

My “Working It In” Workout

By Linda Townsend

The first of the year has come and gone. We have gone from the indulgent holiday feasting to the leftovers and I am not referring to food. Thankfully, it is winter so that layering clothing can be our excuse for the extra bulk that is hiding what is really a bit more of us underneath. My Australian friend does not have this advantage with Christmas and New Year’s Day being in mid-summer with beach parties.

Even though it is not swimsuit weather here, we have this annual phenomenon of planning to get into shape and improving health with well-meaning efforts of buying exercise equipment and paying gym membership fees. It seems that nearly everyone makes resolutions about losing weight, exercising more, and eating better, but these resolutions are hardly ever kept. My husband used to co-own a gym and after the first of the year there would be an influx of new memberships, but by mid-February, only a few of those new members would be seen at the gym.

Adding regular exercise to one’s lifestyle has several strikes against it, but the greatest obstacle is that people, by nature, take the path of least resistance whenever possible. Exercising is a path of greater resistance, both mentally and physically. Assuming that one is physically able to exercise, the mental excuses fall into three main categories: lack of purpose, lack of commitment, and lack of time.

A Stay With It Purpose

Whether you have been toying with the idea of exercising or are determined to add an exercise program to your lifestyle from now on, you need to have a purpose for it that will override your mental objections and excuses, and you already know what they will be. Your purpose is your drive, your ambition, and your “I will do this because....”

How To Do It Commitment

After you have a purpose, you need a doable plan that is not going to end up as another mental excuse. A workout done properly should feel like work and make you feel a bit of fatigue afterward. Doing the fun things can be just as tiring as an undesirable duty, the only difference is your attitude, so look for ways to make exercising engaging and enjoyable for you.

Make The Most Of Time

My aunt has this saying that no matter how rich or poor a person is, he has the same amount of time as everyone else. Time is a finite commodity given to all equally, but usually poorly managed by most. It is not how much or little time we have that is the problem, but what we do with it, because time gets used up at the same rate whether we are actively involved with the management of it or not. (When have you regretted using time productively?)

How this will work for you is that you make it work for you; you tailor it so that it fits you, being open to changing it as necessary. My husband is no longer competing in bodybuilding, so he does not need to exercise the same as he did then; he now has a more physically demanding job, so most of his workout is done while he is working. His purpose and commitment for working out has changed, but he still works it into his time.

I, on the other hand, am a homeschooling parent, so I do not have the benefit of a laborious job to make me work out and my body can easily show that path of least resistance (more sitting than exercising). For over a year, I volunteered at a 4-H horse barn once a week, which required lifting bags of feed that were more than a third of my body weight, shoveling manure, sweeping the barn, as well as grooming, training, and riding horses. It was a workout and I came home quite fatigued. On the weekends, I would also do heavy gardening. I was as muscular doing those things as I had ever been working out at a gym, and it was far more fulfilling because I accomplished things.

My purpose for working out changed from that experience. I now find ways to work in my workout while performing household chores which make me smile with satisfaction when I look over the results. There are the lawn, garden, deck, porch, and outside windows workouts on good weather days. It requires bending, lifting, pulling, pushing, shoveling, raking, and more. On bad weather days, the workout goes inside. Using the least amount of synthetic chemicals and making the most of using elbow grease, as my grandpa called it, I like to deep clean the inside of my entire home, top to bottom, from one room to the next, twice a year. It requires going up and down a step ladder (while tightening those gluts), stretching, and large arm movements to wash the walls. I can also add leg lifts as I clean out lower cabinets and crunches as I hand scrub the floor. My commitment is to look for ways to add resistance so that housework is my workout.

My resolution this year is that the appearance of my home should reflect the state of my health and my commitment to being in shape. There is something about preparing to work out on equipment while walking past a pile of laundry and missing the workout potential right there. I could just as easily bend over in a stretch to pick up the laundry several times, as bend down to touch my toes or lift free weights resulting in me being too fatigued to pick up the laundry that is still cluttering my living space.

