism of it by those outside the healing professions). CRA is the culmination of research about various reflex zones on the body, what they relate to internally, and what they mean. It allows the practitioner to not only find problems, but to sweep quickly through the body and find the underlying cause or causes.

This is a method to bring the body back to optimum health layer by layer. In my personal practice (having been an herbalist first, then a CRA practitioner), I utilize a very wide range of options for supporting weak areas I find in an effort to:

- First, respect individual preferences about medicine and,
- Second, find a very effective option for each individual.

I have found it effective to apply herbs, vitamins, minerals, enzymes, diet changes, glandular medicines, homeopathics, chi gong (alt. Qi Kung) exercises, and emotional releases to CRA discoveries to work toward restoring ideal health. Through this technique, major blockages to healing, otherwise very difficult to find, can be located and healing can be accomplished.

Since Dr. Versandaal's prime, several other closely related systems have emerged, all of which are effective and each of which have different contributions. In a world where the run to health resembles a gold rush in 1849, and is just about as fraught with hype, misrepresentation, and disappointment, a technique like this is unquestionably vital. Those who use it are able to sort out things that are not very effective and avoid wasting time and money on things that simply target the wrong priorities. These practitioners will help you locate and support the correct areas at the heart of your goals for health and healing.

Kal Sellers, MH, LMT, Rolf Technician, CRA Practitioner has practiced herbal medicine, clinical massage therapy, and various healing modalities for more than ten years. He currently practices in Marietta and can be reached at 706-473-4375 for further information.

CoQ10 Technology continued from page 4

in partnership with the known energy-boosting supplement CoQ10 to speed and augment electron transfer within mitochondria, dramatically increasing the amounts of energy-storing ATP available to tissues. They're finding that shilajit protects and preserves CoQ10 in its active form, making still more of this vital cofactor available for cellular processes. Together shilajit and CoQ10 protect mitochondria from devastating oxidative damage and reduce aging at the cellular level. The clinical effects are both evident and dramatic; increased exercise tolerance and performance and reduced evidence of oxidant damage. This cutting edge combination represents a significant scientifically validated advance in anti-aging science and CoQ10 technology.

The Energy Chain and Cellular Aging

Critical to conversion of food and oxygen to energy is the mitochondrial energy chain, an astonishingly complex array of enzymes and cofactors featuring CoQ10 in a starring role. CoQ10 and its partners channel electrons from chemical bonds in food to produce ATP molecules. ATP is the body's universal "energy currency" or "energy juice," acting as a short-term reserve fuel tank to power everything from muscle activity to brain work. The more ATP that's available, the more energy the body has at its disposal.

But the intense flow of oxygen and electricity along the energy chain causes cumulative oxidant damage to mitochondria over time, depleting stores of CoQ10.³⁶⁻³⁸ Depleted CoQ10 and related mitochondrial dysfunction are major contributors to age-related diseases and even to aging itself.³⁹ Aged and damaged mitochondria with insufficient CoQ10 operate inefficiently, producing less

energy and more reactive oxygen species.⁴⁰ This produces still more mitochondrial oxidant damage, driving a vicious cycle.⁴¹

That's where the combination of CoQ10 and shilajit comes in. Think of the energy chain as an old-fashioned bucket brigade, with each enzyme and cofactor in the chain handing its electron burden on to the next in line. You can make the brigade more effective by providing more members, by speeding transfer of buckets from hand to hand, and by making more water available to fill their buckets. CoQ10 provides more energy chain "members" to move electrons down the line to increase ATP production. Shilajit's fulvic acid component speeds electron transfer down the energy chain, making it more efficient.^{11,12} Shilajit's DBP component makes more electrons available to CoQ10, preserving CoQ10 in its active form. The combination of shilajit plus CoQ10 simply delivers more electrons faster, making mitochondrial energy production safer and more efficient.

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Organic Vegan Diet – Is it Really the Best?

By Brenda Cobb

Achieving a good diet is not as simple as it sounds and eating the “right” foods doesn’t insure good health because of the many toxins that contaminate our food supply. It’s not only important to pay attention to what you eat, but also to how it is prepared.

