

Team Juice or Team Blend?

By Jesse Andersen

The lovely “I’m ready to improve my health” folks who attend my lectures and classes each month have a lot on their minds after my presentations. “Do I need to be 100% raw vegan?” “Should I stop eating meat and dairy?” “Where will I get my protein?” “Do I have to stop drinking coffee?”

These are just a few of the questions that pop up at nearly every presentation. They are good questions. Questions that I had back in 2003 when I first started studying about the raw and living foods diet.

I want to address one of the most popular questions: “Do you **juice** or do you **blend** your greens, and why?”

I’ve been teaching my students for over three years that if you have serious nutritional deficiencies, you have issues with your digestive system, or, you are considering a short term green juice fast for the purpose of cleansing, juicing your greens is a great way to go. By removing the fiber with a juicer, your digestive system gets a rest, and some say your cells get satiated faster with the vital minerals and nutrients it is depleted of. Just remember, by doing just juicing, your bowels are going to slow down or stop moving as you’re not getting any fiber. You may need an herbal laxative or supplemental preparation to keep things moving. Always check with your preferred health care practitioner.

I have always felt that we get more of the best that the greens have to offer by blending and drinking the greens *with* the pulp. However, I’ve recently learned that if you **blend** your greens, then pour them through a nut milk bag to remove the pulp, you actually receive even more of the nutritional value because the secondary, or stage 2, juice that usually stays in the pulp, having been “masticated” by a high speed blender, is now available via squeezing it through the nut milk bag.

The big issue currently being discussed from everyone from Dr. Joseph Mercola to Dr. Gabriel Cousens is: “What about oxidation?” “Is juicing or blending preserving more of the vital nutrients in each glass we prepare?”

Well, I’ve done a lot of research on the subject over the years and some additional research just recently. I’d like to share some information from three other leaders in the raw food community. Just like most things in life, if you ask ten people a question, you’ll get ten responses with varying degrees of similarities.

The first two authors share their feelings about the subject, while the third author, Victoria Boutenko, shares her own research and backs it up by speaking with an expert on the subject.

On her website, www.thedetoxspecialist.com, Sandy Halliday, discusses blending, juicing, and oxidation. Here is an excerpt of that article:

Fresh fruit and vegetable juicing has been used as part of detox regimes for many years. Proponents argue that the fresh raw juices without the fiber are easy for the body to digest. The vitamins, minerals, and other nutrients released from the produce are easily absorbed. In cases of cancer and serious illness the person can consume many more nutrients through juices than he/she can by eating whole fruit and vegetables.

By flooding the body with these concentrated nutrients, it is believed that toxins are forced out of the cells and tissues and damaged tissue is repaired.

People with poor digestion or bowel problems like ulcerative colitis get all the nutrients without the added digestive burden or irritation of the fiber. Unless you are juice fasting, the high intake of whole fruit and vegetables in detox diets provides enough fiber to make up for that lost in the juicing.

Because of the health benefits of fiber and other nutrients in blended fruits and vegetables that may be lost in juicing, many practitioners are now recommending blended fruit and vegetables for detoxing. Although I can find no scientific evidence for the effectiveness of it, thousands of people have lost weight, and restored their health and energy by using blended fruits and vegetables, or green smoothies, for detox.

Some nutritionists have been concerned that the fast speed of the blender may result in increased oxidation of the smoothie. Oxidation is the process that causes a sliced apple to turn brown.

Fresh vegetable and fruit juices should be drunk immediately after juicing as they start to deteriorate, but green smoothies seem to retain their freshness much longer and can be kept refrigerated for several days without obvious deterioration. I do not recommend this though. You should always drink them as fresh as possible.

Bob Hedges, from the site www.optimalivingfoods.com, adds these comments about juicing and blending:

Most juicers do not get the stage 2 juice that’s bound up in the pulp. The best way to get the stage 2 juice is to blend the foods in a 20-amp blender and then strain it through a nut milk bag to get the pure juice with no pulp. Green smoothies can be a little thick for some until they get used to it. (NOTE: Add some water so it’s not so thick)

Fruits and vegetables are made up of nutrients, fiber, and water. Our bodies are designed to consume whole foods and not processed foods. Each individual part is very important as an integral part of the package. Two parts without the third is not the ideal way to consume the food. Juicing takes out the fiber and all of the stage 2 juice that’s in the pulp; dehydrating takes out the pristine alkaline structured water. Juice from a juicer is not whole food—it’s considered processed because the fiber with its phytonutrients has been removed.

And finally, one of my heroes, Victoria Boutenko, author, researcher, and raw vegan shares this information (with permission) from her latest book, *Green Smoothie Revolution*. (You can find her book right here at Life Grocery at a 20% discount.):

After I published my first book about green smoothies, I have received many inquiries from my readers asking whether blending was preferable to juicing. I also heard that some nutritionists were concerned that blending might accelerate the oxidation of the food. I was very curious to find the answer for myself and decided to seriously research this question.

I conducted a simple experiment. I chose potatoes for my experiment because it is easy to observe the process of oxidation in potatoes. You probably remember an instance when you left a slice of raw potato on your cutting board and observed it turning brown within several minutes. That is why my grandmother used to put peeled potatoes in water, to prevent browning or oxidation.

First, I peeled two potatoes so that the color of their peel wouldn’t interfere with the results of my experiment. I then juiced one potato in a twin-gear juicer and blended the other one in a Vita Mix blender with one cup of water. I placed both cups of fluid on the table and took a photograph of them. I was taking photographs frequently for two days. The potato juice started to turn brown within a matter of minutes and became dark brown by the end of the first hour. The blended potato stayed almost white for two days. The top of both liquids, which was exposed to the air, turned dark almost instantly. I repeated this experiment three times with different kinds of potatoes and various shapes of glasses. The results were the same.

It was clear that the juiced potato oxidized much faster than the blended potato. Since I am not a professional scientist, I decided to seek the opinion of someone with the appropriate expertise. I went to the local university and consulted with Gregory T. Miller, professor of chemistry of Southern Oregon University. After researching this matter, he wrote the following:

The browning is the result of oxidation of specific bio-molecules in the fruit or vegetable. My students study this in lab, so I have some familiarity with the process (albeit they are studying the enzymatically regulated oxidation). My wife is also a winemaker and deals with oxidation of her juice/wine on a regular basis. I also possess a huge number of resources on the oxidation topic in the form of biochemistry, medical, and nutritional books. Here are my thoughts:

Many people believe that the blending process will cause increased oxidation due to thousands of tiny air bubbles getting mixed into the “juice.” This effectively increases the surface area of oxygen in the liquid and facilitates the oxidation process. However, in grapes at least, I have observed the opposite to be true. The blended grape stays a truer color much longer. I believe this observation in grapes to be a result of numerous antioxidants released as the grape is blended (breaks open more cells than juicing). I believe this is what you are seeing with the potato, as well.