If you feel you have no time to work out, maybe you can try to work it into the things you have to do, like simply stretching out a little more when you vacuum. Lunge by stepping out having your knees directly above your ankles, back straight, and abs tight while picking up something from the floor. Use large sweeping arm movements whenever you clean or fold laundry and stretch whenever you can, even while just watching TV. Turn on the tunes and add some dance moves for additional calorie burning and fun while dusting or organizing. Donning sweats in my house means there will be a workout where something (besides me) looks better and it does not have to be an all-day thing; just pick a spot you have been meaning to get to and give it a serious 15 to 30 minute deep cleaning or organizing. I have found that a few days a week can make a big difference in the look of my home and my attitude, as well as my waistline. This truly is a productive and encouraging workout that I am learning to work into my lifestyle more and more, and maybe you can too.

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Wellness Tool Kit

By Kim Strickland, ND

At this time of year it becomes more important to mind basic rules of cleanliness to prevent the spread of germs. This includes washing hands and minimizing contact with people who are known to be sick. If you are a parent, please do not send your children to school, church, library story time, or playdates when they are congested, coughing, or just generally not feeling well. This just spreads the germs and does not help your own children. A good rule of thumb following a fever is to keep your children home one day for each day they had a fever. As an adult, it is important not to spread yourself too thin. Take time to rest, relax, and decompress.

What do you do when you or your family members are not well? For almost twenty years I have relied upon natural remedies with success. We have had croup, chicken pox, and the flu, just to mention a few, and have not resorted to antibiotics or over the counter medications. It is important to support the body when you are experiencing an acute illness.

Supporting the body means helping the body do what it is trying to do rather than suppressing its action. Many times when we have mucus the reaction is to take a decongestant. The body is attempting to rid itself of mucus by bringing it up and the decongestant goes against this action. Instead, I recommend taking mullein, thyme, hyssop, fenugreek, and chickweed. All of these herbs support the body in getting rid of excess mucus. Eucalyptus oil can be a powerful way to bring up mucus. Boil some water and put a few drops of the oil in the pot. Quickly put your head over it and drape a towel over both to keep the steam in. Breathe deeply and get ready to start blowing your nose! You can also put a few drops of eucalyptus in the humidifier.

Another way to support the body is to strengthen the immune system. Astragalus works well to do this, but it is only recommended when you are well. When you have an acute illness, use echinacea instead. Elderberries and elder flowers are powerful enhancers of the immune

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Poison is an 80's Band, Not A Healthy Lifestyle

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

Excerpt from Dr. Joe Esposito's upcoming book, "Dr. Joe's 3 Healthy Habits"

Amazingly healthy people understand that Poison is music you should listen to, not what you should be doing to your body. Your first step to maximizing your health is to stop poisoning yourself. What do I mean by "poisoning yourself?" I mean you have to stop putting the things in your body that short-circuit your energy, your vitality, and your ability to fight off disease, illness, and aging.

Imagine if there was a secret formula to get well and stay well. Would you want to know what it is? Would it be worth \$1000? \$10,000? \$100,000? Here is the plan that has worked for me, my family, and tens of thousands of my patients.

There are three healthy habits we must have in order to obtain and maintain great health. Notice I didn't just say good health. These three healthy habits are:

- *Repairing and maintaining a normally functioning nervous system*
- *Repairing and maintaining a normally functioning digestive system*
- *Following a good nutrition plan.*

I know that many of you are not familiar with what's involved with the steps of these three habits. That's what this book is all about.

These days, there's so much information available that people are completely overwhelmed and confused, and don't know who to trust. My goal in writing this book is to teach you how to understand how your body works so that you can use it as a tool to have an amazing life.

As a practicing nutritionist and chiropractor, I've heard too many patients say to me, "Dr. Joe, if I'd only known this sooner, I could have saved myself years of pain and suffering."

Don't stop reading now. An amazing, healthy life awaits you. Sometimes it only involves a few small changes. I am here to help guide you down the road to the energetic, exciting life you've always wanted.

Healthy Habit #1 The Nervous System

The first of my 3 Healthy Habits involves ensuring that your nervous system is working correctly.