The American diet has become processed and contaminated to such a large degree that it can actually make people sick. Americans suffer from more degenerative diseases than ever before. Saturated fats, white flour, refined starches, red meat, chicken, fish, pork, chemical additives and pesticides, all common elements of the American diet, are major contributors to poor health. What people eat is causing disease and death from atherosclerosis, coronary heart disease, strokes, diabetes, cancer, and many other diseases.

The Food and Drug Administration (FDA) allows the multibillion-dollar food industry to grow and process foods with hundreds of chemicals, pesticides, industrial pollutants, dyes, stabilizers, preservatives, antibiotics, hormones, and other drugs given to animals. The long term consequences of ingesting these chemicals play a major role in causing diseases of all kinds.

Over four hundred pesticides are currently licensed and approved for use on America’s food. You get several types of pesticides with a salad, different ones in meat, poultry, or fish, and still others in vegetables. In a single meal a person could easily consume residues of dozens of different toxic and carcinogenic chemicals.

No chemicals are safe for human consumption and yet the Environmental Protection Agency (EPA) does not have a scientifically acceptable method for determining the risk. Approximately 2000 food additives, artificial colors, artificial flavors, stabilizing agents, sweeteners, antimicrobials, and antioxidants are permitted in America’s food supply by the FDA. Studies show many of these additives are carcinogenic.

Consuming ORGANIC whole foods (without all the chemicals), rich in different colored vegetables, fruits, nuts, and seeds is an optimum diet. When you eat the majority of vegetables and fruits raw, you are getting the best nutrition because heating food to over 105 degrees destroys many of the nutrients. Stick to a plant-based diet and you will get important antioxidants and other nutrients including vitamin C, beta-carotene, vitamin E, and many cancer-fighting substances.

High-fiber plant foods help keep the digestive tract clean by absorbing and eliminating many potentially dangerous toxins. Plant foods have a lower toxicity than animal foods to begin with, because they are lower on the food chain, and have had less exposure to accumulating toxins.

Most animal products, like meat, cheese, milk, eggs, and butter contain no fiber, compared to broccoli or almonds which have from six to fifteen grams per serving. Fiber is the transport system of the digestive tract, moving food wastes out of the body before they have a chance to form potentially cancer-causing and mutagenic chemicals.

On a percentage-of-calories basis, most vegetables contain less than 10 percent fat. By comparison, whole milk and cheese contain 74 percent fat. A rib roast is 75 percent fat, and eggs are 64 percent fat. Low-fat milk or skinned, baked chicken breast still have 38 percent fat! These fats are saturated fats which raise blood cholesterol levels.

A vegan diet, especially when the majority of it is raw and living (sprouted foods) is an optimum diet for humans to consume. Eat organic fruits, vegetables, nuts, and seeds and you’ll feel the difference. Paying attention to your diet today will give you the good health you want for years to come.

Guacamole Salsa Salad

baby greens
raw vegetables of your choice, chopped
guacamole, recipe follows
salsa, recipe follows

- Place mixed baby greens and any chopped raw vegetables on your plate.
- Top it with guacamole and salsa for a refreshing and very satisfying meal.

Chunky Guacamole

3 ripe avocados
1 large ripe tomato, chopped
3 green onions including the tops, chopped
1 large clove garlic, minced
1 c fresh cilantro, chopped

1 t cumin powder
3 T fresh lemon or lime juice
1 t Himalayan salt
½ t cayenne pepper (optional)

- Cut the avocados in half and remove the seed.
- Scoop the avocado flesh out with a spoon and put into a bowl.
- Mash the avocado with a fork until smooth yet chunky.
- Combine the tomatoes, green onions, cilantro, and garlic with the avocado.
- Add the lemon or lime juice, cumin powder, and salt and mix all together.
- Taste and adjust seasonings to suit your taste.
- For an extra hot kick add more cayenne.

Cilantro Tomato Salsa

1 c fresh cilantro leaves
2 c ripe tomatoes
4 T fresh lemon or lime juice
1 t Himalayan salt
1 T minced ginger
1 T minced garlic
pinch cayenne pepper

- Chop the cilantro, tomatoes, ginger, and garlic.
- Combine with the lemon or lime juice, salt, and a pinch or more of cayenne pepper.

Resources:

Alternative Medicine by Burton Goldberg

Diet for A New America by John Robbins

Diet for A Poisoned Planet by David Steinman

Brenda Cobb is author of The Living Foods Lifestyle and founder of Living Foods Institute. Hands-on recipe classes and a healthy lifestyle program is offered each month. For more information call 404-524-4488 or visit www.livingfoodsinstitute.com. Scholarships are available to help with tuition costs.