Potatoes contain numerous antioxidants. This may come as a surprise to many people

Conquering Food Cravings

By Don Bennett, DAS

Food cravings can seem like they threaten to undermine all of your diligent dietary improvement efforts. When you're dealing with cravings you may feel like you're fighting a battle, with the devil on your left shoulder whispering to you, "go ahead, eat it, you know you want to" and that angel of reason on your right shoulder saying, "this is the very thing you said you DON'T want to eat anymore." If you cave in to cravings—to that persistent pest on your left shoulder—you may feel disappointed and frustrated, and you may even beat up on yourself. And if that isn't enough, you may suffer some unpleasant physical symptoms from eating whatever it was that you caved in to.

Cravings are real and they can really test your commitment to health. But they are not a mysterious, incomprehensible, irresistible force of nature, and you don't have to become their victim. Keep in mind, many of the most addictive things that you love to eat probably contain addictive substances, such as the opioids in grains and chocolate (addictive, toxic, morphine-like molecules) or the caso-morphine in dairy products like cheese, ice cream, and yogurt. Salt and spices also excite your system and can promote cravings. And certain foods can trigger emotional associations, which can exert a powerful "eat me" influence. But even if your diet is great, if you are over-stressed and under-slept, you may still find yourself experiencing powerful cravings for unhealthy foods that you want out of your life.

With empowering information, you can get good at ignoring that annoying voice that taunts you to eat things that you really don't want to eat; you can stay ahead of cravings. Here are some tips.

1. Eat enough simple carbohydrates from fruit during the day. Not eating enough fruit is the number one thing that most people do when transitioning to a healthier diet. Making fruit your primary fuel requires adopting some new habits, and until you make a habit of consuming sufficient calories from fruit during the day. You'll likely find yourself reaching for concentrated sources of calories towards the end of the day. This will cause you to either overeat on fatty foods, such as nuts, seeds, and avocados, or to eat cooked foods like grains (complex carbs) or cheese which are foods that keep you wanting more.
2. Get sufficient rest and sleep. Fatigue is a major factor in food cravings. It sets up an unhealthy cycle of giving in to cravings in exchange for some emotional "comfort," which further depletes your energy and vitality. When you're exhausted at the end of the day, what your body really wants is rest, not food, and you should want this too because when you're well rested, everything in your world looks brighter and things are easier to deal with. Changing your eating and lifestyle habits require diligence and commitment, and these are much easier to maintain when you are well rested. So consider going to sleep earlier and not eating too close to bedtime.
3. Daily exercise and recreation are very important activities in a healthy lifestyle and will help a lot with curbing food cravings. Exercising outdoors in fresh air and sunshine is especially beneficial. When you exercise, you help to detoxify your body, you "earn" your calories, you will find that you enjoy healthy fuel (such

as fresh fruit), and you will sleep better; all very important for creating health.

4. Eliminate and replace addictive foods with healthier foods. Many of the foods common in the typical Western diet are very addictive. Even small amounts of some of these foods can trigger an addictive response which can keep you stuck in an unhealthy cycle. It takes tremendous willpower to be able to keep foods like cooked grain products, starchy foods, and dairy products to the occasional small quantity. This approach will almost always lead to a physically and emotionally destructive "yo-yo-ing" between healthy foods and unhealthy foods; it's very easy to slip back into the "comfort" of more of the addictive foods and to then lose the ground you've gained on your healthy diet program.
5. The most effective way to stop eating something that you know you need to eliminate from your diet, is to simply stop eating it! Trying to wean yourself off it slowly, or saying that it's okay to have a little now and then, usually ends up keeping the item a significant part of your diet. When you stop inundating your body with the foods that you love but don't love you back and replace them with foods that you love and that love you back, in time your cravings for the health-robbing stuff will be replaced with desires for the health-building stuff.
6. Do things that make you happy and avoid situations that create uncomfortable emotions because they can trigger cravings. Your inner self knows that it can't process strong emotions AND do difficult digestion at the same time, so it knows that if you eat foods that require lots of digestive energy, emotional processing will be numbed, and, therefore, you'll feel better if those were strong negative emotions that were coming up. This is a common trap, so it's helpful to understand this very human scenario, and avoid it if you can. But if you fall off the wagon, don't beat yourself up. Instead, forgive yourself, treat it as a lesson learned and look ahead to doing better next time. And when you can be happy and stay on course, you'll be able to pat yourself on the back (which helps to reinforce those positive choices and habits that enabled you to avoid temptation).
7. Keep your goals ever-present in your thoughts; remember why you're doing this. Remind yourself that what you are doing is an important investment in your future health; that any cravings you are currently having to deal with are temporary and will eventually be gone or greatly diminished to the point where they are easily manageable. This will help you find the inner strength to stay the course and reach the point where being bothered by cravings is a thing of the past.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author; his book is sold in the book department of Life Grocery. More empowering and enlightening information can be found at health101.org.

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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:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
Marietta, GA 30062
770-977-9583

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Jesse Andersen, Betsy Bearden, Don Bennett, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Brian Murray, Kal Sellers, Dr. Kimberly Strickland, Linda Townsend, Nisla Whetsone, Draya Sioux Woolf-Wilson

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Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

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Ask Dr. Joe

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

Every time I am in Life Grocery, inevitably someone stops me to ask me a question. Either they recognize my voice from the radio shows that I do or from a lecture that they've attended. I don't mind though, it's what I do. I thought for this article I would do something a little different and answer some of the more common questions, just in case you have wanted to ask the same questions.

Q: I wondered what your thoughts are on cleansing, especially the Master Cleanse by Stanley Burroughs?

A: I am a big supporter of cleansing, including the Master Cleanse. I have done the Master Cleanse several times. But, more important than cleansing is this: don't pollute your body to begin with! Your body is self cleaning, assuming you have a normally functioning nervous system, so that the brain and spinal cord can properly control your organs and allow them to work properly; a normally functioning digestive system, so that you are capable of absorbing nutrients from your diet; and, of course, a good diet. Then, if you do a cleanse, you will get the best results.

Q: You mentioned on one of your radio programs that bone medicines were bad, but didn't discuss it in any detail on that particular program. Please let me know if you discuss it in more detail in another program or article. I have tried to find it, but am unable to. I have been on Actonel (a bisphosphonate) for almost six years and wonder if it is safe to continue it.

A: I am not a medical doctor, so I can't tell you to take drugs or not take drugs, but I can give you my opinion. For simplicity sake, there are two types of bone cells we need to look at: osteoblasts, which build new bone cells, and

osteoclasts, which break down old, weak bone cells. Most bone meds stop the production of osteoclasts, so you retain the old, weak bone cells while growing new cells. This might show up as an increase in bone density on a bone scan, however now your bones are made up of high quality new bone cells along with weak "cheap" old bone cells. In several studies, there was no significant decrease in the risk of bone fracture in those who took meds and those who did not. However, the meds caused numerous side effects. That being said, if there is statistically insignificant evidence to show a benefit to taking the meds, and you are exposing yourself to potential side effects, perhaps there is a different approach that warrants investigation.

There are numerous studies that show a diet high in acid foods, such as alcohol, meat, sugar, dairy, coffee, soda, and artificial sweetener will increase your risk of osteoporosis. A diet high in more alkaline foods, such as fruits, veggies, certain grains, nuts, and seeds, will decrease your risk and in many cases can reverse some of the bone loss due to a high acid diet.

