

## Walk the Plank for Excellent Health

By Jesse Andersen

What would it take for you to WALK THE PLANK? When you think about “walking the plank,” images of pirates, the sound of “arrrrrrr,” and sharks swirling in the ocean deep come to mind, don’t they? But today, I want to talk about how it relates to your health. Stay with me, I promise it will all begin to make sense.

Several years back, when my work life existed in the corporate world, I was very fortunate to be invited to attend Stephen Covey’s “7 Habits of Highly Effective People” training. I had read the book and was quite excited to attend the week-long program. One of the things we talked about was what we were willing to “walk the plank” for.

Here’s how the scenario was laid out: Imagine a 25 foot long, 12 inches wide, and 2 inches thick solid wood plank. Imagine that the plank is laying flat on the ground; you are standing at one end, and at the other end is a twenty dollar bill. Will you walk the plank for the prize? Of course you would. No big deal. Now imagine that the plank is lifted up 8 feet into the air, supported by stacked concrete on both ends. You are at one end and there is a \$100 dollar bill at the other end. Would you “walk the plank?” I’m going to. Not too tough. Even though you notice this time that the board sags a little as you get towards the middle and it springs up and down, you walk carefully across the 25-foot length to the other side.

With \$120 bucks in your pocket, the 25 foot long, 12 inches wide, and 2 inches thick solid wood plank, is raised up and anchored between 2 buildings. The buildings are 25 stories tall, 300 feet in the air, and your “plank” is suspended between the two penthouse balconies. You are standing at one end, and there is \$1,000 dollars for you, for free, at the other end. You going? Nope, not me either. Now there is \$100,000 dollars. You look down and cars are the size of ladybugs. There is a slight breeze blowing your hair, and as you consider it, the pile of money increases to a million dollars. Your heart is beating so fast, you want to do it, but the risk is too great. Now you look up, and your two-year old daughter has crawled out about 4 feet onto the plank at the other end. I know, I’m going too.

So back to my question: What will you “walk the plank” for? And for our discussion today, more importantly, what will you walk the plank for in regards to your health? Really folks, what’s it going to take? I know I went the “long way” to get you here, but I wanted you to really FEEL what I’m talking about, even though what I’m presenting may seem simple, with an “I’ve heard it all before,” aura.

At 50 years of age, I’m on the tail end of the “baby boomers” generation. We’ve already “sown our wild

oats,” backpacked in Europe, and sold our lava lamps at our last yard sale. One thing I can also tell you about our generation is that we are becoming sick and tired of being sick and tired. Many of us are searching for the “Holy Grail” answer to solve all of our increasing health problems, and many of us gave up a long time ago on the Holy Grail thing and started getting real. ‘Real’ meaning, we started taking a REALLY hard look at our mortality and what REALLY makes us FEEL better and healthier. We have grown children and some of us have grandchildren. (I do, ask me anytime, I’m always glad to show photos!) Many of us have lost our gallbladder. (Well, we didn’t “lose” it. Because of the choices we made in our diet, our gallbladder decided to leave.) Many of us deal daily with thyroid issues, diabetes, fibromyalgia, and aches and pains we didn’t have just five or ten years ago. Raise your hand if this resonates with you. Some of us have even more serious health issues on our plate.

O.K., so back to my original question, “What will you walk the plank for, in regards to your health.” You do have some choices. I’ve researched and experimented with a lot of those choices. How about you? Over the years, my family has always been quick to say, “Well, Jesse’s on another kick. This time she’s a vegetarian, she’s on Weight Watchers, the macrobiotic diet, now she’s experimenting with the blood type diet, Jenny Craig, etc.”

Well, I started a new “kick” back in May of 2006. This time it stuck. This time it worked. I started eating a raw vegan diet in May of 2006 at 272.5 pounds. Just six short months later, in November of 2006, I weighed only 192 pounds! I had lost 80.5 pounds in only six months! Because of the strong nutritional support provided in a raw vegan diet, I experienced some “wonderful side effects.” My gall bladder healed, my carpal tunnel and arthritis went away, and most recently, I stopped wearing my glasses which I wore for over 13 years. I have an abundance of energy, clearness of thought, and sleep only 5-6 hours each night. I’m 50 years old and I feel like I’m 20! These are just a few of the wonderful benefits I’ve experienced from eating a raw vegan diet. I have since lost even more weight and gained even more health benefits.

The weight loss is great, but it’s REALLY about the health. We really “are what we eat.” We’ve heard that saying for years. Guess what. It’s true. Start thinking about what you eat. I know, you’ve heard that before, too. But really, let it sit with you for awhile. When you start adding raw and living foods to your diet, the cells of your body start to become satiated with good nutrition. The raw vegan diet that I enjoy consists of fresh, organic fruits, vegetables,

greens, nuts, and seeds. No meat, no dairy, and I don’t cook my foods about 105 degrees. You need enzymes. That’s a BIG topic for another day, but what I want to share with you is that science has known for over 100 years that if we cook our food above 105 degrees, it will kill most of the living enzymes in the food, therefore also affecting the amount of vitamins and minerals available as well. They just didn’t think we needed the enzymes. Now they are starting to discover that we do.

If you want to learn more, there are some great books out there. Here’s a few, all normally available at your friendly, local co-op, Life Grocery. *12 Steps to Raw and Green for Life* by Victoria Boutenko, *The Sunfood Diet Success System* by David Wolfe, and *Rainbow Green Live Cuisine* by Dr. Gabriel Cousins, just to mention a few. (Life Grocery sells all books at a 20% discount.) I also offer a free one-hour lecture on the topic at Life Grocery every Thursday night at 6:30 pm in Café Life. Following the lecture, I conduct a store tour featuring products that support this lifestyle. Come join us.

Whatever you do, start walking in the right direction. Stop eating processed foods. Stop eating white sugar and white flour. Or, start by eliminating soda pop and coffee from your diet. Maybe today you could add a nice salad to your dinner, with some raw, organic sunflower sprouts and baby spinach. Or maybe, you could eat a fresh, juicy, organic Fuji apple for breakfast instead of your usual coffee.

Lao Tzu says, “The journey of a thousand miles starts with a single step.” You remember the line from the Johnny Cash song: “Because you’re mine ... I walk the line.” Well, because I want health, I’ll “walk the plank,” towards excellent health. I hope you will too. You’ll look better AND feel better. And remember those grandbabies I mentioned earlier? The odds of me being around to see them get married and have children have just increased in my favor. I know you want that too. Well you can have it. Follow your heart, the truth is almost always nearby. I’ll see you at the other end of the plank.

*Jesse is the Director of the Raw Food Resource Center and teaches two classes at Life Grocery on an ongoing basis: Raw Food Nutrition for Health & Weight Loss and 20 Recipes in 6 Hours—Natures Delicious Raw Food. She also presents free lectures weekly on Thursdays at 6:30 pm. For more information on her classes, or if you would like Jesse to email you her “before and after” weight loss photos, you can email her at: RawFoodResourceCenter@gmail.com.*

# Be Well, Stay Well

Our current economic landscape has become a breeding ground for fear. Protect yourself. The negative effects of fear on your health are real and pose a greater concern. As a chiropractor, I have had to make peace with being a wellness educator; a life coach who helps people enjoy a greater quality of life.