Resolutions?

By Linda Townsend

How are you doing with those New Year’s resolutions? Let me see if I can guess at least one of them: You resolved to eat better, exercise, and/or lose weight, right? So, just how many weeks did it last? Days? *Oops!* Have you given up completely?

Perhaps it is not the resolution itself that was the problem. We make resolutions as personal promises to change ourselves for the better, an admirable goal. When we fail to achieve our goals, it is because of the hurdles we did not overcome. It *is* possible to keep your resolutions, but you first need focus on each hurdle until it is not a hurdle anymore.

I have observed a few common hurdles over the years. One is body weight. The body seems to get into a groove and it seems as if likes to maintain itself at that standard; in other words, it sets a bar on its weight. I have noticed that I can eat just about the same amount

of calories on a daily basis to maintain my ideal weight as I do to maintain a weight nearly 20 pounds heavier, without any change in my activity level. The trick is first getting down to the ideal weight and then getting the body to accept it as its new bar, because once you are there, you might be surprised to find that maintaining your ideal weight is nearly as easy as maintaining your current weight.

Now there are a variety of methods to lose weight, from the expensive and complicated to the inexpensive and simple, but all of them have this one secret, which everyone tries to find a way to get around. The secret is simply this: eat fewer calories. That means going a bit hungrier than what makes you comfortable.

There is one of those hurdles. It is not losing the weight, starting to exercise, or eating better—those are the goals—but a hurdle is dealing with the discomforts

caused by the changes you need to make to achieve your goals. It takes a bit of discipline to manage your diet and ignore food cravings while you are losing weight.

Speaking of discipline, this is the largest hurdle of all, so it seems. Resolutions are about change and to make a successful change in your lifestyle, you will need to discipline yourself. Most people associate discipline with punishment rather than reward, negative rather than positive. Discipline is actually a positive thing. In this case, you are training yourself to do things better than you have been, not just for a time, but possibly for the rest of your life. You are changing your lifestyle, so you will need to change your routine or, at least, make room for new additions to your routine. The discipline part is not just planning, but doing and sticking with it.

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O Ham... O Ham... Wherefore Art Thou, Ham?

By Betsy Bearden

This article was supposed to be written for the November/December 2010 issue of *The Life Line*, but I just couldn't wait that long!

Since I am a vegetarian, and have been for...well...for a very long time, now, anytime is always a good time for a vegetarian meal. It's just a way of life for my husband and me. So, over the 2009 holiday season, unbeknownst to all, my carnivorous side of the family was about to learn a very good, and a very valuable lesson.

Imagine, if you will, Christmas morning at your 85 year-old mother's apartment. In which, by the way, has a thermostat that was set at 85 and the outside temperature was 72. I had arrived early that morning, because Mama had been very ill, and was still recovering. It was my duty to continue in her place of making the prized cornbread dressing (without adding sugar to the cornbread mix this time as I did at Thanksgiving, thank you, and it was perfection!).

I entered the small kitchen and set the oven at 400 degrees and placed the dressing inside it precisely at noon; whereupon I immediately opened the kitchen window and pulled off my sweater. I proceeded to put on the green beans and potatoes while waiting for the rest of the family to arrive. Festivities abounded as we greeted and visited with one another and oood and ahhhhd at the great food each person had brought. We were all to meet at precisely 1:00 that afternoon, but something suddenly seemed to have gone quite awry. (Um, is it just me, or do I seem to be talking like Higgins on *Magnum, P.I.* all of a sudden?) Anyway, I digress. Moving on . . .

As if the holidays aren't stressful enough with all the shopping, cooking, and gift-wrapping, relationships can also take their toll in the hustle and bustle of it all. We each had our own dishes to bring, but the crowning glory of the day, sad to say, was to be—said ham. I won't mention the names of the couple that were supposed to be in charge of bringing the ham, but suffice it to say, they were having big time marital problems.

But I had spoken to both of them on Christmas Eve, and was reassured they would be at Mama's at 1:00. Since *The Life Line* is a family newsletter, I can't repeat what she-who- must-not-be-named said verbatim, but let's just say she told me that she was driving home

with the "big honkin ham" in the back seat of her car and was taking it home to prepare.