I feel that in order to achieve the best results, you would need to: (1) Have a nervous system that is working at its best. If you have neck, back, leg, or any other pain, this is a warning sign that your nervous system is not working at 100% of its capabilities. (2) Have a normally functioning digestive system. If you have gas, bloating, diarrhea, constipation, or acid reflux, your digestive system is not performing at its best, so you are not absorbing your nutrients as well as you should. (3) Have a good, plant-based diet in order to supply your body with the nutrients you need, and in your case, the nutrients it needs to repair your bone damage.

Q: My child has been having recurrent ear infections and we have tried multiple antibiotics, but they have not worked. Now the doctor wants to put tubes in his ears. I don't see how a tube will fix anything. I don't think the cause of his problem is that he is lacking plastic tubes. Any suggestions you might have that would be a way to treat the cause of the problem and not have to keep putting potentially dangerous antibiotics into my child? Any advice you have would be greatly appreciated.

A: There are two things that I have seen work very well. The bone in the upper part of the neck, called the Atlas, can move out of place and put pressure on the ear canal. I have seen many kids get that bone put back in place and they see amazing results in regards to ear infections. The other thing that might help with the symptoms is ear oil. It usually contains olive oil, garlic, and other herbs; you put that in the ear two or three times a day. You can either purchase it in a health food store or make your own.

If you have a specific health problem, feel free to set up a consultation with me at no charge, so you and I can look at your issues and see if we can come up with an action plan to get you well. I look forward to seeing you soon.

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

The Real Key to Great Results

By Brian Murray, M.Ed.

A friend of mine has dramatically transformed her body in the past several weeks. I am proud of her for doing it and staying committed to discipline. She really does look great and everywhere she goes she gets the same question, "How much weight have you lost?"

The truth is she hasn't lost that much body weight. Last check revealed a nine-pound fat loss and corresponding nine-pound body weight reduction (this is what should happen when you do it right. Unfortunately for most this isn't the case). Doesn't sound like much, right? Would you expect someone who only lost nine pounds of body weight to knock your socks off with their new appearance? Probably not. So what's going on here?

What most people are chasing is the BIG number. Twenty, thirty, fifty pounds of weight loss is usually the goal. To most people only big changes are real. However, big changes are not necessarily the *right* changes. When you experience the right changes—lean body mass gain while losing ONLY fat—you should not expect to see big changes in numbers. Just a few pounds of fat loss will have a much more dramatic effect on your appearance than a 20-pound indiscriminate body weight loss. So how can small number changes lead to big compliments, reactions, and new wardrobe bills? You may think it's because of what my friend *lost*. Yes, she lost fat and now occupies much less space, but what had to happen to make that possible? Remember, you must change the way you think. What came first was what she *gained*.

Her first step was to get stronger by engaging in a high intensity strength-training program. This in turn led to her gaining strength, lean body mass, confidence, energy, restful sleep, and inner calm. These are the ingredients necessary for successful fat loss. As I wrote in my book, *Stop Trying to Lose Weight—You're Making Yourself Fatter*—before you can get what you want, you must first

get what you need. You don't need to "lose weight." You want to lose weight. This way of thinking is your downfall and until you start to focus on *gaining*, you will have a hard time losing what you should.

As my friend has pointed out, instead of asking "How much have you lost?" the real question should be "How much have you gained?"

Brian Murray is an exercise physiologist and author of [Stop Trying to Lose Weight—You're Making Yourself Fatter](http://www.sttlw.com). To learn more please visit www.sttlw.com. For great tips and information that will help you get better results from exercise follow Brian's blog at brianmurray.wordpress.com.

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Living Food is Sprouting Food

By Brenda Cobb

Enzyme-rich foods like sprouts are extremely important to health. They are alive and growing when you eat them, thus giving life to the body. Cooked foods are deficient in enzymes because heat destroys all enzymes. Cooked food slows the rate of the metabolism and weakens the immune system. Living sprouts help the body conserve vital enzymes, stimulate the body's inherent self-cleansing, self-healing, and regenerating properties and boosts the metabolism. Sprouts can be a healthy and economical key to creating good health and vitality!

Sprouts result when almost any bean, grain, or seed is soaked overnight and allowed to grow. When you eat these tiny, easy-to-digest plants, you are literally getting the best of what the plant has to offer, since they are at their nutritional peak. During sprouting, vitamin and enzyme content increase dramatically, while starch is converted into simple sugars, protein is turned into amino acids, and peptones and crude fat is broken down into free fatty acids. The sprouting process predigests nutrients, making them easier to assimilate and metabolize.

In 1978, at the University of Texas Cancer Center, Dr. Charles Shaw and Dr. Chiu-Nan Lai tested a variety of vegetables for potential anti-cancer elements. Foods like lentil and mung bean sprouts, as well as carrots and parsley were tested. Even though the carrots and parsley did show some inhibitory effect on carcinogens, they weren't nearly as potent as the sprouts in terms of anti-cancer activity. John Hopkins University has done extensive

research on broccoli sprouts and found they are capable of both preventing and healing breast cancer.

If you're trying to lose weight, then sprouts can be your best friends. They supply the body with a large quantity of low-calorie, easy-to-digest nourishment. Sprouts can even help your sex life and slow the aging clock. Sprouts contain natural antioxidants A, C, and E, along with exogenous enzymes (enzymes that come from a source outside the body). Antioxidants inhibit the formation of free radicals in the body. Vitamin C prevents free radicals from being formed and keeps vitamins A and E from being destroyed.

The enzymes in sprouts not only digest themselves, they also help digest other foods too. Humans are the only creatures on earth who eat their food without the food's natural enzymes, since humans cook their food, and all enzymes are destroyed when heated. Dr. Edward Howell, author of *Enzyme Nutrition*, believes that cooking is the main reason why people suffer from so many serious diseases like cancer.

To reverse and heal illnesses and serious life-threatening diseases it takes common sense, knowledge about food and how it works in the body, and a willingness to change bad habits and replace them with good habits. It isn't complicated or difficult to understand. It's simple. Health is not the mysterious stranger we never meet. Health is within reach for every one of us if we will follow the basic laws of nature. Eat sprouts. Create good health.

Asian Mung Bean Sprout Salad

1 lb mung bean sprouts
1 c cucumber, peeled and sliced
½ c carrot, grated
1 c red bell pepper, chopped

Asian Dressing

3 T raw tahini
2 T Nama Shoyu raw soy sauce
4 T fresh lemon juice
1 t cayenne pepper
2 medjool dates, pitted
1 T sesame oil
1 T ginger, minced
1 T garlic, minced
1 T scallions, minced
½ t Himalayan salt

- Mix all vegetables and sprouts in a bowl.
- Blend all the dressing ingredients in the Vita-Mix and pour over the sprouts and vegetable.
- Mix and toss until well coated.
- Chill and garnish with minced scallions.

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute* in Atlanta offering *Healthy Lifestyle Courses on Nutrition, Cleansing, Healing and Anti-Aging*. For more information, visit www.livingfoodsinstitute.com or call 404-524-4488.

