

Almond Growers and Handlers File Federal Lawsuit Seeking to End "Adulteration" of Raw Nuts: Lawsuit Would Halt Treatment of Almonds with Toxic Fumigant or Steam Heat

By Will Farrell

WASHINGTON, D.C. A group of fifteen American almond growers and wholesale nut handlers filed a lawsuit in the Washington, D.C. federal court on Tuesday, September 9, seeking to repeal a controversial USDA-mandated treatment program for California-grown raw almonds.

The almond farmers and handlers contend that their businesses have been seriously damaged and their futures jeopardized by a requirement that raw almonds be treated with propylene oxide (a toxic fumigant recognized as a carcinogen by the EPA) or steam-heated before they can be sold to American consumers. Foreign-grown almonds are exempt from the treatment scheme and are rapidly displacing raw domestic nuts in the marketplace.

Tens of thousands of angry consumers have contacted the USDA to protest the compulsory almond treatment since the agency's new regulation went into effect one year ago. Some have expressed outrage that even though the nuts have been processed with a fumigant or heat they will still be labeled as 'raw.'

"The USDA's raw almond treatment mandate has been economically devastating to many family-scale and organic almond farmers in California," said Will Fantle, the research director for the Wisconsin-based Cornucopia Institute. Cornucopia has been working with almond farmers and handlers to address the negative impacts of the USDA rule, including the loss of markets to foreign nuts.

The USDA, in consultation with the Almond Board of California, invoked its treatment plan on September 1, 2007, alleging that it was a necessary food safety requirement. Salmonella-tainted almonds twice this decade caused outbreaks of food related illnesses. USDA investigators were never able to determine how salmonella bacteria somehow contaminated the raw almonds that caused the food illnesses but they were able to trace back one of the contaminations, in part, to the country's largest "factory farm," growing almonds and pistachios on over 9000 acres.

Instead of insisting that giant growers reduce risky practices, the USDA invoked a rule that requires the gassing or steam-heating of California raw almonds in a way that many consumers have found unacceptable.

"For those of us who are interested in eating fresh and wholesome food, the USDA's plan to protect the largest corporate agribusinesses against liability, amounts to the adulteration of our food supply," said Jill Richardson, a consumer activist and blogger at: www.lavidalocavore.org.

"This ruling is a financial disaster and has closed a major customer group that we have built up over the years," said Dan Hyman, an almond grower and owner of D&S Ranches in Selma, CA. His almond business relies on direct sales to consumers over the internet. Hyman notes that his customers were never consulted by the USDA or the Almond Board before they were denied "a healthy whole natural raw food that they have eaten with confidence, enjoyment, and benefit for decades."

The lawsuit contends that the USDA exceeded its authority, which is narrowly limited to regulating quality concerns in almonds such as dirt, appearance, and mold. And even if the USDA sought to regulate bacterial contamination, the questionable expansion of its authority demanded a full evidentiary hearing and a producer

referendum, to garner public input" neither of which were undertaken by the USDA.

"The fact that almond growers were not permitted to fully participate in developing and approving this rule undermines its legitimacy," said Ryan Miltner, the attorney representing the almond growers. "Rather than raising the level of income for farmers and providing handlers with orderly marketing conditions," added Miltner, "this particular regulation creates classes of economic winners and losers. That type of discriminatory economic segregation is anathema to the intended purpose of the federal marketing order system."

Retailers of raw almonds have also been expressing their unhappiness, based on feedback from their customers, with the raw almond treatment rule. "We've been distributing almonds grown by family farmers in California for over 30 years and we regard them as the common heritage of the American people," said Dr. Jesse Schwartz, President of Living Tree Community Foods in Berkeley, CA. "We can think of no reply more fitting than to affirm our faith that ultimately the wisdom and good sense of the American people will prevail in this lawsuit."

Barth Anderson, Research and Development Coordinator for The Wedge, a Minneapolis-based grocery cooperative, noted that their mission has always been to support family farmers. "We weren't surprised when Wedge shoppers and members wrote nearly 500 individual letters expressing disapproval of the USDA's mandatory fumigation law for domestic almonds," Anderson said. "Our members especially did not like the idea that fumigated almonds could be called 'raw.'"

According to the USDA, there is no requirement for retailers to alert consumers to the toxic propylene oxide fumigation or steam treatment applied to raw almonds from California.

"This rule is killing the California Organic Almond business," said Steve Koretoff, a plaintiff in the lawsuit and owner of Purity Organics located in Kerman, CA. "Because foreign almonds do not have to be pasteurized their price is going up while our price is going down because of the rule. It makes no sense," Koretoff added.

Two groups of consumers that have been particularly vocal in their opposition to the almond treatment rule are raw food enthusiasts and vegans. These consumers may obtain as much as 30% of their daily protein intake from raw almonds, after grinding them for flour and other uses. Studies exploring nutritional impacts following fumigant and steam treatment have yet to be publicly released. A Cornucopia Institute freedom of information request for the documents is awaiting a response from the USDA.

"We raw vegans believe raw foods, from non-animal sources, contain valuable nutrients " some not yet well-understood by scientists," stated Joan Levin, a retired attorney living in Chicago. "These nutrients can be destroyed by heat, radiation, and toxic chemicals. We support the continued availability of fresh produce free of industrial age tampering," explained Levin.

Cornucopia's Fantle noted that the Washington, D.C. federal district court has already assigned the almond lawsuit a case number, beginning its move through the judicial system. "We believe this is a strong legal case and hope for a favorable decision in time to protect this year's almond harvest," Fantle said.

"This is yet another example of how government, under the guise of 'public health,' is interfering with an individual's fundamental right to consume the foods of their choice," noted attorney David G. Cox of Lane, Alton and Horst LLC in Columbus, OH and a legal advisor to The Cornucopia Institute. "The government's police power does not authorize the USDA to choose for the individual what foods should be in the marketplace."

Mitch Wallis, a San Diego attorney and another member of the Cornucopia legal team, added that "in one fell swoop, the USDA and its agribusiness-dominated California Almond Board, have taken away all consumer access to a truly 'raw' almond. Almonds are, especially in California, perhaps the 'king of nuts.'" If they can get away with destroying the almond, what does this portend for the future of all nuts and ultimately for all raw and natural foods?"

"It goes against all reason for the USDA to require domestic almonds to be pasteurized while allowing unpasteurized almonds to be imported from abroad," observed Eli Penberthy, a Seattle, WA-based food and farming analyst with The Cornucopia Institute. "Small-scale and organic farmers in California have lost sales to retailers and consumers who are instead choosing to buy truly raw almonds from Italy and Spain."

The Cornucopia Institute has been articulating the concerns of family-scale farmers, producing organic, conventional, and local food, about the potential fallout from the industrialization of our food supply. Foodborne illnesses, and the contamination of food from large industrial farming operations, are now motivating regulators to look at "technological fixes" rather than addressing the root cause of the problems and the widespread fecal contamination of the nation's food supply.

"It is ironic that consumers, in increasing numbers, are voting in the marketplace for a higher quality of food from organic and local farmers and producers they trust," stated The Cornucopia Institute's Fantle. "The very growers that stand to lose are the safest and highest quality producers of food in the United States. We will not allow them to be placed at a competitive disadvantage."

Please support the right to truly raw almonds by making a donation for this lawsuit. The Cornucopia Institute is helping underwrite the cost of the almond legal challenge. You can make a secure online, tax-deductible gift. Make sure to indicate in the message box that your donation is for the Almond Lawsuit. You may also mail your donation to The Cornucopia Institute, PO Box 126, Cornucopia, WI 54827.