In response to the onslaught of doom-and-gloom reporting to which we are all targets, I have created a ten-step integrative approach for enhancing your immunity. For the sake of urgency, I will limit the content of this article to share with you these important steps. Keep in mind that they are in no particular order, though in response to fear being force-fed to us, I strongly emphasize the importance of number one:

1. Limit your amount of exposure to the media. If, for whatever reason, you feel you must stay informed via "the news," think of it in the same light as radiation. Do you really want to subject yourself to the harm of overexposure?
2. Make time to exercise. Oxygenate your brain daily to condition yourself for success.
3. Schedule "Accountability Meetings" with a select group of supportive people who agree to focus on the solution. Commit to meeting for 45 minutes once per week.
4. Get adjusted. A chiropractic adjustment not only connects brain cells to tissue cells for optimal function, it also connects you well to your inner source for doing great things.
5. Read one book a month that promotes the development of a specific life skill. Not sure where to turn? Start with *The Power of Positive Thinking*, by Norman Vincent Peale, and see where it takes you.
6. Make room for growth. Whether you use meditation, a specific interest or hobby, music or art, "down time," or some other relaxing strategy, put some space in your life to allow for newer, more supportive practices to emerge.

By Michael A. Scimeca, D. C.

7. Eat well. Be responsible regarding what you put in your body, how much you put in your body, and when. Not sure how to begin? Listen to your body. It's a great place to start.
8. Completely use your power to choose. State your intentions, use vision (see your success with your mind's eye), write your life's mission statement, set realistic short and long-term goals.
9. Get the proper amount of sleep and rest. Replenish your energy by being extremely disciplined regarding when you go to sleep. It may be the most overlooked or ignored strategy today.
10. Remember love. Live in gratitude and deep appreciation for the opportunities you do have. Spend a good amount of quality time with those you love.

My challenge to you is simple. Work on these ten steps and do your own "independent case study." See if you begin to be more productive during this time of change. Remember, we are in this current economic situation because we were NOT paying close enough attention. So what's the solution?

As we begin to live a more authentic life, the honesty and integrity we access will bring about the results we want to see. Nothing else can provide these types of results. In the same way that a journey of a thousand miles begins with a single step, try these ten steps one step at a time and see where you end up. If nothing else, it will make for a most wondrous independent case study. Be well. Stay well.

*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 info, visit [www.scimeca.com](http://www.scimeca.com) or call 770-912-9197.*

# Give Up Yet?

By Brian Murray, M.Ed.

It has become a rite of passage in our culture. Start the New Year vowing to lose weight, make it a few months with little to show for the effort, and then give up until next year. The worst part is people do this over and over throughout their lifetimes. Here are a few major reasons why so many people give up around this time of year:

## #1: THE WRONG GOAL – LOSING WEIGHT

You don't need to lose WEIGHT, you need to lose FAT. Unfortunately, the conventional approach to losing weight – eat less and exercise more (or do no exercise at all) – actually makes you FATTER! All of your weight loss should come from excess body fat, not lean body mass and vital fluids. If you focus on how much you weigh, you never know where your weight loss is coming from. Instead, focus on losing FAT and your weight will take care of itself.

## #2: THE WRONG TYPE OF EXERCISE

To guarantee that all of your weight loss is fat loss, you must choose the right type of exercise. After 11 years of observing people in a clinical setting, I can say without reservation that no other form of exercise or activity comes close to delivering the results that high intensity strength training can.

When you are reducing dietary calories, strength training signals to your body that muscle, vital fluids, and lean body mass must be preserved. Low intensity long-duration activity does not do this, and in most cases, the continued practice of such activity leads to a decline in lean body mass. This makes it next to impossible to keep weight off because your metabolism declines, so no matter how little you eat, body fat increases. You

also become softer, weaker, and more injury-prone. And, that's no fun.

## #3: NOT ENOUGH REST

A good golfer hits the ball 300 yards, yet his swing looks smooth and undemanding. Why? He knows the correct mechanics and timing. The way most people go about losing weight is analogous to trying to hit a golf ball as hard as possible and missing the ball completely. They just don't know how to do it right.

Losing excess fat should take far less effort than you think. One of the most overlooked and under-appreciated factors in fat loss is extra sleep and rest. Believe it or not, you can actually rest your way to great results.

Unfortunately, when lack of success becomes evident, you start to think, "I must not be working hard enough. I need to do more." No, you actually need to do LESS! The more stress you put on your body the more inclined it will be to PRESERVE fat. More rest reduces stress and signals to your body that excess body fat can be burned for fuel.

Losing fat should be a simple, untroublesome, and uncomplicated process. Simply eat a moderate amount of the high quality food from Life Grocery, exert your muscles with 100% effort once a week, get more sleep, take more naps, and forget about how much you weigh. Doesn't that sound easy?

*Brian Murray is an exercise physiologist, weight loss consultant, and creator of mbody™, a six-week fat loss plan that will change your life. To learn more about mbody™ please visit [www.mbodytransformation.com](http://www.mbodytransformation.com).*

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:

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

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# Nutrition from A to Z

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

“G” is for garbanzo beans. Garbanzo beans, also known as chickpeas, are a great addition to your diet. They’re high in protein. They’re high in fiber. If you have insulin or diabetes, garbanzo beans are great because the fiber helps to keep your blood sugar level in check. They’re loaded with zinc, iron, magnesium, phosphorus, and folate. Folate is a type of B vitamin that has been shown to have a direct effect on memory. Studies show that eating foods with folic acid, or folate, are associated with memory recall and faster processing of information. If you’re looking to improve your memory or just want to keep your brain working at an optimal level, garbanzo beans are a great food that will help you do just that.

Garbanzo beans are also loaded with calcium. Their calcium content is comparable to the amount of calcium you’d find in yogurt or milk. So now you can’t use the excuse, “I drink milk and eat yogurt and cheese for the calcium.”

There is a reason why most folks have trouble giving up dairy. Just like meat, dairy products stimulate your brain’s pleasure centers, the opiate receptors. You literally get hooked on the stuff. Try taking someone’s dairy products away from them. They’ll usually put up a fight! So start incorporating garbanzo beans into your

diet and cutting back on the dairy products. The magnesium in chickpeas is needed in order to absorb calcium.

There are all kinds of things you can do with garbanzo beans. You can add them to salads; I recommend that you eat a salad a day. Salads really help you get in your daily intake of vegetables, plus there’s a million different ways to make salads. You’ll never get bored with salads. Garbanzo beans can be added to soups. They can be ground into a type of flour and shaped into balls to make falafels. Garbanzo beans are used to make Indian curries, which are one of the most popular vegetarian foods used in India, Bangladesh, Pakistan, and the United Kingdom. You can use garbanzo beans to make tofu. You can roast them and spice them and eat them as a snack. You can soak and sprout them or cook and grind them to make hummus. Hummus is wonderful. It’s easy to make, inexpensive, and really yummy. You can use it as a dip for vegetables, chips, and crackers. You can take some pita bread and add some lettuce, tomatoes, hummus, and onions, and you’ve got an incredible rolled up sandwich. Garbanzo beans really provide excellent nutrition and excellent recipes.