GMOs Are Too Hairy

By Linda Townsend

Imagine you are a hamster, a species known to be highly prolific, but you cannot reproduce and you have hair growing . . . of all places . . . *in your mouth!* All you did was eat genetically modified (GMO) soy, just as your parents did and their parents before them. (GMO, GE, and GM are common initials for genetically modified or engineered foods.) That is what happened during a routine study conducted by Russian biologist Alexey V. Surov. The third generation of hamsters fed GMO soy over a two-year period not only exhibited these health issues, but they also showed slower growth rate, smaller size, and higher pup mortality rate. This is reported in the article: "Genetically Modified Soy Linked to Sterility, Infant Mortality," published on the Institute for Responsible Technology website:

<http://www.responsibletechnology.org/utility/showArticle?objectID=4888>

Folks, we have something very frightening on our horizons—already growing in farm fields all over America, already in our food chain. I feel I need to repeat that for emphasis: **GMOs are already in our food chain and we are the laboratory rats!** It is believed that 60 to 70% of products on grocery store shelves contain at least one genetically engineered element: corn is 85% GMO; soy, 91% GMO; cotton, 88% GMO; canola, 85% GMO; and sugar beets, 95% GMO. The company Monsanto has genetically engineered these plants to withstand massive doses of RoundUp®, or else to produce their own pesticide, *Bacillus Thuringiensis* (Bt).

Because the United States lacks laws requiring manufacturers to label foods as GMO, unlike the European Union, Japan, China, Korea, Australia, and New Zealand, most Americans are unaware that they are purchasing and eating GMO foods. Jeremy Rifkin, founder and president of the Foundation on Economic Trends, stated "The industry's not stupid. The industry knows that if those foods are labeled 'genetically engineered,' the public will shy away and won't take them."

Therein lies the fight. While polls indicate an overwhelming number of Americans, 80 to 90%, want labeling, the USDA and FDA opposes labeling, claiming

that GMO foods are not in any way different from other foods and labeling would be "false, misleading, or deceptive." In fact, these agencies even went on to state that no country should require labeling to distinguish GMOs. Even if there should be labeling of known GMO foods, GMO grains are being fed to livestock and presently meat is not required to be labeled either.

I did state and will again: **GMOs are in our food chain NOW!** Not just ours, not just our livestock, but in all of nature! Insects, birds, and wild animals eat food in farm fields, too. Who is monitoring the effects on them? Those sci-fi movies about man-made plagues are feeling a bit too real for me right now.

I think the last time I featured this subject was two years ago in my July/August 2008 article called "The Frightening Phenomenon." (Go to lifegrocery.com and click on "More Newsletters" on the right side to find it.) It began like this:

While watching the movie Phenomenon some years ago, I was gripped by a tender moment when one character, George Malley, philosophically explained his impending death to two children: He took an apple and said, "...if we take a bite of it like this...it becomes part of us forever..."

Not just a part of us, but of our off-spring too, apparently. To be honest, much of our fears about GMOs were just speculation previously, but scientific proof is mounting and my greatest fear is that it is too late.

What can you do? Please call and email to your representatives *often* to oppose GMOs and support laws that would require labeling: GMO producers do not stop lobbying their interests, so we should keep at it too. Buy *only* organic foods as much as possible. At this time, foods labeled organic must be GMO-free, however genetic encroachments are happening even in some organic produce because of cross-pollination (nature cannot be contained). If you are a meat eater, inquire about whether the livestock is fed GMO-free feed. If you have your own home garden, be sure your seeds and plants are from

organic sources. Buy only organic food for your pets as well.

Remember these simple facts: There is no labeling of GMOs, so if the food is not labeled "organic," it most likely contains some GMOs. Research on GMOs was inadequate before released for production, but now there is enough solid research to consider it a health risk. GMOs are in our food chain *right now* and research indicates that health risks increase with each generation fed with GMOs.

Linda Townsend of BioHarmonics Research can be contacted at ceisa@bellsouth.net.



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Understanding Food Allergies

By Kal Sellers, MH

For many natural healing practitioners today, the primary step in healing is the removal of foods from the diet to which the person has allergies or a milder reaction called a food reaction or sensitivity. This approach has been used for nearly every chronic and acute condition in existence today. In this article, we will discuss this approach, what you need to know about it, and the most common mistakes people make when they approach allergy-oriented natural healing.

First of all, let me share a story of my own. A young girl of nine years old was brought to me with very high cholesterol and her parents were told that she would have to go on cholesterol drugs immediately. The parents, who were both coming to see me for the Rolf Method of Structural Integration, knew that I did holistic healing work and brought her to me. I told them that the only reason for a child to develop high cholesterol was food allergies. I tested her and told them a number of things they should either reduce or remove from her diet. I then took them off of a certain type of food, which is discussed later in this article. In three months they had her re-tested and her cholesterol was completely normal. I did not put her on anything that would lower cholesterol, but I did have them start an herbal liver formula because I knew that the liver was involved.

Allergies greatly interfere with normal endocrine function, including health of the pancreas and thyroid and the adrenal glands are greatly stressed by the reactions themselves. All body chemistry is disturbed and the gut becomes irritable and dysfunctional and the liver and gall bladder will swell or weaken, depending on the case. Because of this, we can use removal of allergies to treat diabetes, low thyroid, high thyroid, chronic fatigue, Crohn's, IBD, IBS, high cholesterol, high blood pressure, low immune function, osteoporosis, etc.

If we really want to have the right to call ourselves natural healers, we need to always ask the question, "Why is this malfunctioning?" The distinction between natural healers and the medical profession is primarily about whether we think the body is intelligent and vital or whether we believe the body is just a victim of the impacts that occur in conception and then in life. If we believe the body is intelligent and that it gets confused only when you take it out of the natural state, then we have to keep asking, "Why," when the body is in any way sick. Every answer needs to be followed by another "why" until we arrive at an explanation that includes the body being removed from its natural state or having its natural processes interrupted somehow.

Allergies are no exception. There is a great explanation that I use all the time for my clients. It also happens to be a lie. I tell my students the truth, though, but clients do not always have the time to get the full explanation. I will give you both.

The lie that I use all the time:

1. The body gets exposed to processed, cooked, or otherwise refined substances that it would never get in that volume or form in nature.
2. The ability to digest that substance becomes exhausted. The enzymes and micronutrients needed to digest and then balance the uptake of those nutrients simply take too much from one area of the body and the body thereafter has to detoxify this "residue" through the liver. If not, it has to get the immune system to attack this and process it out through the lymphatic system and then still through the liver and kidneys in other forms.
3. Eventually, an immune reaction will occur if any food is consumed for long enough in a processed form in high enough quantity.

4. Babies born to mothers who had or developed food reactions may be born already sensitized in the extreme.

Most people think that this is a pretty good story. It is, as I said, a partial lie. The truth is that there is no good reason that the body could not perpetually detoxify itself. Further, there is no good reason that the immune reaction, should it ever really have to occur, not be appropriate to the actual detox process and have nothing beyond this that would cause harm or extra stress.