Your support helps protect the livelihood of small and medium-size family and organic almond growers and the right of consumers to choose authentic and truly fresh food in the marketplace. Visit www.cornucopia.org for further information.

Will Fantle is the research director for the Wisconsin-based Cornucopia Institute. The Cornucopia Institute is dedicated to the fight for economic justice for the family-scale farming community. Through research, advocacy, and economic development, the Institute seeks to empower farmers both politically and through marketplace initiatives.

[As a service to our customers, Life Grocery currently sells truly raw organic almonds exported from Spain.]

The Basics of Health

By Don Bennett, DAS

Any meaningful discussion of health requires being acquainted with some of the maxims of health. A maxim is simply a truism. It doesn't require multiple peer-reviewed, double-blind studies to validate what it says; it simply is so.

Maxim of Health #1: Unless you are paying attention to *all* the Basics of Health, it is physiologically impossible to be as healthy as your body is capable of being.

Maxim of Health #2: Unless you are paying *equal* attention to all the Basics of Health, it is physiologically impossible to be as healthy as your body is capable of being.

Many people focus on one or maybe two Basics of Health and don't pay much attention, if any, to the others. Some concentrate on diet while not being physically active, some diligently get the exercise their body needs but feed it unhealthy food, and some work at keeping their stress levels low but don't get enough sleep. In today's society, diet seems to get a disproportionate amount of attention compared to the other basics, but the others are just as important; they are all part of our everyday lives just like eating. They impact our health, each in their own way. Another thing the Basics of Health have in common is that many of them are tainted with so much misinformation that people can make only ill-informed decisions.

Maxim of Health #3: If you're not abiding by all the Basics of Health, all the therapies in the world aren't going to do you much good.

If you are adhering to all the Basics of Health, you probably wouldn't benefit much from therapies. Also, drugs and therapies can give people a false sense of security and, therefore, might be used in place of truly helpful things that could be of real benefit.

Maxim of Health #4: The more in harmony you live with (your) Nature, the healthier you will be. Simply put, the further away you live from Nature's Basics of Health, the less healthy you can be.

Basics of Health: *Physical activity, diet, water, sunshine, sleep, stress management, toxin avoidance, information.*

Factors in Disease: *Physical activity, diet, water, sunshine, sleep, stress management, toxin avoidance, misinformation.*

As you can see from the two lists above, the same things are involved in both health and disease. For example: In health, enough and appropriate exercise; in disease, not enough and/or worthless exercise (or worse, harmful exercise). In health, enough sunshine; in disease, not enough sunshine. When you think about it, in both health and ill-health, you need the exact same things: enough sleep, enough relaxation, enough water, enough stress management, enough sunshine, enough toxin avoidance, and enough food (which may be none when you're ill). Vibrant health and ill-health are a continuum; they are two sides of the same coin. Just as you can cause ill-health, you can also cause vibrant health. The difference is, today, causing ill-health is as easy as falling off a log, but causing vibrant health requires some conscious effort.

Being healthy is not simply a lack of symptoms. Cancer can take decades to grow to the point where you begin to experience noticeable symptoms. Those folks who succumb to a fatal heart attack usually get no physical warnings of what is about to happen (although their lifestyle practices often suggest the probability). Many people today are quick to accept ill-health as the normal consequence of getting older; if you agree with that contention, it then becomes a self-fulfilling prophecy. If you assume that aches, pains, and symptoms requiring medication are inevitable, then you won't be open to hearing information that suggests otherwise. In today's society vibrant health isn't the norm, but it's what you deserve, and will very likely get when you respect the Basics of Health.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. His book, How to Have the BEST Odds of Avoiding Degenerative Disease, is available in the Life Grocery book department. For some enlightening health information, visit health101.org.

Muscle-to-Fat Ratio

By Brian Murray, Founder of mPower

We are a society obsessed with body weight. However, the number the bathroom scale provides is nearly worthless because it cannot tell us the *quality* of our weight. In other words, it cannot tell us our muscle/fat ratio. Your muscle/fat ratio is a comparison of the number of pounds of muscle on your body to the number of pounds of fat. It is this number you should be very concerned about, not your body weight.

Muscle and fat are responsible for your basic body contours. These tissues are significantly modifiable through diet and exercise; when it comes to figure problems, the issue is excess fat AND inadequate muscle. So changing your muscle/fat ratio is the only way to get the lean, firm, strong, and shapely appearance you want.

For example, let's consider what happens to a women's body as she ages. At age 14, she is at her muscular peak. She weighs approximately 120 pounds; she has 48 pounds of muscle and 20 pounds of fat. Her muscle/fat ratio is 48:20, or 2.4 to 1. This means that she has 2.4 pounds of muscle for every pound of fat. She is lean, firm, and shapely. But, with each year that passes she loses a half pound of muscle and gains 1.5 pounds of fat.

Fast forward to age 50. She has now gained approximately 36 pounds. Her muscle has decreased by 18 pounds and her fat has increased by 54 pounds. Her muscle/fat ratio is now 30:74, or 1 to 2.4, which means that for every pound of muscle, she now has 2.4 pounds of fat. This is a complete reversal, and her body fat percentage has increased by nearly 300%!

Now let us take this overly fat, out-of-shape 50-year-old woman and expose her to proper exercise and diet. In a matter of 10 weeks, she could realistically lose 15 pounds of fat and gain 3 pounds of muscle. Her body weight would go from 156 to 134 pounds. However, her muscle/fat ratio would change dramatically. Her muscle would increase from 30 to 33 pounds and her fat would decrease from 74 to 59 pounds. Her muscle/fat ratio would change from 1 pound of muscle for every 2.4 pounds of fat to 1 pound of muscle for every 1.8 pounds of fat. Not yet ideal, but a great start toward gaining back her youthful appearance in just a few short weeks.

The improved muscle/fat ratio is the reason a small 12-pound drop in body weight can have such a dramatic effect on physical appearance. Even if your weight remains the same, when you gain muscle, you get leaner because your body fat becomes a smaller percentage of your weight and you lose inches. When you lose fat, your muscle becomes a relatively higher percentage of your body weight. When you lose fat AND gain muscle at the same time, the effect on your appearance can be striking. Don't worry about your body weight. Be very concerned about your muscle/fat ratio.

Brian Murray is an Exercise Physiologist and creator of mBody™ – a six-week fat loss plan that will change your life. To learn more about mBody™ please visit www.strengthforlife.net and then call 404-459-0270 to schedule your consultation.

