

Got Squash?

To paraphrase one of my favorite actresses, Kathryn Hepburn, on calla lilies: “The squash blossoms are in bloom again. Such a strange flower . . . I planted them on a sunny day, and now they are ready to be fried.”

Ever since I can remember, gardening has been a part of my life in one way or another. My first experience with a large vegetable garden was around the age of five or six. We had visited my grandmother at her home in Mississippi where she grew row upon row of every imaginable vegetable in her own backyard. Being a city girl from Atlanta, I had never really seen anything like it before.

Everywhere you looked, lush green foliage was sprouting from the good earth, laden with ripe, luscious bounty. Huge plants of yellow squash grew hidden beneath their flowered “skirts.” I always felt like I was being a tad invasive when I’d lift the tall, elephant ear-like leaves to peak beneath them, in search of yellow treasure.

While walking between the rows of vegetables, with the hot Mississippi sun beating down upon my little blonde head, I saw sunflowers with their bright, shiny faces smiling toward the sky, and I felt so small next to them. Grandmamma said she planted them so the birds would have something to eat rather than her tomatoes! On the other side of the row, green beans grew; they had latched themselves onto twine that was attached to bamboo poles and spiraled themselves up toward the sun. Aluminum pie plates hung from bamboo stalks placed around the garden to distract the singing birds and insects from biting into the red, ripe tomatoes. It felt like an enchanted world that no one else knew existed, except for me.

It was amazing to see how bell peppers, okra, and eggplant grew. It certainly gave me a new appreciation for

By Betsy Bearden

the vegetables in the produce section of our grocery store that had always appeared to “magically” be there when we needed them.

Thank goodness for Life Grocery and their high standards of supplying us with the best fruit and produce available, all year round. I remember over the holidays I went in for collards. They had pulled them from the case and were in the process of getting more from another source, because they did not live up to the standards Life Grocery has set. I feel very fortunate in knowing that Life Grocery has my back!

If you will remember, last summer we had more green beans than you could shake a stick at. Each day I would check under the beanstalks to make sure their wasn’t a goose, laying a golden egg at the bottom of them. This year, it’s squash. I promise you it is four to six feet tall, if not taller. I think it is six feet, but Steven insists more like four. I have it posted on my website if you want to take a look.

All I know is that somewhere beneath all that squash, the bell peppers, tomatoes, eggplant, and green beans are trying to make their way up and out of the squash blossom jungle. I don’t know what it is about our raised bed garden, but if you plant it, it will grow. Maybe we should construct a third raised-bed garden? Wouldn’t that be fun after the second one we put up a few years ago. I wonder if our dirt-delivery guys have found any more dirt since then!

What am I going to do with all the squash? To be honest with you, after nurturing and growing my veggies, I always feel like such a cannibal when it comes time to harvest them and eat them—but then I come back to my senses. Here is a great, easy, and delicious squash dish I came up with the other day. I hope you enjoy, and have a Happy Summer, everyone! See you at Life Grocery!

Tofu Fried Squash

makes 4-6 servings

3 c diced yellow squash
1 large red bell pepper, diced
1 Vidalia onion, diced
1 tub extra firm tofu, drained well and chopped in cubes
1 t dried basil
1 t sea salt
1 t red pepper flakes (optional)
1 t freshly ground black pepper
2-3 T olive oil
1 t red wine vinegar
2 t curry powder (optional)

- In a large skillet or wok, add two to three tablespoons of olive oil.
- Add all ingredients to skillet or wok.
- Sauté over medium-high flame until golden brown, about 8-10 minutes.
- Serve over prepared brown rice or mixed whole grains.

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



Fall Life Fest & Member Appreciation Day

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For this issue, Dr. Susan Esposito created “Fun with Fruits and Veggies Summer Activity Sheets.” Since the formatting did not work with the newsletter format, separate activity sheets were printed and are available at Customer Service. We hope you and your child(ren) enjoy this fun and healthful activity which includes a Fruit and Veggie Crossword, a Fruit and Veggie Word Search, a Word Discovery, and a Fruit Salad Word Scramble.

You Can Even Eat Cake!

By Don Bennett, DAS

Prior to the raw food movement becoming a popular trend, it was inhabited by well-intentioned and well-educated advocates who truly cared about people's health. Personal gain from amassing money was not a motive then. Fast forward half a century. Now the raw food diet has become an industry—and a very lucrative one—with some people vying to carve out as large a piece of the revenue pie as possible. And, as with any business, advertising and promotion can be geared more towards telling the people what they'd like to hear, rather than what they need to hear. This is a shame, but it is also understandable because it is human nature. However, just because it's human nature, doesn't make it okay.

Today, it is fairly well known that a relatively high fat diet is not health promoting. This is even more well known amongst so-called "alternative" health practitioners; those who do not embrace the traditional reactionary medical/pharmaceutical approach to health care (which is more aptly called ill-health care). So it was with a heavy heart that I gazed upon the promotional material for a popular raw food educator . . .

"You can eat burgers, pizza, pasta, cookies, cakes, and pies everyday on a raw food diet, and you never have to count calories, proteins, fats, or carbs!"

In reality, yes, you can. But your health will suffer for it. This fact is ignored in the promotional material for obvious reasons.

Does selling you something that has a placebo effect mean that someone is doing "good work?" After all, you do feel better, and isn't that what you want? Or, do you want the truth where it concerns your health. Do you want the truth though the heavens may fall, meaning you might hear something that you don't want to hear, like dairy products being a cause of osteoporosis, or that bras are a contributing factor in breast cancer, or that eating raw burgers, pizza, pasta, cookies, cakes and pies everyday will increase your risks of heart disease and diabetes?