“H” stands for herbs. Herbs are wonderful and extremely versatile. They are widely used around the

world for their medicinal and culinary properties. If you don’t use a lot of herbs, you’re missing out on some incredible flavors. When you’re cooking up grains and greens, it’s a good idea to add some herbs to your dishes. Cilantro is great for stir fries. Basil is great for rice dishes. Not only does it have a nice flavor, but it has been shown to have a calming effect. Oregano is antibiotic, antiviral, and antifungal. In my book *Eating Right for the Health of It*, I have a recipe for stuffed shells. Instead of using cheese, I use tofu, basil, and parsley. It tastes better and is much healthier than real cheese. There are all kinds of different herbs available. They’re fun to experiment with and use in different recipes and foods. This article will be continued in the next edition of *The Life Line*.

*Dr. Joe Esposito, chiropractor, nutritionist, author, syndicated radio show host of HEALTH TALK ATLANTA and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. For more info, call 770-427-7387. Mention Life Grocery, and get an exam, consultation, x-rays, and doctor’s report of findings for only \$50!*

## Life is Good

By Betsy Bearden

Needless to say, times are tough these days. We are all feeling the crunch in one way or another. In this economic meltdown we are experiencing, it’s pretty tough to maintain the lifestyle many of us had at this time a year ago. Everyone I talk to lately has had to cutback in one way or another, but there are definitely things we can do to help the economy and ourselves while we are riding out this storm. One of the easiest ways is by supporting our local communities. We can all help by shopping the Mom and Pop’s; recycling paper, plastic, and glass items at the local facilities; shopping at local thrift shops and neighborhood yard sales.

Another way to save and conserve is to plan outings that consist of going to several places at one time, a few times a week, instead of going willy-nilly all over the place like I tend to do. Next, stock up on bulk items and staples that will keep your mind sharp, your body nourished, and your spirit renewed. Of course, I happen to know just the place where you can go for that . . . Life Grocery.

From the time you enter the store, you will immediately notice the expansive variety of fresh organic vegetables, fruits, and herbs. Then you can meander over to the bulk foods section where you will find one of the many treasures of Life Grocery—beans glorious beans! The thought of having beans and rice for dinner several times a week may not appeal to you, but maybe the fact that there are so many varieties of beans and rice to go around at Life Grocery will. The bulk foods section is packed with delicious and nutritious ways of getting your complete protein, *all in a very affordable and environmentally sound way*. The more you buy, the more you save! It’s bulk foods, man.

Remember, when you combine rice with beans, you are supplying a complete vegetarian source of protein for the body. Most of us have tried practically every bean there is over the years, but have you ever experimented with different types of rice? Get crazy one night: forego that white rice (why are you still eating white rice, anyway?) and go for nutrient packed brown rice, or get really jiggy with it and have some delicious nutty-flavored Canadian wild rice, Basmati, or jasmine. Life Grocery has a wide variety of rices to choose from. Try several of them; experience them and enjoy.

And even more good news—what makes a great rice and bean dish even better: Herbs! Check out the wide variety of herbs and spices available in bulk. It’s a beautiful thing. I can go on and on about the bulk foods section at Life Grocery. If you love nuts, then you are in luck: Life has a wide array of raw, organic, roasted, and flavored nuts, seeds, granolas, and candies. Other powerhouses of protein in the bulk foods section are textured vegetable protein (TVP) and nutritional yeast flakes. Nutritional yeast is a good source of B-vitamins, especially B-12 (*make sure you get the one that supports vegetarian diets*), and this is something many vegetarians lack in their diets. Nutritional yeast flakes add a nutty cheese-like flavor to foods and I have included a recipe that will introduce you to it, if you have never tried it before.

Hopefully these ideas will help you to balance your budget a little while getting through the tough times. (*If you become a member of Life Grocery co-op, you will enjoy weekly discounts for additional savings.*) An easy equation worth learning is this: stay healthy by eating a nutritious diet+stocking up on affordable bulk foods at Life Grocery=*Life is Good!*

### Macaroni with Nutritional Yeast Flakes

8 oz. macaroni noodles (sprouted wheat would be best, but use whatever you have)

1 t turmeric powder  
1 t white pepper  
pinch of sea salt  
2 T honey  
1½ c hot water  
1 stick butter or soy margarine  
1 c nutritional yeast flakes  
2 c milk  
½ c flour  
1 T olive oil  
1 t balsamic vinegar

- Preheat oven to 350° F.
- Cook noodles according to package directions.
- Make a roux by melting butter in a large pot.
- Slowly add milk.

- Bring to a boil over medium-high flame.
- Wisk in the remaining ingredients, stirring frequently until it has reached a gravy-like consistency.
- Place cooked and drained noodles in a 2-quart baking dish.
- Pour the roux over noodles, give it a good stir, and bake for about 25-30 minutes until it gets all bubbly and gooey.

It’s a great alternative to Mac and Cheese!

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

## Café Life

offers a wide variety of organic, vegan, gluten-free, and raw & living selections, including desserts.

All living desserts are also gluten free!

# The Whites of Her Eyes

By Linda Townsend

Hanah, a German Shepherd dog (GSD) originally from Czechoslovakia, has been the newest addition to our family. Her life has been quite interesting. As a puppy she learned some basic training in Czech and then was hand selected by a GSD breeder to be brought to Ohio. The breeder also taught basic training in German, because that is the language used in Schutzhund training. Shutzhund prepares dogs to do all kinds of working tasks, like search and rescue, guarding, protection, and finding drugs. Looking for a pet, rather than a highly trained dog, Hanah's training halted when a couple adopted her. However, the couple felt Hanah was too energetic and returned her to the breeder in favor of a calmer one.

Hanah's Schutzhund training continued and she passed the first level, which made her a more valuable dog to a range of agencies, like the Border Patrol in Texas where she worked about three years. During that time she was mostly used to find drugs and guns, but eventually her eyes developed a problem. Fearing the problem would affect her vision and impair her performance on the job, she was again returned to the breeder.

While visiting my aunt in the fall, she saw a GSD puppy that looked like one we had previously. (Our Sasha had died about eight months before and we had been without a dog since.) My aunt asked for the breeder's contact information and we made arrangements to go there.

The puppies were nice, but when we eyed Hanah, we all knew that she was to be our dog. Of course in

the more dimly-lit kennel, we did not see the concern over the eyes. The breeder was honest about disclosing the problem, but she didn't seem to know the cause. We brought Hanah into the sunlight to get a good look at her. She acted as if her vision was not impaired at all, but we were sure Hanah had learned to compensate. Because of her eyes, the breeder had priced her far below what a well-bred five-year-old GSD would sell for, let alone one Schutzhund trained.