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Monday-Saturday	9 am-8 pm	11 am-7:30 pm
Sunday	11 am-6 pm	12-5 pm

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

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

Proofreaders: Kay Bird, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Betsy Bearden, Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Will Farrell, Ronnie B. Hudson, Jewlie Kinnan, Brian Murray, Dr. Michael Scimeca, Kal Sellers, Traci Sellers, Dr. Kim Strickland, Linda Townsend, Nisla Whetsone

Life Grocery Store, Inc. Mission Statement

Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

Volunteer Board of Directors

Elizabeth Carter	770-971-9216
Ronnie B. Hudson,	770-977-9583
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Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

In This Issue

- 1 *Almond Growers and Handlers File Federal Lawsuit Seeking to End "Adulteration" of Raw Nuts*
- 2 *The Basics of Health*
- 3 *Muscle-to-Fat Ratio*
- 3 *Nutrition from A-Z*
- 3 *Awareness is the Key*
- 4 *Ask Dr. Susan: School Lunch Dilemma*
- 4 *Slow Down A Little, Save A Lot*
- 5 *The Symbolology of Food*
- 5 *Invisible Invasions*
- 6 *Organic Food is Important for Your Health*
- 6 *Creating What you Want*
- 7 *Drink Your Bean*
- 7 *Classifieds*
- 7 *Life Bits: Both Sides of the Story*
- 8 *Keep it Simple*
- 8 *New Supplement & HBA Products*

Nutrition from A to Z

Dr. Joe Esposito, DC, LD, BS, DABCO, DAAPM

“B” is for beans. Beans are awesome! I’m a huge bean fan. Beans are absolutely spectacular because they’re loaded with nutrients. They’re loaded with fiber, which helps to remove cholesterol and to keep your blood sugar in check. Beans are high in protein. I know a lot of people say that they eat meat because they need the protein. Let’s get real. They’re eating the meat because they’re getting high off of it! Their brain’s pleasure center is being stimulated by the meat and they just aren’t willing to give it up. However, beans have more than enough protein to help you meet your daily protein needs. Plus they don’t have the steroids, chemicals, pesticides, herbicides, hormones, tranquilizers, blood, urine, maggots, and worms that meat has. Obviously, beans are a much better source of protein than meat could ever be. Now you can’t use protein as your excuse for eating meat. Sorry!

Beans are high in good fat. Fat has gotten a bad wrap over the years. Remember that low fat craze everyone went through back in the mid to late 1990’s? Fat is a source of energy. We need fat in our diets every day in order to operate at a high, optimal level of performance. However, it’s the type of fat that we eat that matters. Meat is a bad source of fat because it’s loaded with saturated fats. Saturated fat helps to clog up your arteries, create and store fat cells, cause heart disease, and cause you to gain weight and keep it on. Good fats help to increase your energy and speed up your metabolism. Yes, I said speed up your metabolism. Good fats help to keep your body operating at a high

level by revving up your metabolism. Beans are an excellent source of good fats.

Beans are also a great source of carbohydrates. Now, there are good and bad carbohydrates—simple carbohydrates and complex carbohydrates. Simple carbohydrates are the bad carbohydrates. They’re things like white bread and white rice. Simple carbohydrates help to spike your blood sugar and cause you to get hungry again shortly after eating them. That’s why if you have some Chinese food that has white rice, you’re hungry again after about an hour (MSG also plays a role in this, but that’s for a discussion at another time—just remember that MSG is really, really bad!).

On the flip side, complex carbohydrates are the good carbohydrates. They, like good fats, help to provide your body with energy and sustenance. Instead of spiking your blood sugar, they help to keep it stable and balanced. By eating beans, you’re not going to get a quick sugar rush followed by a quick sugar crash.

Beans not only have good fats, proteins, and carbohydrates, but they are loaded with vitamins and minerals. They’re inexpensive, easy to prepare, and, when in a can, last practically forever. There are all kinds of beans—pinto beans, kidney beans, red beans, black beans, white beans, navy beans—I could go on and on. There are all kinds of ways you can prepare and eat them. You can make a bean salad or soup. Sometimes I’ll take out my crock pot in the morning and throw in some dried beans, celery, onions, carrots, and water. By the time I come home in the evening, the

soup is done. It literally takes about five minutes to prepare bean soup, and it’s extremely yummy. It doesn’t get much simpler than that!

You don’t even need a crock pot to cook beans. You can take a can of organic beans (organic anything is always better than non-organic, because you know it won’t have any harsh chemicals or pesticides in it) and add some carrots, celery, and onions. Put it in a pot with some water and boil it. In about five or ten minutes, you have a simple, easy, nutritious, delicious meal ready. Sometimes, if I’m having a really hectic day, I’ll take a can of beans, add some hot sauce, and eat right out of the can. It’s cheap, nutritious, and a million times healthier than a hamburger from a fast food joint. I can’t sing the praises of beans enough.

This series will be continued in the next edition of The Life Line.

Dr. Joe Esposito, director of Health Plus Chiropractic Center, is a chiropractor, licensed dietician, author, and syndicated radio show host of HEALTH TALK ATLANTA, which broadcasts on WGUN 1010 AM, Saturdays at 10 am; WNIV 970 AM, Saturdays at 9 am; and WGKA 920 AM, Sundays at 7 am. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, please call 770-427-7387. Mention Life Grocery when you call, and get an exam, consultation, x-rays and doctor’s report of findings for only \$50!

Awareness is the Key

By Dr. Michael A. Scimeca

What is the difference between knowledge and awareness? Knowledge involves facts, information going into and out of the mind without actually experiencing it. Awareness, however, involves firsthand experiences. We confirm knowledge by testing the information with our awareness.

With awareness, we can trust the cues we get from our inner environment. Without awareness, we often give away our power to outside authorities. In my life-coaching practice, an important goal is to empower people to rely more on their inner wisdom, that still small voice that represents our ability to know things beyond our cognitive minds. One mantra I use in my practice, as an underlying theme or approach, is the offering that “your experience is valid.” By helping people feel comfortable with the intimate feedback they get from life, I feel as if I am less of an interfering influence and more of a supportive resource.

As awareness truly is the key, the question becomes, “How can I increase my awareness?” To answer that question, I offer the following: Your awareness is pristine. It may be squelched, however, because of outside distractions. When your awareness gets drowned out by noise, you are less likely to access your pristine cues internally. As a result, you rely on external experts to give you answers to your life. The best answers for your life come from within the intimate dominion of your own life. In this way, your experiences are valid.

Thoughts also come from within the dominion of your own life. Thoughts, however, are not of the same

caliber as awareness. Simply having a thought does not make it pristine or accurate or worthy of consideration as awareness. You can be aware of having thoughts, but you cannot confirm the accuracy of the thoughts you are having. You can only confirm the content, the fact that you are having the thoughts you are having. Awareness, however, involves more than thinking and less than thinking. It involves being present to the experiences of life in a non-judgmental sort of way.

We each have a great responsibility to respect our awareness, to sanctify its pristine quality, and to give the mind a rest to become more in touch with it. Meditation offers a great medium for getting more in touch with your awareness. By becoming still, for however long you can, you do your part to acknowledge the presence and pristine quality of awareness. You then get internal cues that go beyond your ability to comprehend them cognitively.

As a practice, I offer Neuro-Meditative Dance as a form of physical meditation, of putting your entire body into the practice of meditation. Your mind and body get to experience the presence and benefits of awareness. Beyond sitting in silence, which is incredibly helpful, Neuro-Meditative Dance gives you the extra-added benefit of embodying awareness, of getting it into the body. Each dance has a specific theme and rhythm, a specific signature that stimulates the awareness of awareness. You can join us or practice it at home.

Here’s all you need to do to start experiencing more awareness between your fullness and your body:

- Choose music/rhythms that correlate to specific themes or objectives.
- Play selected music in a room that allows total freedom of movement.
- Begin moving specific body parts independently to honor the music/theme.
- Increase your participation so that your entire body begins to get lost in the music.
- Experience your inner environment and your outer environment.
- Focus on the movements that are arising from deep within.
- Give yourself some quiet down time to feel the ripple of the dance.

This simple practice makes meditation physical and active and allows you to bridge the awareness you experience to the life you live.

Dr. Michael A. Scimeca is a licensed chiropractor and the developer of Catalyst, a gentle form of bodywork that promotes neurological expansion from within. He is also the author of the self-help book, The Guardian Within. His private practice in Roswell, GA emphasizes life coaching with an emphasis on couples coaching. For more information, visit www.scimeca.com or call 770-912-9197.