The rest of the story is twofold:

1. The liver is very much involved with irritable, inflammatory responses. When the wastes, toxins, and residue from undigested food are in the blood, the liver will detoxify these and either dump them into bile and then into the bowel or will ship them off to the kidneys to be excreted. If the liver is backed up, though, then at a certain level, the immune system is activated. If this happens a lot, you may get a hypersensitive immune system. While this might happen, it is insufficient to explain the body actually hurting itself with the immune response (life-threatening allergy resulting in anaphylactic shock).
2. There is a psychosomatic involvement with EVERY allergy or hypersensitive immune response. I will take a useful excerpt from the MadHerbalist.com course entitled, *One 5 Subject Notebook*, which is a course designed to teach you to process out the roots of your own psychosomatic issues and trapped emotions: Every physiological process can be processed just like addiction (which is discussed in detail in that course). This means that you can start with the physiological process in the bottom box (drawn on the bottom of a page in the reverse flow chart for addiction) and draw a line from it to a box right above it. You fill that box with what you feel happened immediately before the physiological response. You want to find the psychological and emotional states as well as triggers—physical things that happened or were said or done that triggered the psychological or emotional state or the next physical process in the allergy. This can be done with many types of things in life that actually are the last stage in a long cascade. The reason anything gets out of control is that it is totally out of mind. The goal of the reverse flow chart for addiction is to help you walk carefully backward, asking, asking, asking yourself questions to get deeper and further until you find the process that actually begins the journey to the undesirable outcome. At this point, you have gained the power to select consciously a different path and the power of the path to your undesirable outcome will be automatically diminished. In this way you can engage in the all important psychosomatic healing process.

There is one final element to allergies that is commonly misunderstood that must be addressed before we can

complete our discussion. This is the issue of high residue foods. "Residue foods" is a phrase coined by me. It refers to the fact that some foods you digest and use; others stay in your gut (low residue). Think raw, non-starchy vegetables. If you break it down, you can use it. If you do not, it stays in your gut and feeds your friendly flora. This is a *low residue* food.

There are other foods you do not even have to digest for them to start leaking into your blood from your gut and when you are done digesting them there is a load of stuff left behind that could not be used by your cells. This is a residue *in your blood*, which is from *high residue* food. High residue foods, even if you are not allergic to them, are irritating to the digestive tract and to the immune system making your reactions to other things to which you are allergic or sensitive much worse. Indeed, we have shown that at least in some cases you will stop reacting to your allergies altogether if you will remove all high residue food from your diet.

High residue foods are very key in our discussion. It diminishes the importance of (though does not altogether remove) the actual allergen and allergy testing. It places instead an emphasis on overall wise choices that diminish the stress on your body. Here are some examples of the higher residue foods and food choices (some foods are fine until badly combined, for example) you can make and might want to stop making to get well:

- **All Animal Protein:** These complicated proteins are not usable by the body and have to be broken down and re-combined. A large portion is unusable and ends up as protein particles, often damaged, in the blood. Not all animal proteins are created equal. Fish and wild meat are better choices. Pork, dairy, and commercial chicken are among the very worst choices.
- **Dairy:** Yes, I know this is covered under the last heading, but dairy is so hard to digest, so mucus forming, so chemically and hormonally altering, so full of chemicals and antibiotics today that it is a phenomenal threat to health and should be totally avoided in any form, even organic.
- **Bread:** Grain is difficult to digest at its very best, but when you take the dry grain, process it down to flour—maybe without its germ or bran—and then cook it to complete oblivion, there is no chance for digestion. Further, loads of particles are broken down by heat and processing and get into the blood as debris at best. Even sprouted grain is still very complex and should only be eaten in simple combinations and without cooking it to death. I recommend against all breads.
- **Starch:** Starch is thought to be the most universally agreed upon category of food no-nos. Eating it raw is probably no big deal, but even then, it is not easily digested. My feeling is that starch tends to be incompletely broken down and tends to result in ill-prepared sugars entering the blood. These cannot be used well and they create debris.
- **Sugar:** Simple, though it is, if we have a refined sugar, it is unusable. The possible exception is glucose, but this does not really work out because it turns out that even for glucose to be used it needs trace minerals with it and cofactors that facilitate use by the cell.

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Hold Onto Your Ability to be Self Sufficient

By Draya Sioux Woolf-Wilson

As stated in *The Lorax*, the children's book by Dr. Seuss, "Let me say a few words about Gluppity-Glup and also Schloppity-Schlop." If it wasn't bad enough that we are one of the few countries that must have a special label to express that something is as nature intended or "organic," it seems that our government doesn't believe we need to know when things have cloned cells or have been genetically modified; not to mention, the newest craze of nanotech foods, which cross the blood and brain barrier.

There is an even more alarming, if that's possible, issue at hand. A complete attack on raw foods, local community and small farms is occurring right now in our beautiful country. I am referring to bill H.R. 875. What is H.R. 875? [FYI, S. 510 is the Senate version of H.R. 875] You ask. "Well," they say in a calm way, "the Food Safety Modernization Act of 2009, of course." It sounds perfectly acceptable, nice, and helpful right? The Food Safety Modernization Act, where they essentially imply that raw farm foods need to be regulated to insure they are healthy and safe. Wait a minute . . . I thought that we had a regulation body of safety for food . . . isn't that the job of the Food and Drug Administration. Well, perhaps it was before they appointed more politicians than scientists.

Anyhow, the bill actually intends to imply, with such a common and deceiving title, that any food not provided by a corporation complying with the pasteurization regulations is considered unhealthy and needs a "Food Safety Modernization Act" to help keep it within safe regulations. Except that is the furthest thing from the truth, especially when you consider that the same man

involved in the recent Georgia Salmonella epidemic, is also a key player in the movement of this act. Let me point out that his factory was under the regulatory system and pasteurization standards of corporations, just in case you think he trying to do something good and avoid another situation like that.

This is just scary and so wrong. The idea of regulating small farmers, who by the way, already have more regulations than big corporations, and potentially having people at farmer's markets fill out forms indicating what they bought, who they bought it from, why they bought it, when they intend to eat it and so forth, is ridiculous and extremely inconvenient. Can you imagine going to the farmer's market and filling out page after page about each carrot and tomato you bought and when you intend to eat them, with whom, and for what purpose?

However, the most disturbing thing is not any of the things I have already discussed. The fact is that the bill has very broad language that does not, in fact, define a farm. The reality is that without an exact definition, if it does not explicitly exclude something then it could implicitly include something, though not the original intent, at a later time; potentially, anyone growing anything without complying with the federal regulations is in danger of committing a federal offense and serving prison time and/or paying outrageous fines. So, if you happen to grow a tomato plant and you don't fill out your documentation, you could go to jail or pay exorbitant fines! Let me add here that this is being pushed by means of foods that are "unpasteurized," which means that a possible action could be total pasteurization of all fruits, veggies, nuts, and seeds.

This is an atrocity; a complete dismantling of our constitutional and basic life rights, which gives us the ability to provide our bodies with healthy, nutritious foods, without the interference and regulation of a governing body. I am outraged and hope that this is the one thing that will make people finally say, "Enough is enough!"

So if this resonates with you, please contact your appropriate government bodies and let them know that this is *completely intolerable!* When the basic staples of life are restricted, we simply cannot prosper, which is the right of every soul on this earth. Here are a few links so that you can research and make your own decisions. Be well, stay positive, be grateful—especially for a wonderful place like Life Grocery—make a change and prosper!