As a species, we are very programmable. We are not born with all that we need to know; we must be raised, taught, and patterned. And this programmability is not lost on those who seek to separate us from our money. They craft the most compelling promotional material that, on its face, makes total sense and really speaks to us, such as . . .

"I know, you think you've heard it all before, but you haven't. And that's a BIG part of the problem; you haven't been given the right information about what really works when it comes to having a healthy, fit body you love living in. In fact, almost 90% of what you believe about food and exercise and your body is totally bogus!"

If I didn't know better, I'd think I wrote that! This is exactly what I've been saying for years. Unfortunately, it is part of some very enticing advertising for material that belongs in that 90% category. And when you're told . . .

"The content and processes that's been created are REVOLUTIONARY! It's going to change the way you feel, look, and live. You're never going to worry about food, exercise, or the state of your health ever

again. That life-sucking merry-go-round is OVER!"

. . . who *wouldn't* want to buy into this! But it's simply more of the "you can have your cake and eat it too" mindset.

And if this isn't bad enough, what about all the conflicting and contradictory information. It's to be expected that you'll hear anti-raw food rhetoric from the cooked food industry and from its minions (mainstream educated nutritionists and dieticians, and now even doctors), but it can be disheartening when you come across misinformation in the raw food community itself.

"Fruit contains sugar, and all sugar feeds disease."

"Melons are high in sugar, so they should be avoided."

"Alkaline-forming foods are good, so eat sprouts, leafy green vegetables, herbs, cayenne pepper, garlic, onions, and grains."

"Tempeh, soydogs, tofu burgers, bean patties, rice crust pizza with soy cheese, spelt or rye bagels, buckwheat cereal, baked sweet potato chips, air-popped popcorn, rice milk, rice cakes, hummus, canola oil, flaxseed oil, and olive oil should not make up more than 10% of your daily diet."

"When juicing melons, use entire fruit, including the rind."

"You don't have to eat an all raw diet to be optimally healthy... you can still eat cooked foods and comfort foods and be perfectly healthy."

"Uncooked animal foods need to be a part of your diet."

The expression "Let the Buyer Beware" certainly applies to raw food information and products. The good news is that truthful, honest, and correct information is out there, you just have to make education an ongoing part of your health-creation lifestyle. Don't simply embrace something because it sounds enticing (promoters rely on this). And, if you can't readily determine if it makes sense to you or not, you've got to research it. Yes, this can be time consuming, but by embracing alternative lifestyle practices you are making investments in your future health, so isn't it worth the effort to get at the truth of the matter? Your body is counting on you to make good decisions. Some helpful suggestions on how to deal with conflicting information and controversies can be found at health101.org/art_conflicting.htm.

And since almost 90% of what you believe about food and exercise and your body is totally bogus (couldn't resist using that line), check out the information in the articles section of health101.org. Over the last three decades I've worked very hard to make it 100% non-bogus.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author; his book [How to Have the BEST Odds of Avoiding Degenerative Disease](http://health101.org) is available in the book department at Life Grocery. Visit health101.org for more inspiring information.

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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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In This Issue

- 1 Got Squash?
- 2 You Can Even Eat Cake!
- 3 Nutrition from "A" to "Z"
- 3 The Real Key to Great Results
- 4 Stay Cool with Foods
- 4 Mosquitos Bite
- 5 Herbal First Aid featuring Cayenne Pepper
- 6 "The Perfect Diet"
- 6 Summer Treats
- 7 When Is a Cinnamon Roll Like a Vegetable?
- 8 Back to School Gluten Free

Nutrition from “A” to “Z”

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

“X” is for extra virgin olive oil. I know it doesn’t really begin with X, but it’s so good for you that I couldn’t leave it out. Extra virgin olive oil is filled with omega-9 fatty acids. It’s a heart-healthy source of fat. Remember, we need healthy fats in our diet. They’re essential for energy and health maintenance. You want to make sure you buy organic extra virgin olive oil and not just plain old olive oil. Oftentimes, if it’s not organic or extra virgin, there may be extremely harmful chemicals used in processing the oil. It’s better just to be safe and buy it organic and extra virgin. I love using extra virgin olive oil in various dishes. My book *Eating Right for the Health of It* is filled with recipes that use it. I like to take extra virgin olive oil and mix it with flaxseed oil. It creates a really nice flavor and has a ton of health benefits. Please get rid of your commercial, cheap olive oil and replace it with organic extra virgin olive oil. I promise you, you’ll be glad that you did.

“Y” stands for yellow squash. Yellow squash is great. It’s a great source of vitamins and minerals and is very versatile. You can put it in stir fries. You can put it in soups. You can steam it up with some onions and serve it as a side dish. You can dip it in hummus or salsa. It’s a good way to add variety to your diet.

“Z” stands for zest—lemon zest and orange zest. You can just use a spoon and scrape the outside of a lemon or orange, but make sure it is organic. Conventional lemons and oranges (as well as every other type of fruit and vegetable) are sprayed with pesticides.

If you take one of these and scrape the outside of it and use it, you’re ingesting harmful pesticides. In addition, those pesticides ruin the flavor of what you’re cooking. Not only is organic better for you, it tastes a lot better than non-organic fruits and vegetables.

If you want to make a delicious and healthy cranberry sauce, throw a bag full of cranberries in the food processor. Take a whole organic orange, with the peel, cut it up, and put it in the food processor. Grind it into a puree. Add some honey to it, which is antibiotic, antiviral, and antifungal. There’s your cranberry sauce. It’s raw, organic, and tastes terrific! There are all kinds of things you can do with lemon zest and orange zest. See what different things you can come up with by incorporating them into your diet.