Your nervous system is your first defense against poisoning your own body. As I mentioned earlier, problems with your nervous system short-circuit your energy, vitality, and your ability to fight off disease, illness, and aging which equals one thing—your body is being poisoned.

Let good ol' Dr. Joe explain this one for you:

The brain sends messages down the spine, out to the nerves to every cell in your body. There are about 80 trillion cells in your body. Every single cell is controlled by the nervous system.

So, if you have a bone in the spine out of place pinching a nerve, if you have a muscle spasm, if one of your hips is higher than the other one, or if your spine is twisted, for example, that could mean that you're blocking

the messages from the brain to the body. You HAVE to make sure that's working.

There are some simple tests you can do to see if you have nerve interference. The easiest test is to ask yourself: "Do I have back or neck pain?"

If you do, you have an irritated nerve. The best thing for this condition is to find out what is irritating the nerve and fix or repair it.

By far, the most common cause of back pain is a bone in the spine that has moved out of alignment—this one simple issue which can usually be resolved through the painless work of a chiropractor. I am stunned at the number of people who live their lives consumed with back and neck pain and sometimes proceed to needless back surgeries with huge life-changing negative outcomes without ever thinking to consult with a chiropractor. When people who ARE aware of chiropractors consider their work, the first thought is usually the fact that chiropractors are synonymous with a resolution of some sort of back or neck pain.

Pain, as an indicator of a problem, is sometimes a good gauge of the need for help for your nervous system. However, about 80% of your nerves don't cause pain.

For example, there is a nerve that goes to your pancreas, but you don't feel your pancreas working or not working correctly. There are nerves that go to your heart, lungs, liver, spleen, colon, gallbladder, toe nails, and all of your other body parts and organs. If you don't experience sensations when these organs are working correctly, you also may not feel pain when they don't work.

Eventually, however, you may experience some symptoms from these organs not working correctly, but sometimes that's not until the later stages of malfunction, when it might be too late to correct or repair damage.

A qualified practitioner can test the nerves that don't feel pain. So why risk it? Get a chiropractor to check you out.

Another test you can do to check to see if your nervous system is working properly is just look in the mirror. Is one ear, shoulder, or hip higher than the other? This can be an indication that there is an imbalance that can be putting pressure on nerves and blocking those critical messages from the brain to the rest of the body.

Healthy Habit #2 and Healthy Habit #3 will be discussed in upcoming issues of *The Life Line*.

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

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Wellness Tool Kit

system. I make tea from them, but they are also available in tincture form. Garlic, especially raw, can boost the immune function. At the first sign of dis-ease, I have been known to chop a clove of garlic and swallow it with a swig of water.

When your immune system is not at its best, it can often be difficult to sleep, just when you need it most. I keep valerian tincture on hand for these times. A dropperful and I rest more soundly. Skullcap also aids in sleep, as does oatstraw and

chamomile. Lavendar essential oil can be used in a hot bath prior to bed to relax you.

Life Grocery carries products with these herbs and essential oils in them. Next time you are in the store, why not pick up a couple to have on hand? I much prefer having what I need on hand than having to run to the store when I am not feeling well. I hope you stay well, enjoy the cool, crisp air that

The Life Line
is a bi-monthly
publication of



Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sun 11 am-4 pm
Sunday	11am-6pm	

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

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winter brings, and take care of yourself when you are not feeling your best. Here's to good health!

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

Positive Change Is Good

By Brenda Cobb

Change is inevitable and a way we can evolve and become better. It takes effort to make positive changes and is up to us to take action if we want good results.

Is there something you'd like to accomplish, but you just haven't been able to take the steps to get there because those same old excuses keep coming up? "There is never enough time." "I'll get to it tomorrow." "I'm too busy." Are you always putting that exercise, massage, eating better, or a long hot bath on the back burner?

If you are feeling so overwhelmed with everything that's going on in your life that you've found yourself procrastinating about taking care of you, your body, your mind, and your spirit, there's no time like the present to make a positive change. When you stop long enough to take care of yourself, you'll find that everything in your life improves.