Resources:

<http://belasonic.blogspot.com/>

<http://www.youtube.com/watch?v=zOe6mpJuu0I>

[http://www.govtrack.us/congress/billtext.xpd?](http://www.govtrack.us/congress/billtext.xpd?bill=h111-875)

[bill=h111-875](#)

[http://www.youtube.com/watch?v=LGZL6q-](http://www.youtube.com/watch?v=LGZL6q-3LOw&NR=1)

[3LOw&NR=1](#)

<https://writerep.house.gov/writerep/welcome.shtml>

Draya Sioux Woolf-Wilson, author, illustrator, artist, raw foods instructor, and life coach, teaches raw foods classes at Life Grocery and Café and around the Atlanta area. She has also published four children's and poetry books, and teaches the writing process through schools and libraries all over.

Back to School Snacks

By Dr. Kim Strickland, ND

I am homeschooling my boys and they like several snacks per day. This summer we came up with a list of their favorite snacks. Some of these are portable for a school setting and some would be great for right after school when your kids get home.

It's important to have a wide variety of healthy options available to choose from. I like to provide raw fruits and veggies in addition to other snacks. Choose fruits that are in season and have them displayed in an appealing manner. My kids get excited when I use fancy dishes to serve them in or on. My husband won a handmade flat rectangular serving dish at a road race and seeing food on that makes them zealous. Standby veggies are baby carrots, sliced red peppers, cucumber slices, and celery stalks with peanut butter. You can also keep dried fruits like raisins, apricots, dates, figs, and prunes on hand.

When thinking of snacks, be sure to think of foods that will replenish and fuel the body rather than create a quick rush of sugar that will then result in a crash. Think of items with proteins, such as cheese, peanut butter, raw nuts, or even soybeans. My boys love edamame, which are soybeans in the shell, boiled with a little salt on them. They call them "pop peas." Variety is the spice of life, so mix it up. I've included a few recipes for some healthy snacks. Bananas are on my mind, as I bought 12 big bunches of "red tape bananas" today for baking and smoothies! Enjoy.

Banana Dip for Crackers

2 bananas
2 t miso
2 T almond butter

- Mash bananas and add miso and almond butter until smooth and mixed well.
- Serve on crackers.

Banana Bread

3 bananas
1 T lemon juice
¼ c oil
¼ c applesauce
½ c honey

¼ c dates, chopped
1 c oat flour
½ c millet flour
½ c oat bran
½ t salt
½ t baking powder
½ t baking soda

- Preheat oven to 350 degrees.
- Mash bananas with a fork and add next five ingredients.
- In a separate bowl combine the rest of the ingredients.
- Add the wet into the dry and stir until just mixed.
- Pour into an oiled loaf pan and bake for 45-50 minutes. Test to see if done.

Mini Pizzas

2 Ezekiel English muffins, split
pizza sauce
cheese
pineapple and other toppings of your choice

- Preheat oven to 400 degrees.
- Top the English muffins with sauce, cheese, and toppings.
- Place in oven for about 10 minutes.

Chocolate Banana Smoothie

2 bananas, peeled and frozen
½ c blueberries, fresh or frozen
½ c chopped spinach, frozen
1 c chocolate almond milk

- Put all in a blender and process until smooth.
- Add more milk if necessary.

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 three boys, as well as a private math tutor specializing in calculus.

Headaches

By Dr. Susan Esposito

A headache, which is also known as cephalgia, is pain that occurs somewhere in the region of the head. It can be an indication of any one of several disorders of the head or body. Although the brain tissue itself is unable to feel pain, because it lacks pain receptors, pain can be felt from structures that surround brain tissue. These pain-sensitive structures can be divided into two categories. One category is inside the cranium, which consists of blood vessels, meninges, and cranial nerves. The other category is outside the cranium, which includes the periosteum of the skull, blood vessels, muscles, nerves, subcutaneous tissue, eyes, ears, and sinuses.

Headaches can result from irritation or traction of the pain-sensitive structures listed above. Pain receptors (called nociceptors) can also be activated by trauma to the head, brain tumors, stress, muscle tension, and blood vessel dilation. When nociceptors are stimulated they carry the signal down the neurons to a location in the brain (the sensory cortex) that is able to perceive it. The sensory cortex enables the recognition of the location of the pain.

There are over 200 types of headaches. The most common types of headaches are called primary headache disorders. Here are some examples: Migraine can be a very severe, pulsating form of headache, often preceded by an aura, affecting one side of the head, often concomitant with nausea, sensitivity to light and sound, lasting anywhere from a few hours to a few days. Tension headache tends to feel like a tight band wrapped around the head, lasting variable lengths of time. Some less common forms of primary headache disorders are trigeminal neuralgia, which is shooting face pain; cluster headaches, which occur most often in males and typically cause severe pain behind the eyes and occur as the name implies, in clusters of episodes that will remit for a period of time only to reoccur in clusters again; and hemicranias continua, which is a continuous headache that occurs on one side of the head.

Other causes of headaches can be separate from the head, such as cervicogenic headaches, which are caused by spasms of the neck muscles; and medication overuse headaches, which ironically are caused by taking too many painkillers.

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Bye Bye, Birdie!

Life gives us so many opportunities to explore the beauty in it and the wondrous things around us, if we will just take a little time to pay attention. I am so guilty of not taking advantage of these gifts. However, one very hot and steamy day this past July, all of that changed.

My husband Steven was in the garage doing whatever it is that men do in the garage; I set out to check on him. It was sweltering out there and the window fan at high speed wasn't helping the situation. I took him a tall glass of ice water. Before I could leave, he said that he wanted to show me something. On the garage wall was an old canvas nail pouch hanging behind an old archery bow that he'd gotten at a yard sale years ago. (My husband is a yard sale junkie and the bow was a great deal, so he brought it home, and hung it in the garage. Moving on . . .) He told me to look in the pouch; I didn't see anything. He told me to take a closer look.

There was a tiny little face, with two tiny brown eyes, and what looked like an ornate white mask around them, and a sliver of a beak hanging over the lip of the pouch. It was a little brown bird! How cozy it looked in the pouch. "Well, hey Birdie," I said. How original, right? It was so cute and it didn't seem to be afraid of us at all. Then my mind was flooded with questions: was it an abandoned baby, was it hurt and couldn't fly, how did it get in and have time to build a nest, if in fact, it did build the nest, and how would it get out when the garage door is closed 99% of the time. Steven said that it, or its mama, must be coming in and out between the gap at the top of the fan between it and the window. "Quick! Turn the fan off," I said! Steven assured me that the grill around the inside and the outside of the fan would keep it from getting hurt, but he turned it off anyway.

I stood inside my kitchen and peeked out the window in the garage door, and watched that bird throughout the afternoon for hours. It sat there, and sat there, and sat there, and then suddenly, it moved. I know what you are thinking: I could have just opened the garage door, but there are stray cats in our neighborhood. Birdie hopped out onto the edge of the pouch, and then out to the archery bow where she clenched her feet to the string and tight-walked it a bit and then hopped down onto the tool box in front of the window, zipped up on top of the fan casing, and out through the gap between it and the window! Amazing. Later that night I went to check on Birdie, and it was safe and sound in the pouch again. Now I am a city girl, and I know birds nest, but they nest in trees, don't they? So it took me a few minutes to realize that Birdie must be on the nest. I told her she was welcome to stay with us as long as she wanted.