Ask Dr. Susan: School Lunch Dilemma

By Dr. Susan Esposito

Dear Dr. Susan,

Our family is vegan. My children are just starting school and I'm faced with the dilemma of either letting them eat the food that's available at school, which I don't believe is always healthy, or packing lunch for them every day. I need ideas for healthy food to pack for them. What do you suggest? —Brooke

Dear Brooke,

You have many options. If your children are in preschool, talk to the nutritionist or food preparer on staff and explain to them your concerns about your child's diet. I did this with all my children and I found that the nutritionists were always happy to accommodate our vegan preferences. If the school was serving something that could be altered in such a way as to make it vegan, they would do so. For example if the school was serving spaghetti and meatballs, they would serve my child plain spaghetti.

One of the schools had so many vegetarian children that they actually served soy chicken nuggets to the vegetarian children on days that the rest of the school was served regular chicken nuggets. They also served soy burgers when the other children were served hamburgers. Your child's school may not stock these foods, however, you can ask if they would allow you to bring in these substitutes for your child. The nutritionist can then heat and serve them at lunchtime.

At the preschool my youngest child now attends, I discuss the meals for the upcoming week with the nutritionist and I supply vegetarian substitutes to the school which they cook for my daughter. Here are some examples of what the school serves and what I bring in to augment the menu for my child:

School serves: Spaghetti and meatballs, beef ravioli, pizza, sloppy Joe's, hamburgers, hotdogs, chicken or fish sticks, chicken and broccoli, grilled cheese sandwiches

I provide: Veggie meatballs (they just add it to their spaghetti), vegan ravioli, soy cheese

pizza, soy beef crumble (which they mix with their sauce), veggie burgers, veggie hotdogs, veggie chicken nuggets or patties, soy chicken strips, vegan cheese

You get the idea. We are very fortunate now that there are so many good frozen options that we can buy to substitute for conventional lunch meals. However, there will be lunches that are difficult to substitute exactly, such as cheese sticks. For these days I just ask the nutritionist to serve my child something entirely different.

These frozen choices offer the parent a convenient option for the child's lunch; however, some parents are concerned about serving their children too much soy. If you don't want your child eating soy every day, here are some other alternatives:

- Peanut butter and jelly sandwiches (although I have to warn you that many preschools will not allow you to send in anything that contains peanuts or peanut butter because some children have severe allergies to them.)
- Bean tacos or burritos
- Hummus and pita bread
- Nachos and bean dip
- Soup and bread
- Bean chili and corn bread
- Stir-fry veggies and brown rice
- Potato pancakes
- Polenta
- Pasta salad
- Veggie sub sandwich
- And, of course, just pack up some leftovers from last night's dinner

If your child is gluten intolerant or has other food allergies, instead of having to pack an entire lunch, you too can talk to the nutritionist and provide the food alternatives that you would like for your child. For example, you can bring in gluten-free bread or buns for the school to give your child instead of the regular wheat

ones. This way your child still eats what the other children are eating, just slightly modified to his/her needs. This also makes it quicker and easier for you in the morning as you try to get everyone to school and yourself to work.

If your children are in older grades, some schools have vegetarian options on their menu. In these big schools, they will be less likely to accommodate food preferences unless they are medically necessary (as documented by a doctor's note, which you can ask your doctor to provide). You may choose to pack your child's lunch for the healthiest option. In this case, you can pack any of the foods that I suggested for a main course and add to it a piece of fruit or container of applesauce and a raw vegetable (cucumber slices, carrots, celery, etc.).

Be sure to check out the healthy lunch options for your child at Life Grocery. In addition to vegetarian and vegan choices they have, there is an abundance of options for those who have gluten intolerance, as well as for those with other food allergies and sensitivities.

Lastly, you'll want to make sure they're getting healthy drinks. Water, of course, is your best choice. Next, I would choose 100% organic juice. Stay away from those vitamin water type products that seduce you into thinking they're healthy for you by their misleading names, when they're really so full of sugar that they rival a bottle of soda for sugar content.

It's always nice to add a little note to your child's lunch to let them know you love them and are thinking about them. If your child isn't yet at the age where you as their parent are totally uncool, you can go and have lunch with them and bring something special that the two of you can share. Happy Lunching!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. Email your questions to Dr. Susan at susan.esposito@gmail.com. Please remember that not all questions can be answered in this newsletter.

Slow Down a Little, Save a Lot

By Kay Bird

Of all the gas-saving advice, which one do you think saves you the most money: keeping your tires properly inflated, removing the extra stuff in your trunk, driving slower, or combining your shopping trips? Especially if you spend a lot of time on the highway, the answer is slowing down.

In a typical family sedan, every 10 miles per hour you drive over 60 is like the price of gasoline going up about 54 cents a gallon. That figure will be even higher for less fuel-efficient vehicles that go fewer miles on a gallon to start with.

When cruising along the highway, your car will be in its highest gear with the engine operating at relatively low rpm's. Your car maintains its speed by overcoming the combined friction of its own moving parts (a regularly tuned up car operates with less friction), the tires on the road surface (under-inflated tires means there is more contact between the rubber and the road, which also causes more friction), and, most of all, the air flowing around, over, and under it.

Pushing air around actually uses up about 40% of a car's energy at highway speeds, according to Roger Clark, a fuel economy engineer for General Motors.

Driving faster makes your car's job even harder. More air builds up in front of the vehicle, and the low pressure "hole" trailing behind gets bigger, too. Together, these create an increasing suction that tends to pull back harder and harder the faster you drive. The increase is actually exponential, meaning wind resistance rises much more steeply between 70 and 80 mph than it does between 50 and 60.

"Every 10 mph faster reduces fuel economy by about 4 miles per gallon, a figure that remains fairly constant regardless of vehicle size," Clark said. (It might seem that a larger vehicle, with more aerodynamic drag, would be impacted more, but larger vehicles also tend to have larger, more powerful engines that can more easily cope with the added load.)

If a car gets 28 mpg at 65 mph, driving it at 75 would drop that to 24 mpg. Estimated at \$3.25 a gallon, fuel costs over 100 miles would increase by \$1.93, or the cost of an additional 0.6 gallons of gas. That would be like paying 54 cents a gallon more for each of the 3.6 gallons used at 65 mph! That per-gallon price difference remains constant over any distance.

Engineers at *Consumer Reports* magazine tested this theory by driving a Toyota Camry sedan and a Mercury Mountaineer SUV at various set cruising speeds on a stretch of flat highway. Driving the Camry at 75 mph instead of 65 dropped fuel economy from 35 mpg to 30. For the Mountaineer, fuel economy dropped from 21 to 18.

Over the course of a 400-mile road trip, the Camry driver would spend about \$6.19 more on gas at the higher speed and the Mountaineer driver would spend an extra \$10.32. Driving even slower, say 55 mph, could save slightly more gas.

Driving 55 is about more than just high gas prices, though. The *Drive 55* law of the 1970's stuck around after the gasoline shortage was over more because of an apparent safety benefit than for fuel saving.

—information from *CNNMoney.com* 4/1/08

Fall
Life Fest &
Annual Meeting
Saturday
12/13/08
Annual
Meeting
10:00 am
Festival
12:00-4:00 pm
members receive
10% off
all in-stock purchases
9 am-8 pm

The Symbology of Food

By Traci and Kal Sellers, MH

The idea that something might have a symbolic message is not new. In fact, the use of symbols to empower the mind is at least as old as Egyptian tombs and pyramids; even the language of the ancient Egyptians itself is rich with symbolism that goes beyond mere communication.