My son, Eddie, had offered to bring the ham, but she-who-will-not-be-named, insisted upon bringing the free ham that her employer had given her. She further explained that she simply did not have the room in her freezer "for the thing." We did not want to revisit the disaster that happened over Thanksgiving, where her employer gave her a turkey, but Eddie had already made the turkey, so we had two...turkeys. So, Eddie agreed he would not buy a ham, as she-who-will-not-be-named, was bringing one.

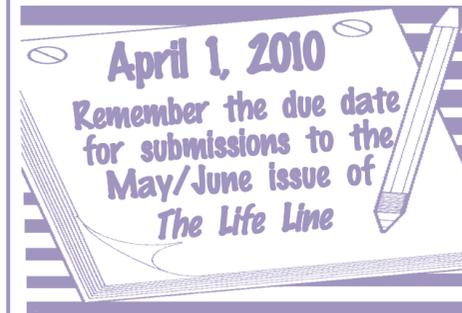
We went about our way, re-warming food in the microwave, placing it on the table, and stood there looking at it, wishing we could eat it, but the ham had not yet arrived. Mama called their cell phones, respectively: no answer. It was 1:30 by now, food was being warmed, and re-warmed. Calls were being made again, still, no one answered. I snuck off to the bedroom and called my brother, and told him that I hoped there had not been an accident, but the family would like to know if there will be ham!

It was about 1:45 by now, and people were getting desperate. I saw one of my family members standing at the front door, in search of ham, and I could almost hear their soliloquy of "O Ham... Ham..." Then someone asked me if there was a store nearby where they could go and purchase meat for dinner. I replied, "Well, CVS is close, but I don't think they will have much aside from cold cuts. I think there are a few pepperoni pizzas in the freezer. We could always take the pepperonis off and serve them."

I finally took charge and said, "Look, I think we should just go ahead and eat without the ham." Gasps were made; the children started crying. I continued to tell them that in my opinion, marital problems + no one answering their phones= "we pretty much ain't gonna see any ham today."

But you know, all in all, it worked out quite well and no one died from ham deprivation. There were many comments made regarding the fact that since we already had so much food, the ham was really not missed—that much. So they did learn a valuable lesson that a vegetarian meal can be quite fulfilling. *Imagine that?* And my brother and his wife were quite all right,

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joinmylife@lifegrocery.com



however, they are in the process of getting divorced. And Eddie—sweet Eddie, he missed the ham so much, that he went out the next day, bought one, and cooked it for himself.

My mother lives in Doraville, but if Life Grocery had been right around the corner, we would have had Tofurkey that day! But then, that can be another story for another holiday. Life Grocery is always there for us anytime we want fresh, organic vegetables, fruits, prepared café food, tofu (of, course), grains, nuts, beans, and even meats. And don't forget to check out their line of organic seeds for vegetables and herbs, because this is the perfect time to be planning your own organic garden!

Betsy Bearden is a certified, published writer, and author of [Normal People Eat Tofu, Too](#). She has worked as a volunteer chef, cooking class instructor, and a reporter for [The Paulding Neighbor Newspaper](#). Email her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net.

Resolutions?

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Adding exercise into your lifestyle causes a bit of discomfort, particularly at first, and requires discipline. To help ease it into your lifestyle, you might simply start stretching, a recommended warm-up for any exercise program, while watching the morning news or your favorite TV show in the evening. When we watch TV, we are usually sedentary, so any movements of the body beyond what you have been doing would be exercise, right? You do not have to start with an elaborate exercise program. By making this one change, you are beginning to train yourself *to want* to stretch (or move up to more demanding exercises) whenever you watch TV, instead of wanting to sit still.

Resisting temptation is another hurdle with the goal of eating healthier. Planning reduces temptations and decreases the number of unprepared, on-the-spot decisions about what to eat, so that you will eat healthier. Having healthier foods on hand is a start, but planning your meals a few days at a time is better and more cost effective, as well. Taking prepared lunches to work, keeping water with you wherever you go, and having fresh, raw, organic foods with you when you will be out for two hours or more are ways to resist temptations when you are away from home.

You see, those New Year's resolutions are doable! It does not matter if you broke them already, because

you can start again with the added advantage of honestly examining why they overwhelmed you and how to overcome those related hurdles. This time, start simply. Recognize your personal hurdles and focus on getting over each of them. See discipline as method of acquiring what you most desire. Lastly, remember that your goals are actually your rewards!