There were two distinct problems with the eyes. One was light cloudy dots in the upper layers of the cornea over the middle of the pupils, which is often misunderstood by mainstream veterinarians to be a genetic flaw common to GSD. The second was very opaque white streaks over areas of the irises with a bump in the cornea in one eye, as if it was about to erupt to an open sore. Some vets believe these are caused by too much fat in the diet when they are puppies. Having been into alternative health for many years, I had seen similar eye problems in people. I had also seen them completely disappear with detoxing the body, most notably the liver, and improving the diet.

We decided to adopt Hanah with confidence that we could reverse this condition. We changed her diet to organic food immediately. I did some compatibility testing, which I developed through my research. I have always been advised to use the homeopathic remedy Thuja for detoxing of the shots and other viral infections, but the priority for Hanah was different. The testing pointed to two other homeopathic remedies that seemed

more compatible for her. One was sulfur, a homeopathic remedy often used in detoxification; the other was a combination remedy to use directly in her eyes. Within three weeks, the more acute eye problem was gone with only a light cloudy trace left and the cornea was again back to a healthy shape, with no bumps at all.

At this time, the cloudy dot in the middle and some other cloudy marks remain, but they are noticeably diminishing. Now that the more critical phase of her healing has been addressed, Thuja is compatible and we are starting on that phase of her detox.

In the past four months, Hanah has learned to become a family member in our home, rather than a kenneled working dog. She has calmed down a bit, but she is still quite energetic and loves to perform duties. She travels so well that we like to take her everywhere with us. We have learned German and Czech commands, and Hanah is learning some English as well. Although she has been twice rejected and is retired from the Border Patrol, she is not a has-been. All she needed was a little nudge to help her body do its job more efficiently. She is now a healthier dog and a valued, highly loved member of my family, all because we were not intimidated when we saw *the whites of her eyes!*

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

## Warm and Raw: Solving the "Cold Problems" with Raw Foodism

By Kal Sellers

Many who have attempted the raw food diet have found themselves actually feeling worse, often feeling very cold and unable to get warm. On the contrary, there are others on the raw food diet who find that they can tolerate temperature changes far better; they never get cold and can sit naked in icy mountain streams without feeling the slightest discomfort. The goal of this article is to isolate and solve this discrepancy for the benefit of those who might be confused, struggling, or suffering.

A mentor of mine in the natural healing world moved up to Hobbie Creek Canyon, just outside of Spanish Fork, UT. In her beautiful mountain home, she continued with her passion for health and healing by working on her family and neighbors freely. This generous, wise and kind woman also had discovered that after all her efforts to heal her husband's diabetes, she could only completely control it when he was on a totally raw food diet. She moved to the canyon in the summer, but by February, she found that they were both freezing on their raw food diet. After several weeks of this, they agreed to go off the raw diet and just maintain a basic healthy program. They would do all they could herbally and supplement with drugs when they absolutely needed to.

When I visited her a couple years later, she was still somewhat disgruntled about the raw food diet, saying it was not ideal for that climate and simultaneously frustrated with the bitter-sweet experience of her husband doing better while on the diet, but then giving up on it. If she was alone, she would be an anomaly, but she is not. She actually is one of many who have crossed my path since I began on the natural healing track many years ago.

While I have never been a complete raw foodist, I do see as part of my clientele some raw foodists. They have a variety of challenges with health still hanging on

and they very often have troubles with temperature. Some have gotten quite sick on raw food and books have popped up on the market with the equivalent of pop-psychology solutions, saying this or that type of person or blood should not be a raw foodist.

Let me put this in perspective: That is like saying, "I am sorry, but since you are from Indonesia (nothing personal if you happen to BE from Indonesia, it is just an example), you cannot be a mammal. It's a tough break, but that is my final decision!"

Sorry, all, but if you are even half awake you have to grasp that we ARE raw foodists with some variation. The variation is in what we choose to DO, including what we have done for our previous lifespan until now.

Well, to get down to brass tacks, *anyone* can be a raw foodist if they want to. The answer is not telling them they cannot be, it is helping them to deal with the variations that an unhealthy society has created for them. This can be done naturally and (within reason) within the parameters they feel they ought to follow.

Some years ago, a young man came to me who was skirting close to the verge of death. He was vegan and living with his mom. To make matters worse, he was a computer geek and did not get out much. He had been gradually getting sicker and sicker, without any specific beginning to it. The first thing I did is ask him about diet. His mother figured he was starving for something vital for life and was sneaking eggs into his diet. She was sure that he was in trouble with malnutrition. I found that he was eating bean and tofu burritos and soy cheeses and little else.

I did not tell him he could not be vegan, though a medical doctor certainly might have. I did not challenge his beliefs in what was healthy. What I did was assess the real problem and then provide solutions within the

parameters he felt best about following. In my opinion, this is the attitude we ought to have more and more.

I put the young man on the basic healthy program found in *Traci's Transformational Health Principles*, which consists of largely raw, whole, sprouted, and unprocessed food. I allowed him to stay on a vegan diet. In two weeks, he was almost back to normal. So it is with raw food. I do not announce to someone that they cannot be raw, I help them do it in a way that works for them. When someone goes raw and feels worse, the obvious question is, "Is this just a cleansing crisis that they will get through?"

It is a logical question, and probably is the truth, from one viewpoint or another, in every case. But a person who enters a cleansing crisis that is overwhelming—whose system is too weak, who has toxins not easily cleansed, or who has elimination system problems—may find a cleansing crisis is life-threatening. Thus, we have to make a few preliminary assessments to help such a person. Very often, raw food will promote cleansing that far exceeds the functionality of a weak or overburdened elimination system (from before the person was raw). This often calls for extra help and can be pretty threatening when it is not cared for properly.

On this note, it seems appropriate to bring up another cleansing-related cause of problems for a raw foodist. This is the problem of things being very difficult to eliminate, including really scary drugs and heavy metals, especially mercury.

According to the World Health Organization, the primary source of mercury in humans in this country is from amalgam fillings. The exposure is about five times that which comes from the next item in line,

*continued on page 7*

# Beat the Diabetic Epidemic

Dr. David Jockers

Once an obscure disease, you can hardly go anywhere now without seeing or hearing about someone suffering from diabetes. In truth, the disease has skyrocketed by over 700% in the last 50 years and is considered the fastest growing disease in the country. Twenty million people currently have the disease, with another 50 million classified as pre-diabetic. Amazingly, over 50% do not know they have the disease.

Within the scope of diabetes, there are several classifications. Normal blood sugar is considered under 100mg/dl. Blood sugar ranges between 110-125mg/dl are considered pre-diabetic, and those over 125mg/dl are diabetic. Clinically, what I have found is that the healthiest people typically have fasting blood sugar rates around 80mg/dl. High circulating blood sugar causes proteins and enzymes in the body to become glycosylated, resulting in what is called Advanced Glycolytic End-Products, termed AGE's. AGE's, as the name implies, cause premature aging by damaging tissue cells of all types, particularly those of the nervous system and blood vessels. This explains why uncontrolled diabetes causes neurological and cardiovascular disorders.