This idea cannot have possibly escaped the note of even the most casual and uninterested observer. Our own country has symbolism from end to end, full of the symbolism of timelessness, liberty, judgment, and (later) ruling, dominating elitist control of wealth.

One would surely be blind not to see the symbolic gestures we give to each other that communicate more than our words do. We call this non-verbal communication, including tonality that we share with each other in our interactions. These provide the essence (positive or negative) or lack thereof in every interaction with another person. These are symbols of closeness, sensitivity, consideration, peace, strength, beauty, etc.

The fact that we can apply this symbolism to food should therefore come as no great shock.

Today, when I was listening to David Wolfe on tape, he was quoting a colleague who explained that cooked food is somehow in the past, while raw food is in the present and that eating either will tend to bring the consciousness into the corresponding state. In other words, a raw food eater will tend to cling to the moment, while the cooked food eater will always be dragging the past into the present and will make judgments about the present, based on the experience of the past. Past energy and choices will dictate the present and the future for the cooked food eater.

This is simply an example of symbolism, nothing more. The raw plant food is alive in the moment you eat it, thus suggesting to the mind an interest and focus on what is, right now.

Cooked and dead food is, contrariwise, something that *used to be* alive, but is not now. Its life energy existed in the past and does not exist in the present.

The eater of it correspondingly gets the suggestion, from the symbolism that their interest is in what used to be, not in what is now.

For humans, there is another dimension to this symbolism that can be discussed. That symbolism comes from the attitude we put on our food by our thoughts and beliefs.

This has been highlighted recently by Masaru Emoto's work and his book *Hidden Messages in Water*. What might be considered a very ethereal, energetic, and non-substantial impact on our environment has been reduced to human visual capacity and measurable physical change.

In Dr. Emoto's book, he takes real photographs of crystallized water (ice) to determine if it has any ability to form hexagonal crystals and how perfectly. He has shown real changes that occur due to attitude and thought from the nearby people. For him and those who read his book, prayer and spiritual supplication for food and drink (and even for large bodies of water) are a measurable, photographable, physical phenomena.

In the Hindu belief system, all food is graciously consecrated to God. If it is not, it is believed that any food, no matter how high quality, is poison to the consumer.

For the person who offers his/her food to God with gratitude, digestion is easier, the food tastes better, and health is supported/created. Positive attitudes, meditation, gratitude, love, and good company around food certainly affect the food in a healing way, as well.

This all has to do with symbolism. In the case of Dr. Emoto's work, that symbolism, which is microscopic when the actual change takes place, is not visible, but it is nevertheless real and, presumably, measurable by our body's innate intelligence.

When we eat, the symbolism of that food is pivotal to our experiencing either a healthy or a pathological relationship to that food. Regardless of food quality, attitude can determine the ultimate relationship to food.

Of course, I am not recommending that you just develop a good relationship with fast food. Indeed, I am suggesting that the symbolism of our food is profound and that anything we do to enrich that symbolism, with as pure of energy as possible, will pay off immediately. Eating food that is alive (which also suggests gratitude for what nature offers) and unaltered when you eat it is profoundly important, especially if you have basically lost the ability to have a healthy relationship with food from the inside out. Then you really need raw, live plant food that grows in the sun.

Gratitude Salad

1 pt grape tomatoes, halved
1 orange or yellow bell pepper, diced
2 avocados, diced
¼ c finely diced red onion
4 oz baby spinach, finely chopped
½ c coarsely chopped sunflower sprouts
juice of one lemon
2 T raw red wine vinegar (Eden brand)
2 T raw agave nectar or honey
2 T olive oil
1 t poppy seeds
pinch of sea salt (optional, if desired)

- Mix everything in a large bowl (wooden or ceramic is best).
- Let sit a few minutes to allow flavors to mingle.
- Eat with gratitude.

Kal and Traci Sellers team teach eight healing and "cooking" classes that are a compliment to their co-authored books: [Traci's Transformational Health Principles](#) and [Traci's Transformational Kitchen Recipe Collection](#). Check the [Life Grocery calendar](#) for their upcoming classes and lectures, or contact them at www.bestfoodist.com, or 706-473-4375.

Invisible Invasions

By Linda Townsend

Can you imagine *not* knowing why people get sick? It seems unthinkable that there ever was a time that people did not even understand how dirty hands could pass disease. It is believed that in the first public bathrooms of ancient Rome, not having toilet paper then, everyone shared—uh, well, you get it. Unsurprisingly, dysentery was very common, but not knowing about germs and how they are passed, how could the people of that time make the connection?

Before germs were discovered, most societies believed that people were stuck down with illnesses randomly or due to displeasing a deity or being attacked by evil spirits. No wonder! It takes very high powered microscopes to reveal the secret realm within our world, so tiny that it is virtually invisible to the naked eye and yet these microscopic armies can overcome even the strongest of the giants as they invade and conquer by prolific procreation.

Just a few weeks ago my husband's mother, a rather hardy woman in her seventies, was feeling just a bit "under the weather," as she would say it. It began after my father-in-law had colon difficulties of a different sort, but made it necessary for him to be hospitalized a few days. She went into the hospital two weeks ago with a rapid heartbeat and the next thing we knew she was unconscious and given only a 15% chance to live because of an infection. We all were in shock.

She may have contracted the problem while visiting her husband in the hospital. According to the CDC, the spread of infection-causing germs in U.S. hospitals is a huge health problem, accounting for an estimated 1.7

million infections and 99,000 deaths each year. My mother-in-law's infection was a rather common bacterium that is commonly found on hospital and nursing home surfaces, as well as in soil. It attacks the intestines. Medical tests finally revealed it, but not before her kidneys and liver ceased to function and her blood pressure dipped to a very dangerous level.

The antibiotics would probably be effective, we were told, even if it was one of the more virulent strains, but the challenge would be in keeping her alive long enough for them to work. Later, it was discovered she also had a kidney infection. At the time I am writing this article, she is now improving and tests show those particular germs are no longer present. Even so, after being hospitalized for over two weeks and she is just now beginning to sit up and walk again. She is expected to spend some time in a rehabilitation home for therapy, as well.

Germs are a fact of life. They are just everywhere! We live in an unseen sea of germs. We are constantly bombarded with germs. It really is a wonder that we are not sick all the time! The body's immune system works every single day against them. Certainly, the very young, the elderly, and those with compromised immune systems are at a greater risk, but that is not to say the average healthy person is immune. Just look at how many and how often people catch a common cold or flu each year. The number of infamous outbreaks of *E. coli* on contaminated food seems to be a regular occurrence now days and even organic produce has not been spared.

Yet, we are so much farther along in preventing the spread of such germs and in treatments than our ancestors, because science has studied these microbes and has given us understanding of how they survive and are passed. There are vaccinations for some germs; however, there is no way to protect oneself against *all* germs without living in a bubble. The best defense we have is what nature provided within our bodies and using some common sense sanitary practices. Wash your hands often. Wash produce. Wash and dress wounds. Clean the places where food is prepared. (I like using hydrogen peroxide, personally.) Keep bathrooms clean. Eat healthy, live foods that enhance your health overall. Take supplements. Exercise regularly. Take precautions or avoid people with contagious illnesses. Laugh often!

I personally don't believe in running to a doctor for every little snuffle, but when you know you are in the higher risk categories, whether you want to admit it or not, and have been feeling under the weather for several days and getting worse, don't put off having a health professional look you over. We almost lost someone very dear to us because of invasive invisible germs.