Linda Townsend of [BioHarmonics Research](#) can be contacted at ceisa@bellsouth.net.

Confused About the Gluten Free Diet?

By Nisla C. Whetstone, L.M.T., *Gluten Free Lifestyle Coach and Amateur Chef*

Here are some of the most common questions people ask me regarding the gluten free diet:

Are wheat and barley grass safe for someone on a gluten free diet?

There is some controversy on this, but the USDA and other “experts” have concluded that there is no gluten present in the grass of wheat or barley. However, if there are seeds present in the grasses there will be gluten and therefore it is unsafe for those who have to be gluten free for medical reasons. If you can verify the source of the grasses and be assured that it was cut early and that no seeds were present, there should be no problem. But, this is a personal decision that only you can make, possibly with the advice of a medical professional. If you don’t have to avoid gluten for medical reasons, then this is a situation where you just have to pay attention to how your body reacts to wheat grass and barley grass.

What do you do about bread?

Honestly, you will survive without bread! Just a few years ago there really weren’t many options available for a good tasty gluten free bread. However, there are some great gluten free breads available now. Are they going to taste just like gluten containing breads? No. Sometimes they are better!

For sandwiches, my family likes the Ener G Light Tapioca Loaf. It’s best when toasted, but this is a shelf stable bread that you can make a sandwich with right out of the package. The slices are smaller than a regular wheat bread, but you really don’t need that big of a portion. For a homemade “fresh from the oven” bread, I really

love Pamela’s Wheat Free Bread Mix. This makes a wonderful bread that you can serve as a side to any meal. You can also make bagels and pizza crusts with this mix.

Speaking of pizza crusts, another favorite is the Kinnikinick frozen pizza crusts. These are great for quick and easy pizzas when you need that pizza “fix.” They also make great flatbread sandwiches

Will I lose weight on the gluten free diet?

I did, but not everyone does. The biggest reason for the discrepancy is that so many people try to replace all of their favorite gluten containing foods with the gluten free versions. Unfortunately, these are usually very high in fat and calorie content. How did I lose the weight? By sticking to a diet of foods that are naturally gluten free, like fruits, vegetables, clean meats (if you aren’t a vegetarian), nuts, seeds, and minimal amounts of gluten free grains like rice, quinoa, buckwheat, and sorghum. Portion sizes are also important. Just because something is gluten free doesn’t give you permission to pig out! Moderation is key here people!

Are oats safe?

Again, there is some controversy on this one and only you and your medical provider can make the decision if oats are right for you. If the oats are verified “gluten free” (some oats are stored in the same silos as wheat and barley) you may be able to tolerate them. However, keep in mind that the protein avenin is similar in structure to gluten and many individuals cannot tolerate oats.

Do I really have to worry about gluten in my personal care products?

Yes, yes you do. Your skin is the largest organ in your body and even though it doesn’t transmit gluten directly into the digestive system, you can easily get gluten particles into your mouth from your shampoos, lotions, makeup, and more. Again, there has been some controversy on this, but you can do a simple experiment. Wash your hair with baking soda and tell me that you don’t taste the baking soda in your mouth!

What about dining out?

This is where we luck out. Gluten free awareness has gotten so big that many restaurants are adding gluten free items to their menu. If they don’t have one yet, you can carry a dining card with you that states your specific dietary needs. You can create one yourself, purchase dining cards from Triumph Dining (<http://www.triumphdining.com/products/gluten-free-dining-cards>), or download one from any number of websites out there. Find the one that best suits your needs.

With all of this information, the thing that you have to keep in mind is this: each individual is different, each situation is different. Ultimately, you are responsible for your health and only you can make the decision if something is right for you.

NislaWhetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or magickhand@gmail.com for additional info.

Paint Wellness on Your Walls

By Kay Bird

A paint that ionizes and cleans the air around it? A paint that prevents the growth of mold, mildew, and bacteria? Yes! *Eco-Trend* paint is now available in the U.S. and is distributed in Atlanta by *Pure Life Healthy Homes* in Decatur, Georgia.