So, that’s good nutrition from A to Z. How easy was that? How simple was that? I just took the alphabet and picked out some foods. When people say to me they want to eat healthy, but have nothing to eat, I have to disagree. I have to be careful not to eat TOO much because there are so many delicious and nutritious foods out there. These are only 26 of 120,000 foods that you can eat.

Health is not just for the lucky, wealthy, or young. Health is available to everyone! I suggest you do some research of your own. Find out what other foods are good for you. If you don’t want to do your own research, you don’t have to. That’s why I’m here. I’ve done all of the research for you. I’ve been studying health and

nutrition for 24 years. I do it because I enjoy it. I enjoy learning about health, and I enjoy helping people to change their lives for the better simply by teaching them about health, how to get healthy and how to maintain the body at an optimal level. It’s my passion.

You can find out more about me and what I do at www.drjoesposito.com. There, you have access to articles I’ve written, my lecture schedule, and several hundred archived radio show that you can listen to at any time, absolutely free. Every week, I talk about various health topics on the show. I promise you, once you begin to change your diet for the better and learn how to take care of your nervous system and digestive system, your life will dramatically change for the better. Here’s to your health!

Dr. Joe Esposito is a chiropractor, the author of [Eating Right For The Health Of It!](http://www.drjoesposito.com), 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, please call 770-427-7387. You can also check out Dr. Joe’s website www.DrJoeEsposito.com. Mention Life Grocery when you call and get a private consultation with the doctor at NO CHARGE!

The Real Key to Great Results

By Brian Murray, M.Ed.

If you want a younger, more vibrant, body you need to understand the concept of *intensity*. It is the most important factor for getting your body to upgrade its capability, yet it is a topic many people don’t truly understand.

In a previous article, I covered the difference between *results* from exercise, and *effects* from exercise. Results are changes that take weeks or even months to materialize. These changes are typically stronger bones, muscles, connective tissue, and a more efficiently functioning body; they make a real difference in your appearance and physical fitness. Effects are temporary changes that come and go quickly, such as labored breathing, increased heart rate, sweating, etc. These changes do not lead to any meaningful betterment of your physical condition.

There are millions of people “exercising” at this very moment. They are performing a lot of work jogging, walking, swimming, biking, etc. for a long period of time. In other words, they are exerting a low level of effort over a long duration. What they are doing is not *intense*. That is why most people never realize even moderately good results from all their efforts. Sadly, most of them never change at all, except in the wrong direction.

The only way to experience results, real, long-lasting changes in your body that will actually make a difference in your life, is to exercise with intensity. To exercise intensely means that you exert a high degree of effort in a short period of time. When you exert more effort you tax more of your muscle fibers, thus encouraging them to become stronger. Make no mistake, getting stronger is the first step toward getting a better body, and that goes for all you women out there—you are the segment of the population that needs to accept the fact that increased muscular strength will improve your appearance.

To illustrate this point, I recently met with a woman participating in one of my research projects regarding

how little exercise is actually required to continuously improve the human body. She is a 44-year-old mother of four. It was time for her to go through another exercise treatment. How long had it been since her last treatment? Nine weeks. To be more specific, her prior treatment consisted of three exercises requiring an intense contraction of her muscles. The first exercise lasted 17 seconds. The second lasted 30 seconds. The third lasted 45 seconds. Total elapsed exercise time from start to finish was two minutes.

Now its nine weeks later and she does it again. First exercise, 31 seconds. Second exercise, 21 seconds. Third exercise, 45 seconds. She was able to contract against even more resistance on each of these exercises. In fact, she was able to push with both legs and resist the downward movement of 740 pounds; an increase of 60 pounds over her last treatment nine weeks prior.

I know what you are thinking and no, she did not do a lot of exercise between treatments. In fact, she did nothing other than normal daily activities keeping up with four kids. And you would easily mistake her for a 21 year old!

How is this possible? Intensity. When you exercise intensely you encourage your body to change. The higher the intensity, the shorter the duration, and the longer the recovery interval must be. This formula will ALWAYS lead to better results compared to any and all other practices out there. Put it to the test and you will be thrilled.

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

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Stay Cool with Foods

By Brenda Cobb

With the temperatures soaring to record highs all over the country, it seems that most everyone is talking about the heat and doing everything they can to stay as cool as possible. When it's hot outside you can help yourself stay cool with the food you eat. Heavy, cooked foods will make your body run hot, slow you down, and make you tired. It takes much more energy to digest cooked food than it does to digest raw food and this can slow you down even more.

The more uncooked fresh raw fruits and vegetables you eat, the lighter and more energetic you will feel and the cooler you'll stay. The right raw foods will not only energize you, but will help you lose unwanted pounds and keep them off. Extra pounds can make you feel hotter. When you lose the weight it also helps normalize blood pressure and keeps you cooler.

Watermelon is a wonderful summer fruit that is cooling in hot weather, is a thirst quencher, and helps relieve depression. Watermelon contains a whopping 92 percent water, so it is very popular with dieters; it makes an excellent cleanser and detoxifier. It tastes really sweet, but it has only half the sugar of an apple. The white rind of the watermelon is one of the highest organic sodium foods in nature so eat the white rind along with the red fruit.