For years, our mainstream approach to diabetic treatment and prevention has been to monitor and reduce blood sugar. However, recent research has shown that diabetes is not really a blood sugar based disease, but a disease of improper hormonal signaling. Insulin, the fat storage hormone, has a very important role: to reduce blood sugar to normal/natural levels. It clears the blood sugar by filling the fat cells. This is done to prevent AGE production and allow the body time to heal. On the flip side, insulin is also a pro-inflammatory hormone that is known to enhance tumor growth and cause systemic vasoconstriction in the body when it surges to high levels. Because of the anabolic properties of insulin, high circulating levels inhibit natural fat burning capabilities leading to weight gain and obesity, as well as the degenerative diseases associated with high inflammation.

The antagonist to insulin is an important hormone called leptin, known as the fat-burning hormone. Leptin tells the body that it is both satisfied with food consumption, and that it is time to burn fat for fuel. The typical highly acidic, highly sugar-laden American diet and lifestyle cause an elevation in insulin that limits fat burning and leptin signaling. When this becomes a chronic state, the body can no longer hear what insulin and leptin are trying to do, and therefore blood sugar and fat stores continue to sky-rocket out of control. Eventually, a myriad of chronic, debilitating disease states begin to arise.

Treatments designed to lower blood sugar alone for diabetes, while raising insulin levels, actually worsen, rather than remedy, the metabolic miscommunication. It just trades one evil for another. This explains the relative failure on a long-term scale of many type II diabetic medications. The true solution to healing from diabetes is an all-natural approach that focuses on restoring optimal insulin/leptin signaling properties. One such method is the healing diet, which I and many other Maximized Living doctors have used to successfully create hormonal balance, weight loss, and enhanced energy states in thousands around the country. Proven to work, the healing diet quiets down the loud, abusive hormones allowing the body to repair its cell membranes, hormone receptor sites, and mutated DNA strands. After a particular period of time in the *healing zone*, the body is restored to its normal and natural hormone signaling capabilities.

Without getting into too much detail, here are some simple steps to heal/prevent diabetes:

## **1. Concentrate on Good Fats and Vegetables:**

The staple of your diet should be good fats and vegetables. Good fats include anything from almond, avocado, Brazil nuts, coconut, olive oil, avocado, hemp, flax, and chia. In addition, grass-fed meats and eggs are great fat/protein sources. A typical meal may be a spinach salad with olive oil dressing,

grass-fed steak, and asparagus sautéed in coconut oil.

**2. Fatty Acid Balance:** Avoid the toxic fats: Canola, corn, cottonseed, peanut, safflower, soybean, and sunflower oils. Supplement with a high quality fish oil such as Nordic Naturals. Look for ones with lots of the powerful anti-inflammatory, brain boosting fatty acids EPA and DHA, particularly in a 3:2 ratio that has been shown to be most beneficial.

**3. Digestive Balance:** Use a high quality probiotic to enhance nutrient absorption and toxic excretion. This will enable your body to derive more nutrition from less overall food consumption and fight the inflammatory attack.

**4. Movement Balance:** Movement is life and the very action of movement within our muscles and joints stimulates and nourishes our brain. We depend on both intense levels of movement stimulation (vigorous exercise) and non-intense (walking around). In addition, proper joint function and spinal movement is an essential brain enhancing, hormone-balancing nutrient that is absolutely essential to life and health.

**5. pH Balance:** Balance the highly acidic American lifestyle by boosting your natural alkaline reserves. Eat lots of green vegetables, use high alkaline salts such as Himalayan Sea Salt or Redmond's Real Salt, put lemon in your water, and utilize Bragg's Apple Cider Vinegar, which are all loaded with natural alkaline buffers.

*Dr. David Jockers owns and operates Exodus Health Center in Kennesaw Georgia. He is a chiropractor, exercise physiologist, and lifestyle and weight management specialist. He is also a certified Maximized Living mentor serving greater Atlanta with lectures, workshops, and health screenings. To reach Dr. Jockers for a complimentary consultation or for more info on upcoming events, go to: [www.exodushc.com](http://www.exodushc.com) or call 770-420-0492.*

## Are You Hormonal?

By Dr. Kimberly Strickland

I certainly hope so. Without hormones, life would be pretty dull and listless. Recently, I've been surprised at how few people really understand the role of hormones in their lives. Hormones help to regulate our moods, sleeping, weight, sexual desire, and energy levels.

A common issue with women is what is known as estrogen dominance. This occurs when the progesterone to estrogen ratio is low. Prior to menopause, progesterone levels typically decline while estrogen remains stable or even increases. When progesterone levels decrease, women sometimes experience breast tenderness and swelling, mood swings, irritability, sleeping problems, retention of water, weight gain, and "fuzzy thinking." Testosterone levels may also begin to decline. Symptoms of low testosterone include decreased sex drive and response, depression, thinning hair, and a decreased sense of well-being. Most people are more familiar with the symptoms of estrogen decline, which usually occurs last in women. These include hot flashes, depression, mood swings, headaches, vaginal dryness, and urinary issues.

If you think you may be unbalanced, you should first consult with your health care provider and have some tests run to check your hormone levels. If you are in the "normal" range, but do not feel normal for you,

then be persistent with your health care provider. If they are not willing to work with you so that you feel your best, then seek the opinion of another health care provider. There are options, once you know the facts.

There are products, such as wild yam creams, which may alleviate your symptoms, available at Life Grocery. There are two kinds of hormones, synthetic and bioidentical. Synthetic hormones, made from horse urine, are regulated by the FDA. Bioidentical hormones are made in compounding pharmacies to match your hormones. The FDA does not regulate these.

My suggestion is to find a health care provider that you trust and that will listen to you while you are well. Prevention is the best cure and having a team is important. Don't wait until you're sick to seek help. Take action now to stay your healthiest.

*Kim Strickland earned a Doctorate degree in Natural Health from Clayton College of Health. She is a stay-at-home mother homeschooling her two children. She owns Inspired Living, LLC, a business whose purpose is to inspire people to live their best lives. She facilitates workshops to help people realize their dreams. Visit [www.naturallivingresource.com](http://www.naturallivingresource.com) and [www.inspirationboards.naturallivingresource.com](http://www.inspirationboards.naturallivingresource.com).*

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# How Do You Know What to Believe?

## When is Your Belief Misplaced?

By Don Bennett, DAS

Every so often, something I've said at a lecture or during a class is called into question. Because the issues I deal with are very eye-opening and often jaw-dropping, with some things being just downright hard to believe, this is to be expected. When people are born into and come of age in a society where certain things have become their reality, and then a long hard look at these things reveal a side never before seen, some people feel as if their world has been shaken up, sometimes to its very core, and no one likes having their boat rocked.

It's at this point that people take one of two paths. If this new information is too much to bear, some folks are turned off to the point that they tune out. If they don't want to believe something, they simply don't. There can be no proof that can be offered, no evidence that can be shared that will cause them to give the issue any more consideration. The folks at the other end of the spectrum work through their disbelief, trying mightily to make sense of it all; they want the truth "though the heavens may fall." In the middle are those who just don't know who or what to believe. And while they'd like to know the truth, they're not happy about discovering a beloved product or food that they thought was okay is actually harmful. So they're conflicted by what they now hear from folks like me. On the one hand, I seem very sincere and knowledgeable with no agendas, yet the "other side" sounds very compelling, and it's what a lot of people believe. I feel for these confused folks. Life can be challenging enough without having to take on the mantle of judge and jury on issues that, until a few minutes ago, you thought were well settled.