Audrey Franklin, a passionate educator about healthy homes, was surprised that her non-toxic vacation rental home in Helen, Georgia, smelled fresher and better than before it was painted with *EcoTrend* paint. The previous smells that had accumulated in the closed musty house were gone—totally gone and replaced with a clean, fresh smell.

EcoTrend is a NO-VOC interior paint that is made from the collagen lining of eggshells, which are thrown away by the food industry. After the collagen is removed through a special process, the shells are used by the nutrition industry as a source for calcium.

As both a chemist and an environmental specialist, Audrey already knew that *EcoTrend* has been scientifically proven to prevent growth of mold and mildew. It is excellent for bathrooms, basements, and other areas with moisture exposure.

Could it be that *EcoTrend* paint also detoxifies the surfaces and air that come into contact with this unique paint? The *EcoTrend* company told Audrey they can make no claims, but they are doing some testing as a result of other customers reporting similar experiences.

SierraClubGreenHome.com, states the characteristics of *EcoTrend* paint include near zero VOC emissions, zero fungicides, no harmful chemicals, no heavy metals, anti-

bacterial and anti-mold tendencies, high adhesion qualities, shorter drying time, recycling of organic materials, negative ions, outstanding durability and water resistance, LEED qualified, and 120 colors to choose from, plus custom color blending. It does not use the chemicals usually found in conventional paint, including benzene, toluene, xylene, formaldehyde, environmental hormones, or added fragrances, which are used to cover up VOC emissions.

According to *homerepair.about.com*, the toxic compounds in conventional paint are released as the paint dries, while some continue to not only release after the paint dries, but can continue to outgas for extended periods of time after application. *EcoTrend* is certified by *Greenguard® Children and Schools* and can be safely used around children, in hospitals, locations with poor ventilation, and in close contact with allergy-prone individuals.

The price is about \$10-\$15 per gallon over the price of high-end toxic paints, which equals fractions of a penny per day over the life of the paint for creating a long-lasting, mold-free, and fungus-free environment.

EcoTrend Silicone exterior paint is a penetrating water-repellent paint that is extremely water vapor permeable. It keeps new water from being absorbed into the building, while allowing the humidity already trapped inside to escape. It prevents water from being absorbed into concrete, mortar, and cement while remaining air-permeable.

If you have other concerns about your indoor quality, you can find almost any solution at *Pure Life Healthy Homes*. For example, *Carpet Lock Out* spray greatly reduces the problem of carpet chemicals, which leave children and animals especially vulnerable due to their close proximity to the carpet. Ask about the detox spray which can be sprayed on walls, carpets, furniture, computers, etc., to reduce the toxic chemicals that they outgas. If building or remodeling, you will find beautiful non-toxic carpet and flooring, including cork flooring. The organic beds and pillows are made with the softest, most supportive natural rubber I have ever stretched out on.

You will find caulk and a de-glosser that works like sanding for preparing varnished surfaces for paint. One of my favorite products is the portable air purifier that plugs into the cigarette lighter in your car. You will find products that may surprise you, like the indestructible, washable *ChemFree* cloth that cleans glass, mirrors, tile, and granite tops with just a bit of water and leaves a streak-free, sparkling shine in seconds. Ask Audrey about *Miracle Cover*, which you mix with deck stain or paint, and it substantially, lengthens the life of both. Do you have a pool or spa? Check out the purification system and other safe and natural products for your home at purelifehealthyhomes.com.

Audrey Franklin, the owner of Pure Life Healthy Homes, can be reached at 404-634-5590. Call before visiting the store, as the hours may vary.

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60 caps. **\$11.99**
- **Parasite Formula**
60 caps **\$13.99**



- **Super Earth Multivitamin**
32 oz. **\$23.99**
- **All Ubiquinol CoQ10 Products**
..... **25% off**



Resveratrol
200 mg

60 tabs
\$21.99



Resveratrol-Forte
175 mg Trans-Resveratrol

30 softgels
\$17.99



All Greens+ Powder Products

\$27.99



All Iron + Herb Products

25% off

MegaFood.

- **Vitamin D-3 2000 IU**
30 tabs **\$9.99**
- **Magnesium**
60 tabs **\$14.99**
- **Quercetin Strength**
60 tabs **\$16.99**
- **Complex C**
90 tabs **\$27.99**



All Fiber Products

15% off



All Products

20% off



All Rice Protein Powder

20% off



All Products

20% off



All Products

25% off