Everyone has a different theory about how to pick the best watermelon. Some say that it should have a skin that is dull and slightly waxy, with ends that are not pointy but rounded and well filled out, heavy for its size, with a bottom that is pale creamy yellow and not white. Others swear by the thumping method, looking for a deep hollow sound rather than a dull thud. Another method is to look for a melon that has a dry crown stem and then scrape the rind with a fingernail; when the green skin comes off easily, the melon is ready to eat. When a melon is cut the best ones have a bright red flesh with dark brown or black seeds. Whatever way you use to choose your watermelon there's nothing better on a hot summer day.

The ordinary cucumber was cultivated very early in Asia and Europe and was a popular vegetable with the Greeks and Romans. Centuries before Thermos jugs, travelers in desert caravans carried cucumbers because the green skins effectively protected the cool fresh liquid

within. This satisfied thirst and provided a refreshing and cooling food. Cucumbers are very alkaline, rich in minerals, and excellent as a natural diuretic. Among other enzymes, the cucumber contains erespsin, an enzyme that helps with digestion. Its potassium content makes the cucumber useful for high and low blood pressure.

Celery also has a high water content and is cooling to the body. It counteracts acidosis, purifies the bloodstream, and can help clear up skin problems. Celery provides organic calcium and silicon to help repair damaged ligaments and bones and can even help stiff, creaking or cracking joints.

Eating raw vegetables and fruits is easy because they take so little time to prepare and with very little effort, you can have a delicious meal that is very satisfying. Best of all, you won't heat up your kitchen and you will get the full nutrition available which is destroyed by cooking. Purchase organic produce so you can be sure they are free of chemicals and pesticides. You'll know that you're giving your body some of the best possible food.

Cucumber Salad

½ c of dried seaweed
2 cucumbers
¼ c fresh lemon juice
1 T extra virgin olive oil
⅓ c onion
⅓ c red or yellow bell pepper
2 cloves garlic
pinch or two of Himalayan salt

- Soak the seaweed of your choice in water for 15 minutes.
- Drain and chop into small pieces.
- Slice the cucumbers and chop the onion, garlic, and pepper.
- Combine everything together with the fresh lemon juice and olive oil.
- Toss and serve.

Celery Cucumber Smoothie

3 stalks celery
1 cucumber
1 sprig fresh mint

2 t fresh dill
1 c water

- Combine all ingredients in the Vita-Mix and blend into a cool smoothie.

Refreshing Gazpacho

Soup Base

3 c very ripe tomatoes
1 c celery
1 c cucumber
½ t Himalayan salt
2 T fresh cilantro
1 large clove garlic
2 T fresh lime juice
1 t cumin powder

- Blend all the ingredients in the Vita-Mix until creamy. Remove and put in a bowl.

Vegetables

½ c celery
½ c cucumber
½ c green onions
½ c red bell pepper

- Chop the vegetables and combine with the soup base and enjoy!

Watermelon Smoothie

watermelon chunks, including rind and seeds

- Put chunks of watermelon into the Vita-Mix.
- Blend into a delicious cooling drink.
- Squeeze a bit of fresh lime juice on top to add an extra zip.

Brenda Cobb is founder of The Living Foods Institute and author of [The Living Foods Lifestyle](#)®. She teaches a Healthy Lifestyle Nutrition, Cleansing, Healing, and Anti-Aging course in Atlanta. For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.

Mosquitoes Bite

By Linda Townsend

When I was a child, I lived near a lake where the mosquitoes were just unbelievably prolific. Every summer, there was not a square inch of my legs without a scab or an itching new bump. The only thing my parents knew to do then was to spray an expensive repellent on our skin that probably had chemicals that I would cringe to think about putting on my child today. However, just recently, I was reminded, after trying to recover my lawn and gardens from recent years of drought, what it is like to have itchy bites all over my legs . . . and I do mean *all* over them.

The mosquito is the one creature I actually would not mourn if it was on the endangered species list. Why? Besides never going outside without wearing mosquito netting, there is no way to avoid them completely and they infect people and animals with some rather nasty diseases: Arboviral Encephalitis, Deneque Fever, Malaria, Rift Valley Fever, Yellow Fever, and more. It is said, mosquitoes have caused the death of more people than all the wars of the world.

I have tried many things over the years and some things do help, but, let's face it: I am a mosquito magnet! Although I have never done any clinical testing, I am convinced that one single mosquito released in a room of one hundred people would make a bee-line for me and

bite me at least ten times before it even noticed there were other people around on which to feast.

If you have this problem, you know what I mean. It is maddening to see people on the other side of the spectrum; those wonderfully fortunate people, (like my husband) who in the same circumstances, at the same time (standing right beside me even), just do not get bitten much at all. I don't know what these people have, but if they could bottle it, I would be the first in line to give it a try. I also wish I had some formula to offer you and say this is "the one" that works for everyone, but I am still experimenting with that illusive wonder concoction for myself. It seems that what works for one person's chemistry with local mosquitoes, may not work as well for another. Still, if you are looking for a ready-to-use natural repellent, just ask; Life Grocery carries products that I have used myself with good results. If you like experimenting and want to make a specialized formula for yourself, here are some ideas that might help you:

For spritzing on skin and clothing, mix your choice of just a few drops of essential oils with several ounces of ethanol alcohol, witch hazel, distilled water, or vegetable oil in a fine mist spray bottle and shake before each use (or rub on skin) avoiding the eyes and other sensitive areas. For rubbing onto the skin, add a few drops to olive

or other oil to rub on skin. Some essential oils that are reported to give good results whether used alone or in combinations are citronella, lavender, catnip, eucalyptus, pennyroyal, tansy, basil, thyme, cedar, tea tree, peppermint, myrrh, clove, lemon grass, and vanilla.