Here's an example: The other day I was asked about garlic. The person posing the question was trying to reconcile what I had said about it with what other people were saying about it and have been saying for a long time.

As I'm fond of saying, I can look at any substance in isolation and find something positive to say about it. But with some substances, if you weigh the positives against the negatives, on balance, the substance will be deemed to be an unhealthy thing to consume, all things considered. For example, I can find something positive to say about cocaine, but cocaine's negative attributes far outweigh anything positive. As is the case for many substances that have become a marketable product—such as garlic supplements—you'll tend to hear all about the good points, and little or nothing about the bad. Red wine is often touted for the beneficial effects of Resveratrol, a phytoalexin that reduces the risk of heart disease (but it doesn't reduce it from the quantity you'd likely get from drinking wine). However, when singing the praises of red wine for its supposed beneficial properties, there is hardly ever any mention of the detriments from the alcohol, which is a protolitic poison, or that you can get more Resveratrol from eating red foods like watermelon, strawberries, red bell peppers, and even red grapes.

The same is true for garlic. If all it had was positive attributes . . . well, I likely still wouldn't eat it because if I ate it as I would an apple, I wouldn't enjoy it (and

I speak from experience)—a sign that it's not a food in the sense that it would be a natural part of the human diet.

But let's talk about the detrimental effects of garlic. I often hear that the only downside of garlic is its taste, its smell, and the way it makes you smell. This incomplete info has been circulated so much that many people believe these are garlic's only downsides. I'll just touch on the biggie downside: it's antibacterial. It's funny how this is one of the positives people speak of when discussing garlic, because garlic doesn't have the ability to just destroy bad bacteria and not bother good bacteria. However, as most folks don't have a basic working knowledge of how their body functions (a failing of the public school system), it's not apparent to them that garlic's ability to destroy bacteria may not be a good thing on balance. As many as 500 different species of bacteria call your gut home, living in a delicate balance with each other and with their terrain, with the good bacteria producing critical enzymes that we need for optimal health. So garlic is bad for the digestive system because it can't discriminate between the good and bad bacteria. Besides, our body has the capability to keep bad bacteria in check, which is what the good bacteria primarily accomplish.

If one wants to make a case for consuming garlic in the event of a serious bacteriological infection by a man-made pathogen, that would be a worthwhile debate. But saying "eat garlic everyday to stay healthy" is an unfounded recommendation. However, if wonderful things are attributed to a product and it's repeated often enough and said to enough people and if enough people get on board with it (especially alternative health professionals), it then becomes "the truth" (not to be confused with the truth). Using garlic as it is popularly recommended makes it part of the "remedy" mentality. Let's be clear, the human body has no garlic requirement. If you live according to your biological imperatives, which foster a healthy body, you won't need to depend on any of garlic's so-called benefits. And what if some of the health-enhancing qualities attributed to garlic can be found elsewhere? This brings me to the next point.

Let's put garlic's positive attributes in perspective, and thus really look at garlic on balance. Can you get garlic's positives without its negatives by doing something else? Because that would clearly be the prudent thing to do (just like consuming red grapes instead of red wine for the Resveratrol). Garlic is said to be good for reducing the risks of prostate cancer and heart disease. I can think of many things someone can do to reduce their risks of cancer and Coronary Artery Disease, and those risk reductions would be far greater than those ascribed to garlic (plus these things you could do would have many other positive benefits as well).

Since optimal digestion is a most worthy goal, and since I'd rather not do anything to disturb my gut's bacteriological balance, I'll trust nature and my body when it comes to things like garlic, cayenne pepper, etc. If my body enjoys consuming it in its natural form, I'll likely eat it; if it doesn't, I won't. And because I'm

an "educated consumer" I still won't eat it even if someone makes it sound like it's a good thing to do. Additionally, to make a case for garlic by saying that there are tons of health professionals who trumpet the health benefits of garlic starts to sound unconvincing when you consider that there are tons of health professionals who maintain that dairy products are good for strong bones (and they're not). Just because those heralding garlic's benefits tend to be more from the alternative health profession, it doesn't give the recommendations any weight. Naturopathic doctors make unhealthy suggestions, too, they just make different ones than allopathic doctors. And it was this realization many years ago that put me on the path of thinking for myself and applying common sense and logic to health claims and to health cautions, regardless of who was making them.

Hal Hellman said, "A fervently believed notion, even if wrong, dies hard." So how can you recognize the *wrong* notions? How do you know what to believe? Firstly, have a clear understanding between knowing and believing. The article on the [health101.org](http://health101.org) website entitled "Knowing vs. Believing" is an excellent primer. Then, for some concrete steps you can take to learn how to recognize sense from nonsense, read "Dealing with Conflicting Information," also in the articles section of the [health101.org](http://health101.org) website.

To paraphrase W. K. Clifford: *If a person holding a belief which he was taught in childhood or persuaded of afterwards, keeps down and pushes away any doubts which arise about it in his mind, and purposely avoids the reading of books and the company of those who call into question or discuss it, and regards as sacrilegious those questions which cannot easily be asked without disturbing it—the life of that person will not be as glorious as it could have been.*

So make your life as glorious as it can be. Be an educated consumer and don't buy into things because everyone *else* believes it or because *you'd* rather believe it. As I'm also fond of saying, what can do you harm is what you know, that just isn't so.

*Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's book, [How to Have the BEST Odds of Avoiding Degenerative Disease](#) is available in our book department. For some enlightening health information, visit [health101.org](http://health101.org).*

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# Get On The Good Health Track

By Brenda Cobb

I no longer believe in incurable, hopeless or terminal diseases because I have personally witnessed thousands of people heal from every type of disease, even when doctors have told them it was impossible. The body is miraculous in what it can do when it is given everything it needs. It was created to be able to heal itself and it will if a person is willing to do what it takes. Some people think that the name of the disease determines how serious it is and many become fearful when they hear words like cancer, lupus, multiple sclerosis, Parkinson's, AIDS, HIV, heart disease, or diabetes. Fear can actually keep a person from completely healing, even when they seem to be doing everything else right. This is why it is just as important to think the right way as it is to eat the right foods.

Prayer, faith, and belief can heal, but it is also necessary to eat well and exercise. Creating good health takes both good thinking and good nutrition. It takes balance, discipline, and commitment. No one can do it for us; there isn't a magic pill we can take that will instantly fix our problems. If we want good health, we've got to become responsible for creating it. Let's not wait until we get sick and then hope for a miracle. We can all be more pro-active each day. We can take the very best care of ourselves if we choose to. The reward is well worth it when we create long lasting health, energy, and vitality. The side benefit to good nutrition is that it helps keep you young and looking good. If for no other reason than pure vanity, it's smart to eat wisely.