If you want to accomplish more, you're going to need more physical energy. A tired, stressed out body is prone to more illness. If you're sick, you don't feel like doing much of anything including making positive changes and accomplishing your goals. Exercise can give you more energy, so even if you feel "too tired to exercise" make yourself take a walk, go for a swim, ride a bicycle, or get yourself to the gym. It might take some extra effort to get the exercise going, but once you've done it you will feel energized and proud of yourself for making it happen. Schedule exercise and put it on your calendar like any other important appointment.

It may seem impossible at times to make time to do the things that are most important to you. It may even

seem too difficult to change your habits, stop eating junk food, and eat more fresh fruits and vegetables, but if you believe the benefits are worth it that can help motivate you to take action. If you'd rather eat cookies than fruit or pizza rather than a salad, you're probably like most of us who eat out of habit or because we're addicted to the way the food tastes. Your health is one of the most important things you have and it's important to take good care of it. Poor eating habits can lead to poor health which impacts everything about your life. If you don't feel good, you can't enjoy life to the fullest.

You can take your power back right now; become free of addictions to food, alcohol, drugs, and cigarettes. You can make positive changes if you really want to. To help you on your quest for a better life it is important to have support. Become educated about health and well-being. Get involved with others who have similar goals to yours. Get a buddy and encourage each other to eat better and exercise every day. It's more fun when you do things with other people; having another person watching your progress often helps you stay on track.

An old habit can be broken and a new one put in its place when you're motivated. Set your goals, write them down, make a plan, and become responsible. It takes effort but it's worth it. No one cares about you and your health the way you do. Don't wait until you are diagnosed with a serious disease to make changes. There's no time like the present to take better care of you. Prevention is the best care of all. You are the only one who can make positive changes in your life. It's all up to you, and

remember, you're worth it! Eat more organic food. Drink more filtered alkaline water. Use more organic skin and body care products. Prepare more quick and easy recipes like this easy smoothie and save time for your exercise routine.

Cucumber Tomato Herb Smoothie

2 c cucumbers
2 c tomatoes
1 c celery
½ c red bell pepper
1 T fresh garlic
1 t fresh mint
1 t fresh oregano
1 T fresh squeezed lemon juice
1 t Himalayan salt
1 c alkaline water

- Blend everything in a Vita-Mix or other high speed blending machine and enjoy!

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation, and Cleansing Therapies. For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.

Wonderful Winter Veggies

By Susan Esposito, DC, DACNB, FABES, FACFN

As we commence yet another year with galvanized determination to eat healthy, I thought I would suggest four of the best winter vegetables that have recently been highlighted in an article on eatingwell.com to add to your daily menus.

Best Winter Vegetable #1: Brussels Sprouts

To prepare :

- Remove the outer layer of leaves, trim the stems, and toss with olive oil and sea salt.
- Place them on a baking sheet and roast at 425 degrees F until they're nicely browned.

According to whfoods.com:

Brussels sprouts can provide you with some special cholesterol-lowering benefits if you will use a steaming method when cooking them. The fiber-related components in Brussels sprouts do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw Brussels sprouts still have cholesterol-lowering ability — just not as much as steamed Brussels sprouts. Brussels sprouts may have unique health benefits in the area of DNA protection. A recent study has shown improved stability of DNA inside of our white blood cells after daily consumption of Brussels sprouts in the amount of 1.25 cups.

Best Winter Vegetable #2: Leeks

Potato leek soup is popular in the winter, but you can also finely slice leeks and add them to omelets, salads, and rice.

Leeks, like garlic and onions, belong to a vegetable family called the allium vegetables. Since leeks are related to garlic and onions, they contain many of the same beneficial compounds found in these well-researched, health-promoting vegetables. They can provide cardiovascular support by protecting blood vessel linings and they are high in folate, a B complex vitamin, that helps to keep homocysteine at normal levels.

Best Winter Vegetable #3: Beets

- Wrap one or two beets in foil and bake them in a 350 degrees F oven for an hour or until they're cooked through.
- Then cut them into cubes to toss into a salad of greens and crumbled goat cheese.
- Add a drizzle of walnut oil.