If you have an herbal garden, you might already have some helpful plants on hand. Citronella, lavender, basil, catnip, pennyroyal, tansy, and marigolds can be crushed and rubbed on clothes and skin. Just having them planted in areas like your deck or patio might be helpful and the bruised leaves can be tossed around as well. You can infuse the leaves in water to be used as a spray.

You also might get desirable results eating garlic or taking a vitamin B complex supplement. (I had good results with the B vitamins when I lived in another state, but it has not been as effective for me in Georgia.)

The truth is, regardless of what kind of repellent you use, it is most likely that you will be bitten by more than one of these little bloodsuckers sometime this summer. Then what? Hydrogen peroxide is my first suggestion. I keep it in a spray bottle and rub it in. I have even seen it stop the allergic reaction to bug bites

continued on page 5

Herbal First Aid featuring Cayenne Pepper

By Kal Sellers, MH

For decades, herbalists have been putting together their own version of a first aid kit. It contains herbs that will help the body immediately in emergencies. They have aspired to surpass the first aid that can be provided with any amount of modern medicine. Among the most prized elements of an effective and life-saving first aid kit is cayenne pepper.

Bleeding

Our daughter (age six at the time) fell 15 feet onto a tile floor and was badly injured. Her jawbone sliced through the flesh on her chin and her teeth through the flesh on her bottom lip. She had various other injuries that are appropriate for a later article. Immediately, we pulled cayenne tincture from our first aid kit. We put this in her mouth and while she was swallowing this we mixed cayenne pepper into water, one teaspoon in about three ounces. We gave this to her and then each of us (her parents) took a swig. By the time we finished our drinks (no more than 20 seconds after the injury) her bleeding was nearly stopped (the gushing blood had fully stopped). Within another 10 seconds the cayenne affected both her mother and I and all shock left us so that we could start to think more clearly.

From there we reached into our first aid kit and began treating all injuries aggressively. Though she had four broken bones in her right foot, she was completely out of all extreme pain in the next few minutes. Those treatments are for another time and, for those serious about learning natural healing first aid and emergency care, are covered in detail in the Herbal First Aid course on www.MadHerbalist.com.

Another time, the same daughter ran into the bathroom where there was a wet floor. She slipped and fell and hit directly on the back of her head. By the time she stood, she was hemorrhaging from the nose. Immediately, we reached into the drawer in the bathroom and took out the cayenne tincture and gave her one dropper full. Then we went to the kitchen and stirred a teaspoon of cayenne into 3 ounces of water. She began drinking this and by her second drink the bleeding had fully stopped . . . only about 20 seconds after the injury! I have felt that on several similar occasions we have stopped the intra-cranial bleeding damage from a concussion using this technique.

Heart Attack

My first herbal medicine mentor, Dr. John R. Christopher, was called on a heart attack case where the regular doctor was not available. He told them to have hot water waiting when he arrived. He showed up on the scene and took a tablespoon of cayenne pepper and stirred it into a cup of the very hot water. He roused the victim to a manageable state of consciousness and had her drink the cayenne tea. She said, “mmm, that is good!” Parenthetically, Dr. Christopher said that whenever someone really needed the cayenne, that it would taste sweet to them and not unpleasant in the least. We have never had a child in an emergency who rejected the cayenne . . . not once!

In five minutes, the woman got up and said, “Wow, I really feel better, I think I can get up and do some things!” Her husband said that he felt that she needed to stay down because typically after an attack, she is barely able to get around for months. But this time, she got up anyway and beside feeling a little weakness, she was fine. He gave them his program to follow and told them if they were wise they should follow it to prevent future illness.

Stroke

Both Dr. Christopher, and his contemporary, Jethro Kloss, stated that when you have a stroke victim that the fastest way to heal them is with lots of cayenne as soon as possible and persist until they are recovered. Both had numerous stories of stroke victims fully recovering using this treatment.

How Cayenne Works

Dr. Christopher explained that cayenne regulates circulation, stopping bleeding where blood is being lost, opening vessels, and moving blood into places where there were clots and blockages. Because of this, he also said that it is reliable for stopping shock immediately, which is so often the real reason that people die in accidents.

Frostbite and Freezing Cold

While this may not be much of interest here in Georgia, I did use it also to prevent frostbite. I was in the mountains helping my brother, who was, until his death, a hunter. He would call me after he made “the kill” and ask me to go with him to get it out and do some of the heavy work (I, the younger, was the larger and stronger). This time we got on horseback and went up near Timberline, Wyoming in October. It was bitter cold with an average of a foot of snow. I had some anxiety about this trip, as since childhood, just the hour in the cold doing the chores on the farm would freeze my toes and it would take another hour just to get them back to normal. I reached for my cayenne pepper. I sprinkled it in my socks fairly heavily. I put them on and strapped on my boots. Additionally, I ate no food, but once every couple hours ate a whole lime that I had in my pocket. I just peeled it and ate everything but the skin. I had learned shortly before this about the warming properties of limes by virtue, not of intrinsic heat, but of their ability to keep blood flowing freely and not clumping in the body and allowing cold extremities. They also support the kidneys in some ways, thought to be related to cold extremities.

We were out there eleven hours. Anyone who knows will tell you that horseback is far worse than walking for freezing your feet, but in that eleven hours I did not feel even the slightest discomfort from the cold, nor did my feet freeze or hurt. When I removed my socks in the truck on the way home, the only discomfort I felt, which remained with me for three days, was the heat of the truck on my stimulated feet! Each time they got in hot water or under the heater of a car, they were sensitive to the heat. This waned and left after the third day, but this was far preferable to the alternative and this injured me in no way that I could tell.