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

Organic Food is Important for Your Health

By Dr. Brenda Cobb

Organic fruits and vegetables are good for the body. Conventional fruits and vegetables are full of toxins. Organic food may cost more, but it's worth it to spend the extra money to know that you are getting the optimum nutrition for your body. Investing in top quality food will reward you for years to come. If you spend more on good quality organic food and less on drugs, doctors, and hospital visits you'll be better off for it. When you eat organic food, you are not only supporting your own good health but you are also supporting organic farmers and organic food distributors. It is important to support those who are providing us with optimum nutrition.

Chemical toxicity is one of the leading causes of illness; in order to heal, a person must get the toxic chemicals out of the body. But, there are many more reasons to eat organic besides eliminating toxins from the body. Organic foods have a higher mineral and trace mineral content. Organic produce contains more iron, potassium, magnesium, and calcium.

Organic spinach contains up to 78% more vitamin C. Organic cabbage contains up to 91% more vitamin C. Organic foods have a higher food-value content. Organic wheat has twice the calcium, four times the magnesium, five times the manganese, and thirteen times more selenium than conventional wheat. Organic corn has twenty times more calcium and manganese and two to five times more copper, magnesium, selenium, and zinc. Organic potatoes have two or more times the boron, selenium, silicon, sulfur, and 60% more zinc. Organic pears have two to three times more chromium, iodine, manganese, silicon, and zinc. Organic food exceeds

commercially grown crops and has lower quantities of toxic trace elements like aluminum, lead, and mercury.

Each year people are exposed to thousands of toxic chemicals and pollutants in the earth's atmosphere, water, food, and soil. These pollutants manifest themselves in a variety of symptoms, including decreased immune function, neurotoxicity, hormonal dysfunction, psychological disturbances, and even cancer. Today people are exposed to chemicals in far greater concentrations than in previous generations.

To make matters worse, food and product labels do not always list every ingredient and there is no way to tell the amount of toxins that are in these foods. All of this leads to heavy toxicity in the body. The only way to restore health is to remove the toxicity so the body can do its own internal healing.

Wonderful organic raw and living foods can detoxify the chemicals and pollutants out of the body and at the same time restore and rebuild the body to perform at its optimum. One of the very best things you can do for yourself is to eat more fresh fruits and vegetables that have not been cooked. The enzymes, vitamins, and minerals in fresh raw and living foods are at their peak and these are the very elements that the body must have to thrive.

Make it a part of your life to shop for the best and freshest organic produce available. [Life Grocery offers a large selection of fresh, only organic produce.] Feed this to yourself and your family and enjoy the benefits that only healthy food can bring. It's easy to do the right thing for yourself when you decide that you're worth it.

Buying and eating organics is a great place to start in taking better care of you!

Cilantro Lime Salad

1 bunch fresh cilantro
1 tomato, chopped
2 c mixed baby greens
3 T fresh lime juice
2 T flax seed oil
1 clove garlic
1 t powdered kelp

- Chop the cilantro leaves and stems and the garlic by hand into minced small pieces.
- Combine all the rest of the ingredients and toss until well coated.

Resources:

Sunfood Diet Success System by David Wolfe

Alternative Medicine by Burton Goldberg

The Hippocrates Diet by Dr. Ann Wigmore

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®" and "101 Raw and Living Food Recipes" and several other books on health and healing naturally with organic raw and living foods. She teaches a 10 and 12 Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute, 1530 Dekalb Avenue, Atlanta, Ga. 30307. For information on free seminars, free recipe demos, free banquet feasts, and graduation parties call 404-524-4488 or visit www.livingfoodsinstitute.com.

Creating What You Want

By Dr. Kimberly Strickland

You may be wondering what manifestation is. It may sound like magic or new age language, but manifestation is the same as "you reap what you sow" or "what comes around goes around." Each of us is responsible for the reality that we create. There are three steps to manifestation: (1) ask for what you desire, (2) release what you desire, and (3) receive what you desire. Let's discuss each of these in detail.

The first step is to ask. You have to ask for what you want. It's okay to ask for what you want. You are not being greedy. We live in an abundant universe. You might be thinking, "I do ask for what I want, but I don't get it." Are you asking for what you want or for what you don't want? There's a difference and it's huge. Read these two statements and see how you feel after each one: "I want to be completely healthy." "I want to be free of excess weight."

What would you think if I said, "Would you mind holding your breath for two minutes so other people can get some air." That seems ridiculous, doesn't it? Air is abundant, as are all the resources in our world. If we all want to be completely healthy . . . that's fine; we can all be healthy. How cool is that?

So ask. Create a clear vision of what you want and commit to that vision. If you don't know what you want, start with how you want an area of your life to feel. For example, you know you want a new job or career, but you don't know exactly what you want to do. Begin with how you want it to feel. How do you want that career to feel . . . exciting, energizing, joyful, etc.?

Here's an exercise for you to do. Pick one area of your life where you would like to see change. How do you want it to feel? Pick two or three feeling words. Now feel it and imagine emitting that energy . . . you just started manifesting!

Think of your life as a restaurant. Would you walk into a restaurant and tell the waiter to just bring you "whatever?" That doesn't sound like a very good idea, because what are you going to get? "Whatever." But so many times that is what we do in life. We tell the universe to bring "whatever." Instead, order what you

want off the menu of life and allow the universe to bring it to you. You can order this experience and that career and that relationship and that vacation and that body. The universe is picking up the tab. And if you want to really kick the manifestation up a notch, see how your vision can serve others. When we give back to others—either through our resources, such as money, talents, or time—the universe gives back to us. You reap what you sow—plant seeds for others to enjoy and there will be fruits for all. What comes around goes around, so be generous because it really raises the vibration of the energy you are putting out there and just feels great.

The next step is to release. Release your need to know how it is going to happen. It is time for you to get out of the way. The universe, or God, knows the fastest and easiest way to bring you what you desire. In our restaurant example, would you follow the waiter into the back and tell them how to cook your meal? Of course not. That is the easiest way to ensure that it won't come out right. Instead, you sit back and wait for your meal while enjoying the ambiance and the company. So don't micromanage God or the universe.

Does that mean that you sit back and wait for a million dollars or perfect health to arrive in your mailbox or to fall into your lap? Of course not. You will take action, without planning out step by step how to get there. Here is a good statement to help you know if you have actually released something. If you answer the statement "I know I can be happy without _____," with a "Yes," then you know you have released it.

Why is it important to release it? If your answer is that you cannot be happy without that relationship or health or whatever, what is the feeling that goes along with that? It's desperation. What is the vibration of desperation? That's right, it's a low vibration. So the energy you are sending out is of a low vibration. It's all about the energy. When you can be happy exactly where you are, in the clothes you're in, in the house you're in, in the body you're in, in the relationships you're in, and be grateful for them, then you'll really be able to release control. So allow the universe to make your desires unfold

in magical ways and it will probably happen in ways that you never imagined.

The third step is to receive. Now you may say, "I am ready to receive. Give me that million dollars." But did you know that nearly 1/3 of the big money lottery winners declare bankruptcy within five years of winning the lottery? Were they really ready to receive? What were their thoughts or feelings about money? Let's be sure we are ready to receive. It's the same with people who diet and lose weight only to put it back on—they weren't ready to receive the body they wanted.

Our first tool is gratitude. What is the vibration of gratitude? That's right, very high. That raises the vibration of the energy and it's all about the energy. Make gratitude a habit. As something good happens, immediately express gratitude. Every day, at the beginning or end of the day . . . or both, write down five things you are grateful for. It is a great way to shift your energy. Always be in an attitude of gratitude.