According to fullcircle.com:

Beets have been reported to help your mental health. Beets contain betaine, the same substance that is used in certain treatments of depression. It also contains tryptophan, which relaxes the mind and creates a sense of well-being, similar to chocolate. Beets can also lower your blood pressure. So if you're already steamed about not eating beets, you can get a two-fer by diving into them right away. Beets are used as a stomach acid tester. How in the world does that work? Glad you asked. If you are eating a lot of beets or beet juice, and your pee turns pink, guess what? You have low stomach acid. Pee still clear? Ratchet it up and get juicing (use the greens too)! Nutritionists use beets and beet juice to test stomach acid levels, so stay ahead of the curve by adding beets to your diet now.

Best Winter Vegetable #4: Kale

Kale tends to have a bitter taste, so to make it more palatable: gently sauté it with olive oil, balsamic vinegar, chopped garlic, and pine nuts; massage it with avocados, shredded carrots, lemon juice, and raisins; or create dehydrated kale chips with your choice of flavors

According to mindbodygreen.com:

Kale is high in iron. Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more. Kale is high in Vitamin K. Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and the prevention of blood clotting. Also, increased levels of vitamin K can help people suffering from Alzheimer's disease. Kale is filled with powerful antioxidants. Antioxidants, such as carotenoids and flavonoids help protect against various cancers. Kale is a great anti-inflammatory food. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help fight against arthritis, asthma, and autoimmune disorders. Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels. Kale is high in Vitamin A. Vitamin A is great for your vision and your skin, and helps to prevent lung and oral cavity cancers. Kale is high in Vitamin C. This is very helpful for your immune system, your metabolism, and your hydration. Kale is also high in calcium.

References:

<http://www.eatingwell.com>; <http://eatthis.menshealth.com>; www.whfoods.com; <http://www.mindbodygreen.com>; <http://yogakat.hubpages.com>; www.fullcircle.com

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

Chi Gong for Life

By Dr. Kal Sellers DC, MH

Chi Gong is a meditative exercise from ancient Oriental medicine and philosophy. It balances the nervous system, heals the body, restores proper nutrition, revitalizes damaged, exhausted, or depleted organs, and results in a more peaceful, balanced life. In this article, we will discuss chi gong historically and generically, as well as a few forms specifically.

Chi gong is thousands of years old... at least three thousand years. The story is that Chinese physicians, who were generally also monks, developed chi gong to keep the common people out of their offices! In that system of medicine, the physicians were paid based on the population, but they were not paid anything additional if someone was sick. They were required to take care of the sick person by law. These physicians/monks, wanted to spend their time meditating and cultivating themselves. They did not want to see patients. Chi gong was the result.

Chi gong is very much like giving yourself an acupuncture treatment every day. The exercises are simple and usually pretty easy. The old and young, sick and well can do them. Eventually, every province, and probably every village, in China had their own form of chi gong. It spread to Japan and Korea where more active, aerobic forms of chi gong (often called Qi Gong) emerged. Today there are thousands, maybe tens of thousands, of different forms of chi gong.

To understand chi gong (which may be written ki/chi/qi and gong/kong), you have to understand chi, damaged chi, why people have "accidents," and autonomic nervous system balance.

Let's begin with chi. Chi is life energy or vital energy. It is a pure energy (before the existence of electrons or any other measurable part of matter). We can measure where it has been, but we cannot as of yet measure chi itself. Chi is present everywhere that there is order and organization. It is inherently organizing for the expression of all of creation and life itself. There are channels of chi and points where chi meets the surface and can be affected in some way. These cover the body. If you have had acupuncture, you have had someone assess your chi and then treat you based on chi imbalances.

Blood and its behaviors is a good way to assess chi. This is what is done when an acupuncturist takes your pulse. Chi can also be felt and some sensitive people will be able to feel its influence and determine where there is a problem and of what type.

This leads us to the next point.