Parasite Protection

Cayenne also works to aid digestion a great deal. As a visitor to Mexico, I sat down to a meal that worried me. I knew and feared certain parasites, but especially amoebic dysentery. I reached for my cayenne pepper. One study I read while in herbal school stated that just sniffing cayenne in water would boost digestive secretions by 30% and that drinking and swallowing it into the stomach would boost them by 300%! I was no stranger to the fact that high stomach acid and enzymes in well-chewed food would make the survival of any threatening microbes impossible. I stirred a teaspoon into a glass of water and drank it down. My wife and I sat chatting for the next fifteen minutes while I waited for the effect to reach its pinnacle. Then we prayed over our food and enjoyed the meal. We did not get sick or even feel bad in the least.

Digestion Aid

Before and since that time I have worked with many cases of acid reflux. In most of these cases, I was assured by the frightened client that cayenne would be terrible for them and that boosting their digestive secretions was dangerous for them. I did my best to patiently explain that acid reflux was always the result of compensation for not enough stomach acid and if we got enough in there in the first place, we would not face the problem at all. I instructed them, not to eat cayenne on their food, but to stir ¼ teaspoon into water exactly 15 minutes before each meal. In addition to this, they were to avoid all dairy and were to minimize any processed food and try to stick to whole foods only. They were also instructed to consume plenty of fruit, but ONLY ON A COMPLETELY EMPTY STOMACH, and never with anything else. I never had a person follow this who did not get complete relief immediately. Some had underlying problems that needed to be dealt with, but even those got complete relief using this protocol.

May the Cayenne be with You

To make a long story short, I have used cayenne freely for years without ever knowing a problem from it except when it was added to food. This is not a natural problem, really, but for some people it is a problem. Cayenne is high in antioxidants and boosts immune function and helps clear mucus and all forms of congestion. In the Herbal First Aid course I teach, and in my own first aid kit, several key formulas have cayenne or another hot pepper (habanero) as a major constituent. I believe if I could only choose one item (shudder the thought) for my first aid kit, it would be cayenne. So often this herb can save lives and suffering when no other options exist and even medical emergency options are not nearly as good or even comparable. I will continue to use this herb regularly. We are so intent on arming people with this tool, and helping them understand how to use it, that we put together cayenne key chains, with brief instructions on them, and are available for sale through MadHerbalist.com,

Kal Sellers, MH, LMT is a ten-year veteran of natural healing and herbal medicine. He runs a practice in Marietta and Powder Springs and teaches Herbal Medicine and Natural Healing Arts through his website www.madherbalist.com. Call 706-473-4375 for details.

NOTE: The information and advice expressed in this article is not a substitute for regular health care services. Please consult with your healthcare professional.

Mosquitos Bite *continued from page 4*

for some people. For me, it neutralizes the itch, facilitates healing, and can be applied as often as necessary.

Some of the same essential oil formulas that repel mosquitoes are also good for the itchy bumps they cause, especially those with tea tree, lavender, and cedar. Witch hazel is also recommended. The crushed leaves of basil and plantains (plantago) can be used as well. Even more convenient are a variety of homeopathic remedies available at Life Grocery. All these suggested treatments need to be avoided near the eyes and other sensitive areas and should be tested in small areas first.

Taking my own advice, I am out the door to do some more gardening while smelling like some of my favorite herbs and, hopefully, I will not seem to be so tasty of a meal to the mosquitoes this time.

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

“The Perfect Diet” ...

By Draya Woolf-Wilson

There is so much information and mis-information out there. I have been on every side of the diet world in my endless search for truth – for me. This is a very key statement, seeing that every third new book seems to be a diet book in one way, shape, or form. There’s currently a new book out, *Women, Food and God*. There has been much synchronicity with this book, I finally had to pick it up. I had a very good friend tell me about it, then another. Then on my out of town jaunt to Kansas City, I went to many a book store, since I am promoting books myself (kid’s books for now, but even I have a book about food and diet in my publishing near future). So I am standing there talking to the store buyer and not one, not two, but three women interrupted us to find this book, which ironically was the first book when you walk in the door, on a huge stand.

I could make a statement as to what I think that means and how in a few years when my new “big deal” book comes out, they will once again be in the store looking just past the book that will TRY to save them. In no way am I saying it can’t. What I am really saying is this . . . it’s not the food. There is no perfect diet for everyone. I am sure this will surprise many people since I am a raw foodist, transition coach, and chef.

So what am I saying? What am I talking about? What I am going to tell you is exactly what I learned from tons of reading, experimenting, experiencing, and lectures. In my thoughts, I am very impressed with and completely agree with Gabriel Cousens, raw food elder. There is no one diet that fits every person. Every single person is a unique creation of the universe and each of us although similar, are unique, as are our bodies. What affects one of us in one way doesn’t to the next. What does this mean? This means we eat for who we are, what we want, and our perspectives. Food is so much a part of who we are.

The way we buy a car to fit us, is similar to how we eat to fit who we see ourselves as, want to see ourselves as, or who other people see us as, which we have grown comfortable with. Comfort is easy. I have so many examples of this. I have a guy I worked with who wanted to transition to raw. He wanted to be thin, attractive, and what he always imagined he could be. He did have a very pretty face, bedroom eyes, and an amazing voice. He was a singer and songwriter and extremely talented. There was only one thing holding him back in his mind; that was his weight. Of course, any psychologist, as well as most half-intelligent people, would know automatically that it had nothing to do with his weight. It had to do with his self image.