Next, know that you are worthy and deserving of all you desire. The ego feeds off the negativity. When you think of sailing in the Bahamas and are feeling great, it is the ego that is coming in telling you that it will never happen. What is the vibration of those negative feelings? That's right . . . low . . . it's all about the energy. Take those negative feelings as a signal that some changes may need to be made. Are there shadow beliefs stemming from childhood or experiences telling you that you don't deserve it? Is there forgiveness work that needs to be done? This step may require some work or digging. But imagine what can come your way if you are willing to do it and increase that energy.

Now it is time to act. The universe will bring inspiration and opportunities. But you must move your feet and act in order to show the universe you are serious. Watch for signs and listen to that "small voice." The action may be to change a belief or change your thinking, read a certain book or take a certain course. But as you take action, the universe will bring you more to act on and get you to where you want to be.

continued on page 7

Drink Your Bean

By Betsy Bearden

Coffee. Just saying the word perks you up. We love it so much that the majority of us wake up to its rich, inviting aroma each morning. From the second that hot coffee splashes into your cup, to the minute you feel the warmth of it in the palms of your hands—you take your first sip, and ah . . . it's good.

We love our coffee so much that we take it into the shower; it's with us while we're getting dressed; and we have a special place for our favorite coffee mug in our vehicle just so we can take it along with us wherever we go. There is nothing quite like the kick-start we get each morning from that first cup of coffee—or for that matter—the boost it gives us at any time. How we love coffee, but did you know that coffee loves us?

Coffee, in general, has been found to be the “new health food.” With all the controversy, over the past twenty-years, test after test has shown that coffee is actually good for us!

Most studies show that by drinking coffee on a regular basis throughout the day (and the more the better) the wonderfully roasted bean can actually lower/cut the risks of the following:

- Parkinson's Disease by up to 80%
- Colon Cancer by 25%
- Liver Cirrhosis by 80%
- Type 2 diabetes

Coffee has been found to be America's number one source of antioxidants. *Number one!* And the best news of all is that everyone can benefit from it: Decaffeinated coffee contains the same amount of antioxidants as caffeinated coffee. Antioxidants protect our bodies from toxic free radicals that can set us up for cancer, stroke, diabetes, and heart disease. So, drink your coffee; it's good for you.

Drinking coffee cuts the risk of gallstones. Heavy drinkers have a reduced risk of heart problems and liver disease. It can help manage asthma in the event of an emergency attack; it is mood lifting and can treat headaches; it can lower your risk of cavities due to the compound trigonelline; and it has been shown in studies with children who drink milk in their coffee, that it can even ward off depression!

A single dose of most over-the-counter pain relievers can contain around 120 milligrams of caffeine, which is equivalent to a one-cup serving of your favorite caffeinated coffee.

The evidence is very strong that regular coffee consumption reduces risk of Parkinson's disease and for that, it's directly related to caffeine. In fact, Parkinson's drugs are now being developed that contain derivatives of caffeine based on this evidence.

Coffee Enhances Athletic Performance?

For athletes, coffee has been shown to boost performance so well, that its consumption is monitored by the Olympic Games Committee and has been deemed as a “controlled substance.”

While you may or may not be training to become an Olympic athlete like Michael Phelps, or a Tour de France cyclist like Lance Armstrong, just think of that added thrust you will receive while drinking a totally natural plant-derived, *healthy cup of coffee*. You might be able to work that extra mile in today, or maybe you are training for a 5 or 10K? Coffee can help you build and maintain stamina whether you need it for a short burst of energy or as a pick-me-up during long workouts.

While it's true that the market is saturated with power drinks that are full of chemicals and additives, why would you want to drink one of those when all you need is right there in your coffee pot? You can even carry it along with you in your water bottle for added turbo-power when you need it. Just add some ice, and you're good to go!

Although the gloves do seem to be off regarding the health benefits of coffee, if you find yourself a “Shaky Sam” or “Jittery Jennifer” after too much caffeine, there may be an underlying health issue involved. If you

do have these certain health risks, don't worry, because you can still enjoy the wonderful taste and aroma of coffee. Check out the *Jim's Organic* line of coffee that is available in the bulk foods section at Life Grocery.

There are tons of great flavors to choose from along with delicious-tasting decaffeinated blends for those of you, like me, who can only tolerate *just so much* caffeine. I don't know about you, but two of those big honkin' cups that we drink from these days, full of caffeinated coffee + my favorite French vanilla creamer= big time heebie geebies for me!

Once you choose your favorite flavored coffee that Life has to offer, here are some tips on brewing:

Start by using the freshest, coldest water available. Filtered or bottled water is best; distilled water is not recommended. Brewed coffee is 98% water. Some tap water sources can contain sulfur or metallic-tasting elements and this equates to bad tasting water=bad tasting coffee.

Most coffee manufacturers will recommend a water-to-coffee ratio on their packaging. They have already done the research for the consumer, which takes any guesswork out of making the perfect cup of coffee.

Generally, the standard measurement for a single serving of coffee is one tablespoon of coffee per six ounces of water. However, each person has different tastes, so experiment and have fun with your coffee.

You may want to rethink your coffee storage habits if you have been storing it in the refrigerator or freezer. Coffee will absorb the many aromatic substances in your refrigerator or freezer. Some are pleasant, but most are not—such as onions, left-over pizza, tuna, or egg salad! Another reason not to store it there is that each time you remove your coffee from the freezer or refrigerator and expose it to the warmer air of that in your kitchen or workplace, this can cause moisture to form in what should be a dry, airtight environment for your coffee.

So, now that you know how healthy coffee can be, I'll see you at Life Grocery standing in front of the coffee; just don't sneak up on me—I may be wired!

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

Life Bits: Both Sides of the Story

By Kay Bird

Every piece of paper has two sides.

I pick up the brightly colored *Calendar of Events* for Life Grocery each month. Sometimes they are blank on the back, so I save them and use the backside when I need to write myself a *do-not-forget* note or record information that I want to be sure I don't misplace. Those vibrant colors are quick to find.

That's just one example. My mother saved every piece of paper that had any room on it at all for us kids to color on. Old greeting cards became cut-ups or the new beginning of a home-made card. After my dad died, we enjoyed rediscovering all those homemade cards they treasured so much.

Consider the family I read about who only recycled every piece of paper after it had been used on both sides. Some of their friends told them they were wasting their time, because those things don't do much good. But our kids are watching and they pass on what they learn. That particular Mom got a call from her son's

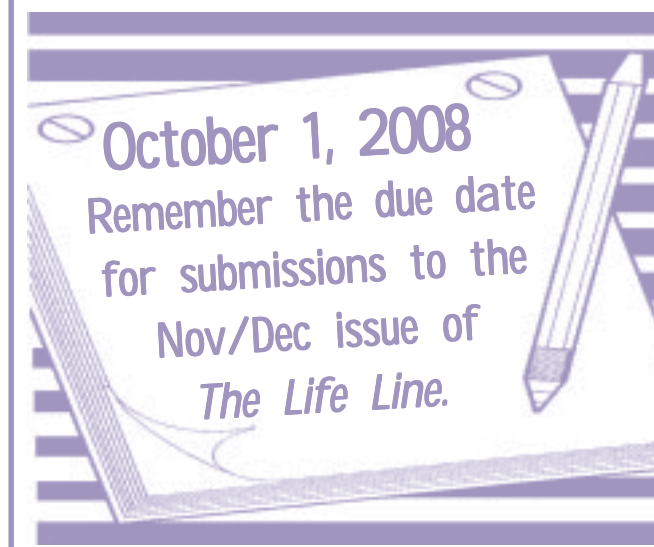
Classifieds

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MOVING SALE: raw food appliances (including Blendtec blender; Samson juicer), *Wellness S-III* water filter, wellness tools, camping equipment, musical instruments, pottery, books, etc. Request list of items and prices. KayLBird@msn.com.