Let us discuss damaged chi. Chi is not good or bad, it just is. It can be damaged by what are called pernicious influences. These include stress, wrong diet, cold, wind, moisture (or lack of it), strong emotions, overindulgence, toxicity, etc. Chi can become stagnant, deficient, excess or damaged and altered in some way, such as becoming turbulent or inconsistent. When chi is damaged, disease is certain to follow in some part of life, body, psychology, or emotions.

Damaged chi can be governed or controlled, and, thereby, healed or damaged by the twelve governing organs, which correspond to the five elements. There are two organs for each element, except fire, which has four. Many approaches to restoring that energy and healing those organs exist.

Chi gong could be described as an art form of movement scientifically calculated to establish

appropriate flow of energy; of appropriate quality through all the vital organs and throughout the body day after day by practicing it at home. The movements and meditations are typically simple and do not take very long. The regular practice protects and heals the body in a profound and real way.

Next we will discuss why people have accidents. In Chinese philosophy, there are no accidents. Instead, energy imbalances or corrupt chi will attract accidents to the end that the chi be stimulated or at least the problem is communicated. The problem is we are not aware enough to recognize what is really going on. When chi is balanced and healthy, the person does not attract accidents, but rather attracts harmony, growth, and peace. Chi gong, in order to effectively keep the common person out of the physician's office, had to include protection against accidents and increased awareness.

Now let us discuss autonomic nervous system balance. The autonomic nervous system is the automatic nervous system. It is what runs everything you do not have to think about. It is divided for convenience into two sides or categories. These are antagonistic at the level of each one's activity suppresses the other's activity. They are called "sympathetic" and "parasympathetic."

Sympathetic stimulation is in the form of fight and flight or hurry and worry. Parasympathetic stimulation is in the form of relax, rest, digest, and all is well. These environmental factors will produce a sympathetic or parasympathetic response, but they are not the subject of discussion right now. Rather, we want to focus on the general tendency of a person to settle into parasympathetic dominance physiologically, or sympathetic dominance physiologically.

The sympathetic dominant has good circulation to the brain, high adrenal and thyroid function, and is generally alert, focused, and more or less unaware peripherally. That person also is prone to toxicity, constipation, and poor digestion. They are more likely to sleep less and be anxious. Sympathetic individuals are the ones that get full blown autoimmune disease (except MS) and solid state cancers, such as breast, lung, prostate, kidney, etc.

The parasympathetic dominant is depressive, has low thyroid and adrenal function, holds on to excess weight and has poor circulation to the brain. This person has relatively good digestion and elimination, but is prone to allergies and food sensitivities. This person gets tired easily and when their brain is tired they may snap easily, be fearful or hypersensitive, and can feel and respond badly. This person is very much aware and sensitive to the world around him or her, seen or unseen. They tend to have lower circulation to the brain and so do not perform quite as well at any time. These individuals get allergies and inflammation, unstable tissues, viral infections, obesity, and cancers such as lymphoma and leukemia. They also get MS. They are often miserable with sub-clinical symptoms that no one seems to be able to diagnose.

We have dietary and herbal approaches, as well as exercise and lifestyle modification, for the person who is significantly off balance one way or the other. The most valuable single key to balance in these systems, however, is chi gong. Chi gong restores balance and allows the person to begin to heal over a period of time. It is valuable for either type.

Specific forms of chi gong can be a hot discussion. Chi Lel, 8 Pieces of Brocade, and the 12 nerve exercises are all forms taught by the author. These are Chinese forms and are meditative and relaxing, unlike their Japanese and Korean counterparts, which are stimulating and vigorous. Chi Lel is the favored form of the author. Chi Lel takes about 20 minutes per day to practice and takes about two weeks to significantly alter physiology. Regular, daily practice over years will gradually, steadily enhance the effects of each practice. Aging slows, digestion improves, autonomic nervous system balance reappears.

Many online sources, as well as local classes, exist in any given area. The author teaches his forms weekly, twice every Monday, Tuesday, and Wednesday. Such classes are almost always available; where they are not, they are available online.

Chi gong is the cheapest and most effective form of medicine available. It is simple, relaxing, and enjoyable to perform. Awareness is enhanced, injuries are reduced, healing is accelerated, digestion is improved and every body process gradually and steadily improves. That is not to say it is the only thing that matters, but it is the biggest and best tool to add to the toolbox of health and healing.