My friend, Brenda, came down to look at it the next day and she said it was a Carolina Wren, and that they make their nests in just about anything. Then I got worried again about how she was going to teach her babies how to do the whoop-de-do through the window, but I had faith that if Birdie was smart enough to build a nest where she would be safe, then she would be smart enough to get her babies out when the time came.

For the next week, I watched as she kept perfecting her nest, and placed water and breadcrumbs on the utility table beneath it. Each evening I would spend about a minute or two with her and, um, sing—yes, sing to her, and she loved it. Then it happened—we've got babies! Over the next few days, she worked non-stop, bringing in food for her new little family; I wondered and worried when poor Birdie ever slept.

A couple of days later I peeked out the window and saw two little birds, then three, flittering around in the garage. Brand new life is sweet! The hair on their little heads looked like Snoopy's friend, Woodstock, all messy and soft. I could not make myself leave the back door for watching them. Birdie was outside on the deck calling to them to come outside. Again, I saw something amazing. Birdie came in to feed the babies wherever she found them, but someone else had joined the celebration. It was their daddy! Birdie went back out for food, and Daddy perched himself onto the fan casing. He was trying to

By Betsy Bearden

show them the way. Now we had Daddy, Eensie, Teensie and Weensie, all congregating toward the fan. They would flutter and fall, and flutter again, but eventually they got back up and made their way to the window. Birdie constantly called to them, and Daddy would come in and out to show them the way.

I was neglecting my work, so I went back to my office and started working, but I couldn't concentrate—back to the window I went. Why are there never any batteries when you need them for your camera? There was Daddy, Eensie, Teensie and Weensie, all on the fan casing. Birdie was still outside calling to them.

Daddy showed them once again how to go out, and then Eensie figured out the whoop-de-do, and Teensie and Weensie soon followed. I was so proud and so relieved. But wait. Something moved on the garage floor. There were two more! *Two more!* So now, I had Itty and Bitty. Eventually Itty found its way out, but Bitty was obviously the runt of the group. It finally found its way to the window, but couldn't quite navigate it. I thought about opening the garage door, but the rest of its family was in the back yard. Besides, I had faith in Bittie's parents. Birdie kept calling it all afternoon.

I suddenly panicked when I realized everyone seemed to have disappeared. I was left alone with Bitty. Now what? I called Steven at work and asked him to come home right away. He wanted to know exactly what it was he was supposed to do when he came home. I don't know . . . something!

I stayed with Bitty in the garage all afternoon. When it flew to the far end, I would talk to it and coax it back to the window. It would sit on the casing again, but just did not know what to do. Finally, Steven came home. He went out to the garage and pulled the window fan out of the window, and now there was a huge opening for Bitty. It finally got to the window, and flew outside. Yay! I tore open the door to the deck and saw it sitting on the deck steps. What now? "Okay, no one goes out there for a while," meaning my two dogs, Yogi and Rocky.

About thirty minutes had passed, so I figured it was safe for the dogs to go out since they had just eaten their dinner. Well, there we all were, about to descend when there sat Bitty on the same old step. We put on the brakes and I hurried the dogs back in the house. "We have to do something," I said. It was getting near seven in the evening and I was really worried something might get Bitty if it didn't fly somewhere. But thankfully, Birdie came to the rescue, and Bittie flitted off after her.

I asked Brenda if they would come back to the nest, and she told me that they were gone for good. I went out that night and looked at the open window and then at the empty nest, and I cried.

The next evening we sat on the deck for a while and I heard Birdie. I would know that tweet anywhere. Then I saw them—Birdie was on the fence, and then one, two, three, four, five of them with their little Woodstock hair, had perched all up and down the fence. As of the middle of August, they were still hanging close. I have never witnessed anything like that before. The devotion and the dedication of Birdie and their daddy was a life changing experience. Now, don't get me wrong . . . I don't plan to turn into a binocular totin' Miss Jane type from the Beverly Hillbillies or like her birdwatcher sidekick, Wally Cox, but I do plan to watch these amazing little creatures every chance I get.

So yes—Life does give us so many opportunities. That is why we all need to visit Life Grocery and stock up on fresh organic veggies, fruits, and pantry staples. And don't forget to visit Café Life for not only a healthy vegan meal, but also a very delicious and satisfying one!

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

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Understanding Food Allergies

Thus we are against all processed sugars of any kind.

- **Protein and fruit together:** I could also say protein and starch, but that would be suggesting that you will ignore the starch rule. However, you might eat raw starch, to which this would apply to. Protein and fruit (or starch) will not digest together well. Simply put, the human body is designed to consume and use very simple combinations of things. If we are going to combine, we want to make sure that we honor the two "S's": Simple and Similar!
- **Chemicals:** It is shocking that we are consuming literally thousands of chemicals in our food every single day even on a healthy program. Extreme vigilance is required even to minimize that intake. It is a major factor in the residue—in this case toxic residue—in our bodies, though. We need to avoid chemicals wherever we can. Foods should be scrutinized at least by carefully reading the label and maybe by investigating the company. Products for the skin, hair, nails, as well as soaps, detergents, dryer sheets, etc., should be approached with caution and scrutiny. Water should at least be filtered and the home should be treated conservatively and with caution.

Kal runs a natural healing practice oriented toward herbal medicine and natural nutrition. He also does Reflexology and the Rolf Method of Structural Integration. Kal also teaches natural self-healing and clinical herbology through www.MadHerbalist.com.

Headaches

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There are many warning signs that a headache may be potentially very serious and warrants further investigation. Be aware of these important warning signs:

- a new headache in someone over 50 years of age
- headaches that come on very suddenly and strongly (these are referred to as thunderclap headaches and could potentially be a sign of subdural hematoma)
- inability to move limbs or face
- vision disturbances or other abnormalities of sensation
- mental confusion
- pain in the jaw
- head pain that gets worse if you change position, cough, or have a fever
- if the headache sufferer has cancer, HIV, or has risk factors for thrombosis.

Treatment for a headache depends on its cause. Many take analgesics (whether over-the-counter, prescription, or holistic). A health care professional will determine the degree of treatment from the description of the headache, together with a complete neurological exam.

The level of endorphins (mood elevating chemicals) in one's body may play a role in the experience of headaches. It has been suggested that those people who suffer from chronic, severe headaches may have lower levels of endorphins than those who don't. If this is true, then I have another excuse to eat more chocolate (which is said to increase the release of endorphins) and have fun!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and mother of three children. If you have a question for Dr. Susan, you may e-mail her at susanesposito@gmail.com. Please note that not all questions can be addressed in this column.

Comfort Foods

By Nisla C. Whetstone, L.M.T., Gluten Free Lifestyle Coach

What are comfort foods and why do we crave them when we are feeling down, or sick, or even when we want to celebrate something? I was wondering this very thing as I was laying in bed fighting off the fatigue from some virus I picked up somewhere. I don't feel good; I'm tired and I'm hungry. And instead of thinking about all of the healthy foods that I should be putting into my body to nourish me, I am consumed with thoughts of ooey gooey sweet sticky gluten filled cinnamon rolls and wishing that there was a suitable gluten free cinnamon roll available to me.