Disease is created from several different factors including toxicity and deficiency. Taking drugs can make a body toxic and so can additives, preservatives, chemicals, colors, and dyes from processed foods. Heavy metals are toxic and so is anger. A good cleansing of the body, mind, and spirit will help in the healing process. This includes cleaning out the old mind garbage, as well as the toxic sludge and waste in the colon.

Organic raw and living foods are the highest vibration of any foods and can help to cleanse, detoxify, and nourish all at the same time. It may take a little more effort and resources to find and consume only

organic, but when good health is the reward, it is well worth the time and every penny spent. I like to look at my food as medicine and would much rather invest my money in organic food than in a prescription or over-the-counter drugs. The saying, "An ounce of prevention is worth a pound of cure," is so accurate when thinking of food as it relates to health.

Add lots of dark green leafy vegetables to your diet and you'll get some of the best absorbable calcium on the planet. If you want some highly concentrated, easy-to-digest protein, add sprouted mung beans and sprouted lentils to your salads and smoothies. It isn't so difficult to make changes if we perceive that we are getting a greater benefit by making the changes. A raw and living foods organic diet will help you live healthier, longer, and better!

## Living Greens

2 c kale  
1 c carrots  
½ c green onion  
3 dates, pitted  
½ c red bell pepper  
1 c sprouted mung beans  
4 T lemon juice  
2 T flax seed oil  
1 t Himalayan salt  
1 T dried dill

- Chop the kale, carrots, onions, dates, and red pepper.
- Add the sprouted mung beans, lemon juice, flax seed oil, salt, and dill.
- Toss and serve.

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®." Her 10- and 12-Day Healthy Lifestyle Raw and Living Food Courses at Living Foods Institute have helped 1000's to heal naturally of all types of diseases. Call 404-524-4488 or visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com) for upcoming events and further information.

## Warm and Raw continued from page 4

which is shellfish. It is interesting that a high profile source like WHO would have a statement like that, and yet dental associations still deny any harm comes from amalgam fillings. The subject may be up for debate for lots of reasons. However, for those of us who deal with a practical world, it is best to understand that if the body becomes sensitized to mercury, for any reason, additional exposure to it must be avoided. Then vigorous, specialized work must be done to get it out.

Raw foodists may find that their body quickly starts cleansing something like mercury or some other heavy metal. This can be dangerous and difficult, with symptoms that can be almost intolerable for several months. It is not a fun experience!

A person in this situation might slow down the detox by going back to cooked foods, which gives the body other priorities, but it is unlikely they will ever "recover," until the mercury issue is dealt with. When someone comes to me claiming injury from herbal cleansing, I often suspect stirred-up heavy metals.

Certainly, one of the symptoms of mercury poisoning is great difficulty controlling body temperature.

Another problem that plagues raw foodists, and the one we shall finish on today, is the problem of low liver heat. On the cooked/processed food diet, two things occur simultaneously that lead to problems for some people when they decide to go raw. The first is that the liver gets irritated and over-stimulated until it is overheated every day from nearly every meal. The second is that the liver is weakened by that diet so that its energy begins to wane. Soon, this combination creates its own dependence.

After this situation is created, if you do not eat your cooked, over-stimulating, heated/processed food each day, your liver gets cold and cannot re-regulate quickly or easily. When liver heat is low, you are cold. When you suddenly go raw, you may find that you can barely stay warm in the winter time and you wonder what happened. While this would probably self-regulate in time, I am happy to report that there is a very healthy, totally raw option for supporting the body in this way, that is quick and permanent.

The following formula can probably be put together with ingredients that can be purchased right at Life Grocery and is ready to go in two weeks. We call it "Liver Starter Formula," though it also supports the body in fighting infections, strengthening immunity, improving digestion, gently cleansing and eliminating. If you are on other medications or have any medical conditions, please consult with your health care practitioner before using this formula.

## Liver Starter Formula

- 4 horseradish roots (fresh, medium sized)
- 2 garlic bulbs (fresh, inner skins on)
- 3 inches of ginger root (fresh)
- 2 T of cayenne pepper (ground, dried)
- 3 T of Oregon Grape root (dried, cut)
- 4 T oregano leaves (dried, cut)
- 1½ pink grapefruit skins (organic only please)
- 2 Aloe barbadensis leaves (fresh)
- 2 T fennel seeds

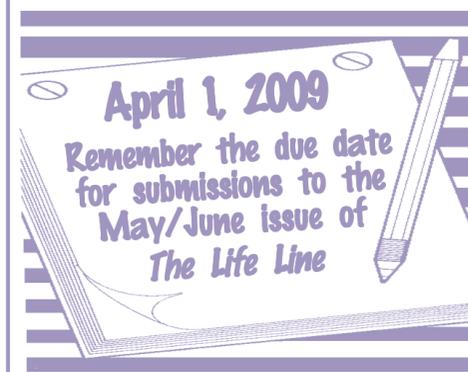
For really cold people, you can add 2 T of astragalus root powder. For people with endocrine

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## Warm and Raw continued

balance problems, you can add 3 T of dried gogi berries. If nerve problems exist, 4 T of skullcap herb can be added.

- Place ingredients into blender bit by bit with raw apple cider vinegar.
- When the blender is full and the ingredients are well chopped, pour into a pan or large jar.
- Process the rest in batches until it is all well chopped. This should have enough liquid to cover the herbs plus about an inch.
- If any extra liquid is needed, use distilled water so that a small percentage of the mixture is distilled water. This can be up to 25%.
- This mixture should sit for 14 days and should be stirred daily (or shaken, if the container permits).
- At the end of 14 days, strain the mixture. I usually squeeze it through a cloth made from old cotton T-shirt material to get all the liquid out of it that I can. You can compost the pulp and put the liquid into dark jars for use.
- The finished product can be used by the dropper or by the sip several times daily. It is a tincture, so it is quite strong.

Fermented food will help warm the body for those whose circulation might be low, but this formula goes beyond immediate aid and actually changes the pattern of the body. I personally feel that this formula is the single-most valuable aid for those who are struggling with going raw. This same formula is used in my practice as part of the program for those who have amalgam fillings. It seems to fight the infections that go with mercury poisoning, facilitate elimination, and strengthen organs injured by mercury.

Kal Sellers, MH, LMT is a practitioner in Cobb County. He has been in practice for 8 years integrating herbal medicine, nutritional counseling, emotional medicine, massage therapy, and the Rolf Method of Structural Integration. He is an author, father of 5, and currently a full-time student at Life University. Call 706-473-4375 or visit [www.kalsschool.com](http://www.kalsschool.com) for further information.

# Navigating the Minefield of Gluten Free Labeling

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

I would like to address several issues regarding labeling of gluten free products. Lately, I've been getting a lot of questions about ingredients in products that are not labeled gluten free but appear to be. The first question I get a lot is about modified food starch. It used to be that modified food starch was a questionable ingredient, as companies were not required to disclose the source of the modified food starch. Under the current United States food labeling laws, modified food starch is supposed to be from a corn source; if it is not, under the law, companies are required to declare if this is from a gluten source like wheat. That being said, I stick to my recommendation that whenever you are in doubt about the gluten free status of a product, contact the manufacturer directly for clarification. Ingredients change from time to time, so remember to read your labels every time. I know it is a hassle, but I would rather have that hassle than be sick from an accidental gluten exposure.