Dr. Kal Sellers, DC, MH, has a practice in Marietta and one in Wyoming where he lives full time. He is available to teach classes when he travels and also sees patients for Chiropractic, Rolting, Massage, Reflexology, Chi Gong sessions, and herbal and nutritional healing. For further information, call him at 307-413-9664 or visit his website at HolisticChiro.org.



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Life Savings



• **Wild Rose Cleanse**
kit \$24.99

• **Raw Fit**
16 oz \$31.99

• **Raw Fit Marley Coffee**
16 oz \$31.99



**Coenzyme B
Complex
Advanced**

60 vcaps \$22.99

120 vcaps \$35.99



• **Echinamide Syrup**
5 oz \$12.99

• **Anti-V Formula**
1.7 oz \$12.99

60 soft gels \$14.99



All Garlic Formulas

*Aged garlic extract helps
support cardiovascular health*

20% off



Yerba Mate

1 lb loose

- Holy Mate
- Yerba Mate
- Rooibos

\$9.99

24 bags \$4.29



madécasse

MADAGASCAR

Vanilla Extract

4 oz \$7.99

8 oz \$13.99



LOTUS FOODS RICE IS LIFE

All Heat & Serve Bowls

NEW!

- Forbidden
- Brown Jasmine
- Volcano

- All Bagged Rice 15 oz

20% 7.4 oz



Once Again

We spread integrity.™

- Almond Butter
- Peanut Butter
- Cashew Butter

- Sunflower Butter
- Sesame Tahini 16 oz

25%



THUNDERBIRD energetics

NEW!

Raw Bars

- Sweet Lemon Rain Dance
- Almond Cookie Pow Wow
- Cherry Walnut Crunch

- Cashew Fig Carrot
- Cacao Hemp Walnut
- Hyper Hawaiian Crunch 1.7 oz

\$1.99



- Unsweetened
- Vanilla Sweetened
- Unsweetened Vanilla

NEW!

Quinoa Drink

32 oz

\$3.29



Choice ORGANIC TEAS

NEW!

- Breathing Space
- Energy Boost
- Mental Focus
- Easy Digest

- Rest Assured
- Simply Detox
- Throat Cozy
- Regularity 16 bags

\$2.99



- Crackers
- Crisps
- Chips

20%

off

3.5-4.5 oz



- Blueberry
- Caramel
- Chocolate
- Strawberry

10.6 oz

Dessert Sauce

\$3.59



Flavororganics THE ORGANIC WAY TO FLAVOR YOUR WORLD

Extract 2-8 oz

Syrup 8.5 oz

15%

off



All NatraCare Products

20% off

VITA LOGIC

Vitamins that make sense

- **Blood Pressure Formula**
90 tabs \$18.99
- **Blood Sugar Formula**
90 vcaps.....\$14.99
- **Blast B12**
60 tabs \$19.99



All 32 oz Aloe Vera

25% off

Jarrow FORMULAS

- **Jarro-Dophilus + FOS**
200 caps \$22.99
- **Alpha Lipoic 300 mg**
60 tabs.....\$19.99
- **PS 100**
60 caps\$21.99

LifeExtension®

Entire Line

20% off

VIBRANT HEALTH®

- **Vibrant Cleanse**
12 oz\$32.99
- **Vibrant Cleanse**
15 packets....\$21.99
- **Maximum Vibrance**
24 oz.\$55.99



Aromatherapy Diffuser

\$35.99



Entire Revitalizing Line

20% off



PH Quintessence

90 vcaps

\$27.99

MegaFood.

- **Extinguish**
60 tabs\$23.19
- **Megaflora**
60 caps\$34.99
- **Vitamin C**
60 tabs \$22.99

Bluebonnet

All B Vitamins

20% off



All Udo's Probiotics

25% off



All Products

20% off



All Ultimate Omega Formulas

25% off



- **Adrenal Tonic**
4 oz\$19.99
- **Immune Tonic**
4 oz\$19.99