When it’s that far inside you, it’s very hard to let go of. He had always been the sweet, nice, cozy guy. The guy you could count on, maybe not too bright, but comfortable. So what does any of this matter? After about fifteen pounds came off in about a week, he already began to question who he would be if he actually lost the weight and were to become everything he imagined. He quickly fell off, got a regular job, and half-heartedly pursued his music and true path.

This can also be seen on the video *Simply Raw, Curing Diabetes in 30 days*. Out of the contributors, there were two who “could not do it.” The reality is when you watch the video, the two who couldn’t do “it” had lives that entirely revolved around “it” and “that is who they are.” I find this sad and a very acute indication of how most of us are. We are exactly who we want to be and our food is an indication of that. Is any one life style better than another? I think that is unfair to judge. Obviously, some choices affect us all, however, it is still each person’s choice to be who they want to be.

My hope is that instead of worrying about who we are in the eyes of others we will find what truly works

for us, as individuals. I also hope that when people do that, they will accomplish the real goal and conquer the issue of food. Food is used to define us, comfort us, and fulfill us in our society. If you begin to define yourself with how you are following your life’s passions and being all you can be, the food issue will disappear.

In the first chapter of, *Women, Food and God*, the author says, “I believe we are walking, talking expressions of our deepest convictions; everything we believe about love, fear, transformation, and God is revealed in how and when we eat.” I agree. So start with finding out who you truly are or want to be; hold it, mold it, keep it and never give it up so that you never need to be comforted by something outside of yourself. Be conscious when eating and living. Take steps out of love not fear. Be happy not worried. Stay open to what your path and food choices should be in this life for you. Follow your heart’s passions and don’t get caught up in the comfort. Discover yourself. Of course, being me, I would suggest, some of the things that worked for me, like going raw for at least six months to clear out the addictions and parasites, eat in life not death, and so on. At the end of it all though, it must be for you, in complete love, and without judgment.

Draya Sioux Woolf-Wilson: Author, Illustrator, Artist, RAW foods instructor, and life coach. She teaches raw foods classes at Life Grocery and Café and around the Atlanta area. She has also published four children’s and poetry books, and teaches the writing process through schools and libraries all over. And now, Draya collects her own spring water.

Summer Treats

By Dr. Kim Strickland

I love the summer months for ease of feeding my family. We enjoy lots of smoothies, pure fruit ice cream, salads, and grilling on the deck. We planted a garden at the beginning of May and are excited about what it has yielded. My boys chose to plant several kinds of lettuce, beets, green and yellow beans, cucumbers, zucchini, yellow squash, and spinach. This garden is in my neighborhood, a short walk from our house. It is a community garden on government land that is sitting vacant. We are enhancing the land with the garden and fruit trees. In a few years I hope there will be peaches and apples.

Although some of us have chosen to grow some of our own produce, we are so fortunate to have Life Grocery offer such a wide selection of fresh organic produce to those who don’t have their own garden and supplement the needs of those who do. I am including some recipes that we have been enjoying already this summer.

Fruit Veggie Smoothie

2 -3 bananas, frozen with peels off
1 handful of spinach
1 leaf of kale

2 baby carrots
1 small clove of garlic
½ c blueberries, frozen
½ c strawberries, frozen
honey, optional

- Add all of the following in a Vita-Mix or heavy-duty blender with enough water to create a creamy texture. If desired add honey to taste.

Carrot Apple Slaw

2 large carrots, grated
1 apple, grated
1 small piece of kale, grated
2 T mayonnaise
1 T mustard
1 t apple cider vinegar or Italian dressing
2 T sesame seeds, toasted

- Mix carrots, apple, and kale together.
- Make dressing by mixing mayonnaise, mustard, and vinegar.
- Stir into carrot mixture.
- Top with toasted sesame seeds.

Turkey Apple Cheeseburger

1 lb organic ground turkey
1 apple, grated
¼ c onions, chopped
1 T fresh oregano
1 T oil
1 t celery salt
½ t sage
¼ t sea salt
1/8 t black pepper
cheese, sliced

- Sauté apple, onion, and oregano in oil.
- Mix in a bowl with ground turkey and seasonings.
- Grill and add cheese at the end.
- Serve on whole grain buns, such as Ezekiel, with condiments of your choice.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys.

When Is a Cinnamon Roll Like a Vegetable?

By Traci Sellers

In my classes, I like to do a demonstration where I have participants take a small spoonful of wheat kernels and try to chew them up. (If you have never tried this, go grab some out of your storage and give it a go.) If this was how you had to consume your wheat, you probably wouldn't eat much of it, because it is so hard and difficult to chew. Take another handful of wheat and soak it in a cup of water overnight. As it swells and begins to sprout, the wheat becomes soft, sweet, and easy to chew. This is what I refer to as "Nature's Clues" or an indication from the nature of the plant helping us to know how it was meant to be consumed.

Dry grain=hard and difficult to eat
Sprouted grain=soft and easy to eat

What you can't see are the amazing things that take place within the grain during the overnight soak.

The first thing that the water does is activate the enzymes within the grain. Enzymes are like keys, opening the locks that hold together the complex chains of nutrients into particles our bodies are ready to receive and use. Proteins, carbohydrates, and more are changed into their ready to use state. The difference between sprouted grain and dry is like the difference between gasoline and crude oil; one is ready to fuel, the other needs extensive processing before it becomes usable.

The introduction of water into the grain is remarkable because now we have the perfect balance of fiber, water, and enzymes necessary to nourish effectively and eliminate easily, much like a fresh fruit or vegetable. Just as in a fresh fruit or vegetable, the enzymes will break apart the compounds so they are ready for use and the water will carry them through our systems, flushing cells of impurities, and keeping the bloodstream free flowing as the wastes are carried away. Nutrition in, wastes out... a perfect system. Making a cinnamon roll from 100% sprouted wheat is a gift for both tastebuds and body.