Now, I'm sure if I wanted to take the time to dig out all of my gluten free cookbooks, I could find a recipe. But the downside is that I would still have to go shopping, and then spend hours baking. This isn't fair! Am I feeling sorry for myself? Maybe just a little, but I thought that I would write down how I was feeling and share it with you.

I remember when I was a kid, my mom would get these ready to bake cinnamon buns that came in a cardboard tube, complete with the sweet sticky icing that you could drizzle all over them as soon as they came out of the oven. These things were the epitome of deliciousness and comfort to me. At that time, I didn't know that they were making me sicker every time I ate them, but now that I do know, that still doesn't stop me from craving them.

My mother also made the most decadent coffee cake that would suffice if there weren't any cinnamon rolls around, but I tell you, the cinnamon rolls were my favorite! I know that there are many companies that are making gluten free cinnamon rolls that come pre-made and you can usually find them in the freezer section at Life Grocery. These are delicious, and I really wish I had some right now! I guess I'm going to just have to stock up on them. In the meantime I can still dream about those hot from the oven, cinnamon rolls from a cardboard tube that I remember from my childhood. Maybe someday someone will make a gluten free version of those very same rolls. Maybe I need to find someone to help me do that. I'm just thinking out loud here, don't mind me!

So what am I to do? I'm going to go make myself some hot soup, drink some juice, and go back to bed.

Maybe in the morning I'll feel like going shopping for some gluten free cinnamon rolls!

Here is a recipe for gluten free cinnamon rolls that I adapted from one of my gluten free cookbooks:

Gluten Free Cinnamon Rolls/Sticky Buns

1 T yeast
3 T warm water
1 c sorghum flour
¼ c cornstarch
¼ c tapioca flour
1 T xanthan gum
4 T oil
3 T honey
½ c milk, dairy or non-dairy
¼ t salt
1 egg or equivalent egg substitute
¼ c butter or butter substitute, softened
1 T cinnamon
¼ c sugar
½ c sorghum flour (reserve this for kneading)

optional additions:

¼ c finely chopped walnuts or pecans
¼ c raisins

Sticky Bun Topping

3 T butter or butter substitute
½ c honey
½ c brown sugar
1 c chopped walnuts

- Combine the yeast and warm (NOT HOT!) water in your mixing bowl. Set aside to let it do its magic.
- In a separate bowl, combine the 1 c sorghum flour, cornstarch, tapioca, and xanthan.
- Stir to combine.
- In a small bowl, combine the oil, honey, and milk.
- Stir into the yeast.
- Add salt and egg.

- Turn on the mixer and gradually add the flour mixture. Once it is all added, mix vigorously for 10 seconds.
- Cover the bowl loosely with plastic wrap and rise in a warm place for 30 minutes. It doesn't rise a whole lot, like with traditional cinnamon rolls, but you should notice some rise in the dough.
- Combine butter, sugar, and cinnamon for the filling. Set aside.
- After the dough has risen, dust your work surface, hands, and the dough with the reserved sorghum flour.
- Knead the dough several times until it is all combined. It seems like a lot to be adding, but it really does soak it all up. If the dough is still really sticky, you may need to add more sorghum flour.
- Roll dough out into an 8 x 12 rectangle.
- Spread the reserved butter mixture over the dough.
- Roll into a long tube. Slice tube into 1-inch individual rolls.
- Place rolls on a parchment lined jelly roll pan.
- Cover and allow to sit and rise for 1 hour.
- Preheat oven to 375 degrees F.
- To prepare the topping, place butter, honey, and sugar in a saucepan.
- Cook over medium heat until sugar is dissolved, about 1 minute.
- Pour topping into a greased 9 x 13 pan.
- Sprinkle chopped nuts over the mixture.
- Once cinnamon rolls have risen, place in 9 x 13 pan and bake for 15 minutes.
- Eat them while they are hot. ENJOY!

Nisla Whetstone is a Gluten Free Lifestyle Coach in private practice. She also works closely with Dr. Joe Esposito and facilitates a monthly gluten free support group at his office on the third Tuesday of every month, at 6 pm. For more information call 770-653-6017 or e-mail magickhand@gmail.com.

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Team Juice or Team Blend?

because of the pale color of many varieties. Among others, potatoes are rich sources of phenolics, flavonoids, carotenoids, and anthocyanins. The concentration of each vary with the type of potato. Since your potatoes are skinless (where the greatest concentration of the tyrosinase enzyme is located), I believe the blending process releases a much higher percentage of these antioxidants from the tissue than the juicing process.

It is also possible that, in many fruits and vegetables, the bulk of the fiber released during blending reduces the oxygen saturation in the solution but, if true, I think this is a secondary issue.

Victoria's response to Professor Miller's comments: *Now I understand why it is commonly advised to drink squeezed juice within minutes of making it, and why smoothies can stay fresh for two or three days in the fridge. Even though I can clearly see the many benefits of smoothies, I still don't want to completely disregard juicing. One of the main advantages of juice is that it requires next to no digestion and can be absorbed and assimilated*

immediately into the bloodstream, allowing the digestive system to rest. This important quality of juice allows it to be used by people who suffer from severe nutritional deficiencies or have a highly irritable digestive system. People with these conditions often cannot tolerate any fiber at all, and juice may provide invaluable nourishment for them. Later, when their health will improve, these people can switch to drinking smoothies.

Victoria says that she agrees with Dr. Doug Graham who states that "juices are a fractured food, which is missing an essential component—fiber." She believes, as do I, that when we consume enough fiber, we take a load off of our organism by improving our elimination. Toxins often build up in the colon and fiber cleans them out. When most toxins have been removed by fiber, then the body has a greater ability to absorb nutrients, thus improving digestion. Victoria concludes, "Humans could not live on juices alone, whereas green smoothies are a complete food."

You know, most of the people on the planet today, and most especially here in the United States, do not eat many fresh, organic, fruits, vegetables, greens, nuts and seeds without heating or cooking them. In fact, even though there is indeed a "green smoothie revolution" and a "raw food movement" that is beginning to be noticed

by some of our nation's leaders, our medical community, our children's schools, and just regular folks like you and me, we still have a lot to learn. But just like grandma used to say, "the proof is in the pudding," (in my case, the raw food pudding) people from all over America and the World are beginning to experiment with the raw vegan diet and discovering the phenomenal health benefits; more energy, weight loss, better sleep, etc.

And **greens**, with the powerful amount of minerals that make up our foundational core, are gaining popularity at a rapid pace. Dr. Mehmet Oz has a green smoothie every day, and several times a month tells his millions of viewers on the Dr. Oz show, the importance and benefits of adding greens and green smoothies to your daily diet.

How about you? **Team Juice** or **Team Blend**?

Jesse is the Director of the Raw Food Resource Center and teaches several classes at Life Grocery, including the very popular: "Raw Food Nutrition for Health and Weight Loss." She also presents a free one hour lecture and shopping tour at Life every Thursday at 6:30 pm. For more info on her classes, or if you would like Jesse to email you her Before and After weight loss photos, email her at RawFoodResourceCenter@gmail.com.

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