RAW FOOD RESOURCE CENTER. Teaching raw foods seminars and classes each month. Contact [Jesse Andersen](mailto:Jesse.Andersen@RawFoodResourceCenter@gmail.com) at RawFoodResourceCenter@gmail.com.

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Creating What You Want continued from page 6

By walking into Life Grocery, you are taking action to make the health that you desire come into your life. Associate with healthy people. Go to the free lectures offered by Life to learn more. Enjoy the gift that Life Grocery has to offer and use it as a resource to bring what you want into your life.

Dr. Kimberly Strickland earned a doctorate degree in natural health from Clayton College of Natural Health in 2005. In 2007, she started Inspired Living with a partner. They created www.naturallivingresources.com, as well as www.inspirationboards.com, as a way to help people live healthy physical and mental lives. She is a stay-at-home mother to two boys.

teacher about the fact that he asked where to find the “second side paper.” After explaining to the class what his family did, the teacher and students started making sure they used both sides of every piece of paper before it went in the recycling box.

Did that practice spread to the homes of those young students? Good chance of it.

Does every little piece of paper really matter? Ask the trees, the air, the water, and your children's lungs.

[Editor's Note: Many years ago, my sister sent me a letter. I opened it and started to read about things and people who were foreign to me. I couldn't imagine what was going on until I realized that she had written on the backside of a letter that she had received. In light of this humorous lesson, I suggest that you write a big “X” on the original side of the paper to avoid confusion when using the backside.]

Keep it Simple

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

As the lazy days of summer have come to a close and the little ones have gone back to school, we don't want to get caught up in a hectic work/school schedule that leaves us with no time to eat delicious, healthy, gluten free foods. Even if we've spent our summer working our tails off and shuttling little ones around to this camp or that one, it's a good reminder to keep things simple. I've been keeping a stockpile of basic pantry essentials so that I always have things on hand for quick and easy meals to prepare at the last minute. I like to prepare large batches so that I can save leftovers for lunches and fast meals. I know as a celiac and a mom of a celiac kid, if I'm not prepared I run the risk of having a hungry kid (and hungry mom) and resorting to the same old things over and over again which can get boring.

I like to try to keep lots of quick options on hand for light snacking, cool lunches, and quick dinners so that I don't get caught with the dreaded "there is nothing to eat in the house and I'm hungry . . ." Some people say I'm obsessive-compulsive about keeping my pantry well stocked, but I can't help it. I actually caught a Rachel Ray show where she was talking about the same thing I do . . . keeping a stockpile of basic ingredients in your pantry that you continually replenish as you use them, and then just picking up your fresh produce, meats, and dairy as you need them. You'll want to stockpile your freezer with frozen vegetables and fruits, your pantry with things like canned vegetables of all varieties including canned tomatoes, beans, rice, gluten free pastas, dried seasonings, xanthan gum, cocoa powder, sugar, and boxed gluten free cereals. Basically, stockpile the shelf stable items that you use the most often and then add something new. Your variety comes in from how you combine the ingredients and what fresh ingredients you add to it. Don't be afraid of spices and different seasonings. Here are some quick and easy recipes to add to your repertoire. Enjoy!

Bagelwich

1 Kinnikinick sesame seed bagel, sliced and toasted
cream cheese or gluten free/dairy free substitute
avocado slices
bean sprouts

- Assemble bagelwich by putting all ingredients together like a sandwich.

Alicia's Salsa Pronto (slightly modified by me)

1 can (approx 14 ½ oz) of stewed tomatoes

¼ c onions, finely chopped

2 T fresh cilantro, chopped

2 t lemon juice

several large garlic cloves, minced

½ fresh jalapeno pepper, finely chopped

¼ t vinegar (I use apple cider or rice vinegar)

- Place tomatoes in blender. Process on low for just a few seconds to chop.
- Combine mixture with remaining ingredients in a mixing bowl.
- Let the salsa marinate for a couple of hours, if possible, before serving to let the flavors blend.
- Serve with tortilla chips. My favorite is Green Mountain Gringo corn strips.

Christina's Guacamole

4 ripe avocados

4-5 sprigs fresh cilantro, coarsely chopped

juice of ½ small lime

1½ t garlic salt

2½ t cumin

1 t chili powder

- Cut the avocado in half and remove pit. Cut in half again, peel, and put the meat in a large bowl.
- Add cilantro and lime juice.
- For smooth guacamole, mash with a potato masher. For a chunkier more hearty texture, mash with your hands.
- Once the avocado is mashed to desired texture and the cilantro is evenly mixed throughout, add

spices and mix with a spoon just until the spices are fully mixed together. Serve immediately.

Salmon Patties (my mom's recipe)

1 can Alaskan Salmon

3 eggs or equivalent egg replacer

1 c gluten free bread crumbs (I used Kinnikinick

Italian White Tapioca Rice Loaf crumbled in my food processor)

¼ c diced onion or ½ teaspoon onion powder

¼ t garlic powder (or more to your taste)

¼ t salt

¼ t pepper

olive or canola oil

- In a skillet, heat oil over a medium to medium low heat.
- Mix all ingredients well and form into small patties.
- Cook 5-7 minutes on each side until cooked through.

Roasted Vegetable Pasta

1 medium zucchini, diced

1 red or yellow bell pepper, diced

1 large onion, thinly sliced

1 T olive oil

salt and fresh ground pepper to taste

2 large tomatoes, chopped

¼ c fresh basil, chopped

2 cloves garlic, minced

8 oz gluten free spaghetti or fettuccini (I prefer Tinkyada)

½ c parmesan cheese

- Preheat oven to 450° F.
- Put a large pot of water on to boil.
- In a large roasting pan or baking sheet with sides, toss zucchini, bell pepper, and onion with oil. Season with salt and pepper.
- Roast vegetables, stirring every 5 minutes, until tender and browned, about 5 or 10 minutes.
- Meanwhile, in a large bowl, combine tomatoes, basil, and garlic. Season with salt and pepper.
- Cook pasta in boiling water until al dente.
- Drain and transfer to the bowl with the tomatoes.
- Add roasted vegetables and toss well. Add additional salt and pepper if desired. Sprinkle with Parmesan cheese.

Quick Applesauce Muffins makes 12 muffins

2 c of *The Gluten Free Pantry's Quick Mix*

¼ c cane sugar

1 t cinnamon

1 c applesauce

¼ c milk or non dairy substitute

1 egg or equivalent egg replacer

2 t cooking oil

Topping:

¼ c cane sugar

¼ t cinnamon

2 T butter or equivalent non dairy spread, melted

- Preheat oven to 350° F.
- Combine Quick Mix, sugar, and cinnamon.
- Add applesauce, milk, egg, and oil. Beat vigorously until blended, about 30 seconds.
- Fill greased muffin pans 2/3 full and bake 12-15 minutes or until lightly brown on top and firm to the touch.
- Cool slightly and remove from pans.
- Mix remaining sugar and cinnamon.
- Dip tops of muffins in melted butter, then in cinnamon sugar.

Nisla Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or magicckhand@gmail.com.

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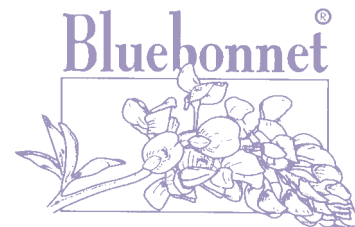
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