The next issue that has come up is the labeling of products that claim to be gluten free. The new European Standard is calling for products that contain less than 20 parts per million to be able to claim gluten free status. The previous standard was 200 parts per million. In my opinion, even 20 parts per million is an unacceptable number. If you have a Celiac diagnosis, that requires that you are on a 100% gluten free diet with no cheating. Most of the experts in the field claim that even one molecule of gluten is enough to cause damage to the villi in the intestines of someone with Celiac. How is even 20 parts per million supposed to be safe? I am not a medical doctor; I'm not a dietitian or nutritionist, either. I'm just an individual living with Celiac and trying to navigate the minefield of potential hidden glutes in my food.

It is best to stick with a diet of foods that are naturally gluten free, but that isn't always realistic or doable. I prefer to deal with companies that can assure me of their gluten free status; when they can't do that I would rather do without. So how do we guarantee that our food supply is 100% gluten free? I don't know that we can, short of growing everything ourselves. Ultimately, you have to decide for yourself what risks you are willing to take with your health when it comes to possible cross contamination of gluten in gluten free products, minute amounts of "allowable" gluten, or questionable ingredients. I don't have those answers. Only you can decide. On that note, I have to once again thank Life Grocery for doing their best to stock many gluten free products that are produced in dedicated gluten free facilities, which makes navigating the minefield that much less risky.

Here are a couple of my new recipes for you to try:

## Potatoes Nisla!

*(There are no measurements for the ingredients, as this is very flexible. Add as much or as little as you like.)*

red potatoes  
onions  
mushrooms  
garlic  
extra virgin olive oil  
cilantro  
salt and pepper, to taste  
pre-cooked gluten free veggie burgers and cheese, crumbled, optional

- Wash and boil red potatoes in large pot until soft enough to pierce with a fork easily.

- In another pan, place diced onions, sliced mushrooms, and several cut up cloves of garlic.
- Mix well and pour extra virgin olive oil over them. Bake at 350° for about 20 minutes.
- When potatoes are done, drain and mash.
- Mix in onions, mushrooms, and garlic mixture.
- Add fresh cilantro to the mixture.
- Add salt and pepper to taste and serve.
- Add crumbled up veggie burgers (already cooked) and cheese, if desired.

## Taco Soup

2 cans beans of your choice (try two different kinds)  
1 can tomatoes, diced or stewed  
½ c yellow onion, chopped  
1 T chili powder  
½ T cumin  
1 t garlic powder  
cilantro  
1½ c water  
cheese, optional  
dairy or tofutti sour cream, optional  
corn chips (Green Mountain Gringo)

- Combine beans, tomatoes, onion, chili powder, cumin, garlic powder, cilantro, and water in a pot.
- Bring to a boil and simmer for 20 minutes.
- Garnish with optional cheese, sour cream, and/or tortilla chips.

*Nisla is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or [magickhand@gmail.com](mailto:magickhand@gmail.com).*

# Time for Spring Cleaning

By Dr. Susan Esposito

Dear Dr. Susan,

I am generally in good health, but I have been feeling tired and sluggish lately and I've put on some pounds over the winter. I was thinking about doing some kind of detox diet to help. Can detoxing truly be helpful?  
Nicole

Dear Nicole,

As the season of spring is upon us, it is the perfect time to do some type of detoxification diet. Historically, spring is the time of year that many ancient cultures used to use fasting to "lighten up" from the long winter. In winter, they would add a layer of fat to their body for warmth and then use a spring fast to get rid of it.

Detoxification is the body's natural process of elimination or neutralization of toxic materials from cells, organs, and the bloodstream. Our body has its own natural systems of detoxification. There are seven main systems that perform this function; they are the liver, the lungs, the colon, the kidneys, the blood, the skin, and the lymphatic system.

We are constantly being bombarded with toxins. They are in the foods we eat, the water and other beverages we drink, the polluted air we breathe, the lotions, soaps, and shampoos we slather on ourselves, and the chemicals we use to clean our clothes, dishes, furniture, and cars.

The problem with toxins is predominately two-fold. First, they are mainly stored in the fat cells of our bodies, because the body isn't designed to use toxins for any bodily function. So they make us fat. However, they can get into and devastate many other kinds of body cells. Second, toxins either exist as or create free radicals in our body.

Toxins gradually form layers around the lysosomes inside the cells. Lysosomes are structures inside the cells

that flush out the waste products from the cells. When toxins form coats around these structures, they block the membrane of the lysosomes from performing their natural function. This leads to the build up of toxins and the creation of free radicals.

Free radicals are highly unstable molecules (they have a missing electron). These molecules attempt to regain stability by attaching to other molecules or stealing electrons from surrounding molecules. This creates more damaged molecules and in a cascading effect this leads to damaged cells causing degeneration.

Our body's natural detox system has its limits, which for most of us, fall short of sufficiently cleansing our body of the incredible toxic load that we put on it on a regular basis. This is the reason that some kind of a detox diet or fasting is so beneficial.

Indications that the body may need detoxification are headaches, joint pain, recurrent respiratory problems, back pain, yeast infections, allergy symptoms, insomnia, mood changes, constipation, sinus congestion, acne, and food allergies. If you ignore these early warning signs, conditions such as arthritis, leaky gut, ulcers, and psoriasis can occur and eventually even lead to some potentially fatal diseases such as cancer and heart disease.

Some health practitioners suggest that everyone should detox at least once a year. However, it is not recommended for nursing mothers and children. You should always consult your doctor before any prolonged fast or cleanse, especially if you have a chronic illness.

If you're truly interested in detoxifying your body, there are many different ways to do it. In the next issue of *The Life Line*, I will give suggestions and details about several ways it can be done. I will, however, give you a few general types of detoxification methods that you can pursue now, if you're interested.

1. Detoxification diet: This form of detox allows you to eat whole meals, however, depending on the particular diet, you will be advised of which foods to include and which foods to eliminate. There are so many of these out there. Find a book or health practitioner to guide you to a diet that is the best match for you.
2. Juice diet or fast: This form is more drastic. With this detox, you only drink certain juices for a specified number of days.
3. Master Cleanse: This form is similar to a juice fast, as you are only drinking a certain kind of fluid for 10 to 40 days.
4. Water fast: This is the most drastic. As the name implies, you drink only water for a day or a certain amount of days.

Before you embark on any one of these diets or fasts and have received clearance from your doctor, you should get a book or reliable source to give you all the details, so that you won't inadvertently cause yourself any problems, such as depriving yourself of essential nutrients. Some health practitioners offer supervised fasts and detoxification plans.

Check out the book department at Life Grocery, as they carry a number of books on detoxification. The supplement department carries many detoxification and internal cleansing products. Staff in that department will be happy to assist you in finding them.

*Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, e-mail her at [susan.esposito@gmail.com](mailto:susan.esposito@gmail.com). Due to space limitations, not all questions can be answered in this newsletter.*

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