

georgetown market

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natural foods

Eat Better, Live Well, Feel Your Best

Make the “Friendly Skies” Healthier

If you’ve booked a flight for some fun summer travel, consider adopting the following preventive practices, courtesy of Jane Brody, renowned food columnist for the New York Times:

- Get lots of rest in the days leading up to your flight
- Immediately before your flight, take echinacea and 1,000 mg. of vitamin C
- During your flight, drink lots of water and avoid alcohol and caffeine
- Wash your hand frequently, especially after using an airline touch screen

Glycemic Index & Glycemic Load: What Do They Really Mean?

From Oregon State University’s Linus Pauling Institute:

Glycemic Index compares the potential of foods containing the same amount of carbohydrate to raise blood glucose (that is, how *quickly* a food raises blood sugar). The **Glycemic Load** of a food is calculated by multiplying the glycemic index by the amount of carbohydrate in grams provided by a food and dividing the total by 100 (that is, how *much* a food raises blood sugar). Strategies for lowering **dietary glycemic load** (the sum of the glycemic loads for *all* foods consumed in the diet):

- Increase consumption of whole grains, nuts, and legumes
- Decrease consumption of starchy foods like potatoes, white rice and white bread
- Decrease consumption of sugary foods such as cookies, cakes, candy, and soft drinks

For a comprehensive GI list of your favorite foods, visit www.glycemicindex.com

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, June 8th

Happy Father's Day

Here’s an easy and tasty marinade for Dad’s special day . . .

Easy Grilled Chicken

- 1 envelope Italian Dressing Mix
- 2 Tbsp. firmly packed brown sugar
- 2 Tbsp. oil
- 2 Tbsp. soy sauce
- 1 tsp. ground cinnamon
- 1 tsp. ground thyme
- 1/2 tsp. ground red pepper (cayenne)
- 2-1/2 lb. Bell and Evans chicken pieces (read all about ‘em on page 2!)

MIX all ingredients except chicken in large shallow dish until well blended.

ADD chicken; turn over to evenly coat both sides. Cover and refrigerate 1 hour to marinate. Drain; discard marinade.

PREHEAT greased grill to medium heat. Grill chicken 40 to 45 minutes or until cooked through, turning frequently.

They’ve Got Your Number

Sunscreen manufacturers, that is. As a marketing ploy, many of them are producing sunscreens with *triple-digit* SPF’s. Don’t get caught up in the numbers game!

Many skin care experts worry that sky-high SPF’s will render the concept meaningless. The average fair-skinned individual is protected with an SPF between 15 and 30. Just remember to reapply as needed.



From Rick's Desk...

Wanted: Another Chance for Better Energy!

In the March newsletter I offered a trial bottle of Pure Essence Labs **Energy Plus** to one lucky customer to see if it would improve energy and stamina. The recipient was Megan Ryan, and after using the product for a month she was very impressed with the results: "The energy this product gave me was not one that left me jittery like other energy supplements. It calmed me down so that I could organize my tasks better and not expend energy on needless worry." She also said she felt happier, her house was cleaner (more energy!), she was able to focus better, and her skin started to clear up after only two weeks. She said she will definitely use this product again!

Pure Essence has provided **4 more bottles** to volunteers who want to give this safe energy supplement a 30-day trial, at no cost. If you are in relatively good health, eat well and are physically active but experiencing fatigue, or just plain tired all the time, please contact me at rick@georgetownmarket.com and tell me why you should receive a free bottle of **Energy Plus!**

New Fresh-Frozen Live Green Superfood

We recently started carrying a product called **E3 Live** that is a unique green superfood. This is a very nutrient-dense raw and organic food that has the potential to improve your health and well-being. Rather than list all the benefits, I suggest you come into the store and pick up a free CD to learn all about this phenomenal superfood. We sell it frozen in a 16.2 ounce bottle for only \$29.99. Thaw it and use within 10 days for best results. A booklet is available, too, in our Natural Living department so be sure to ask for assistance.

Looking for a Few Great Questions!

Beginning next month, Rick will be periodically featuring a natural health related question from one of *you*—our dedicated shoppers and readers. To participate, simply send an email to rick@georgetown.com (with "Ask Rick" in the subject line). If your question is chosen, you will receive a \$5 Georgetown Market gift certificate!

Bell and Evans Chickens Are Here!

They're fresh, they're tasty . . . Bell and Evans chickens are antibiotic/hormone free, fed an all vegetable diet, and raised in a "free-to-roam" facility (not technically free-range because they are kept indoors).

Bell and Evans' slow "air chill" process is more effective in tenderizing the meat and retaining the bird's natural juices. This process is also more environmentally friendly, as it saves tens of thousands of gallons of water and allows the company to use recyclable and reusable shipping containers!

Look for chicken drums, boneless/skinless breasts and thighs, and split breasts in our refrigerator section. We think you'll love 'em!

Rick's Pick:

"Ahi (yellowfin) Tuna, which we sell frozen. You get 12oz for only \$5.69, a great price for a high quality fish. I've eaten it a number of times and just love it."

Raw Food Support Group
(aka Indy Raw-volution)

June 2nd, 16th and 30th
(every other Tuesday)

Don't miss the
Raw Food Pitch-In on the 16th!

6:00 p.m.
Georgetown Market Community Room
For more information:
Pamela@goodworkswellness.com

The information provided in this newsletter has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. It is not a substitute for the advice of a qualified health care practitioner.