Instructions for Sprouting

The sprouting of grains for everyday use is really not a drawn out mysterious process. In fact, it is quite simple. Grain should be soaked for 8-12 hours and sprouted for an additional 8-12. This will give you what I refer to as "minimally sprouted" grain. Seven hours is what is required to dissipate all of the phytic acid, so, just soaking the grain overnight has tremendous benefits. It is important to use your grain before the sprouts get longer than about 1/8th of an inch because it will perform differently (adversely!) in recipes if over-sprouted.

To Soak Grain:



1. Measure out quantity to soak into a non-metal container.



2. Rinse grain by filling container with water that is filtered free of chlorine or other chemicals. Allow any debris to float off.



3. Strain off rinse water.



4. Refill bowl with water to soak



5. Set out bowl on a countertop for 8-12 hours, loosely covered.



6. Strain off soaking water.



7. Rinse grain.

August 1, 2010

Remember the due date for submissions to the Sept/Oct issue of *The Life Line*



8. Place rinsed grain back in container and set out on countertop, loosely covered, to sprout for 8-12 hours. Then your grain is ready to use!

*Traci Sellers had to seriously modify her diet when severe illness during pregnancy threatened her life. She now teaches how to make a plant based diet taste like traditional comfort foods you grew up with. You can learn more about her [Health Principles and Recipes](#) in the book section of *Life Grocery*.*

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Back to School Gluten Free

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

It's that time of year to start thinking about sending our kids back to school, and along with the typical preparations most parents go through, I am faced with sending my 10 year old to fifth grade with special dietary and other restrictions. This wouldn't be such a huge deal except for the fact that she has Celiac Disease and cannot tolerate foods with gluten (the protein found in wheat, barley, rye, and, possibly, oats) in them. So, I will have to plan for this new year of public school with its cafeteria, snacks, and birthday parties; with kids and teachers who don't know the first thing about having to be gluten free. This includes school supplies because, let's face it, kids are messy, and there is always a chance she could be "glutened."

In Kindergarten, we ran into an issue where the school was going to use wheat flour for one of the Field Day events. Most people don't even think about these things. I ended up providing enough rice flour for the event so it wasn't an issue; in first grade they decided to forgo this event. In the years that have followed, we haven't run into too many issues with the school supplies, but there seems to be a never ending torrent of birthday parties and teachers who like to give food as prizes for doing well in class.

Most teachers will put out a list about a week or so before school starts to let parents know which school supplies will be needed for their class. Most school supplies are perfectly safe for children with allergies or food sensitivities, but you can check with the manufacturer to be sure. Things to be careful of are paste, play dough, finger paints, glue sticks, and the ubiquitous macaroni noodles that teachers like to use for craft projects and the like.

I provided my daughter's teachers with a supply of gluten free dried pasta noodles in various shapes for kindergarten and first grade. I also provided enough home made gluten free play dough for the entire class so that I wouldn't have to worry about her having to be kept separate from the other children if they are using regular play dough. All commercial play dough contains wheat. Here is a list of some commercial school supplies that are gluten free.

Common Gluten Free School Products/Materials:

- Chalk – Crayola
- Crayons – Crayola
- Glue (liquid) – Elmer's Washable Glue, Rose Art Washable Glue
- Markers – Crayola (including Color Wonder as well)
- Paints (w/ brush) Palmer Paint Products; Crayola Oil Pastels, Powder Paint, And Water Soluble Oil Pastels; Prism Brand Paints
- Paints (finger paints) – Crayola
- Paints (powder) – Crayola
- Play Clay – Crayola Model Magic (*Crayola Clay contains gluten*)
- Silly Putty – Crayola

Now lets talk about the cafeteria. When my daughter was in Kindergarten, I simply sent her lunch every day. By the end of the school year, though, I had an opportunity to speak with the head dietitian with Cobb County Schools and the Cafeteria Manager at my daughter's school. They were able to provide me with a list of the cafeteria menu items that were verified gluten free and were more than willing to work with me

on a weekly basis to provide a safe lunch for her. We attempted this for a couple of years, but to be quite honest, the menu choices were not healthy, despite the claims that they were, and as far as gluten free went, there really weren't many available choices. If you are going to go the cafeteria route, be aware that this takes a lot of communications on your part. Cobb County School Board puts out the menus on a monthly basis and you can download and print them out, along with the list of gluten free menu items. It is then your job to communicate your child's lunch selection every week to the cafeteria staff. Now, in order to get this kind of support from the school system, I did have to provide a doctor's note stating that my daughter is on a gluten free diet for medical reasons. If you don't wish to do that, or don't feel comfortable with the cafeteria food, simply pack your child's lunch every day.

Now we come to the lunch box. Since I am packing her lunch once again, I have a little experience in this arena. In an effort to make her feel as normal as possible, and give her fun, healthy food choices, I do lots of shopping at Life Grocery. They have the best selection of kid friendly gluten free foods! I make sandwiches using Kinnikinick's White Sandwich Bread, EnerG's Light Tapioca Loaf Bread, or Udi's Gluten Free Bread, with Applegate Farms deli meats (turkey bologna is her favorite) and Horizon Farms American Cheese Slices. The old standby, peanut butter and jelly, was always a good option. I would fill her Thermos with many varieties of leftover dinners reheated just for her, like spaghetti, chili, soup, etc. Ian's now makes allergen free chicken nuggets and fish sticks. S'Better Farms has Corn Dogs and Chicken Fingers. If I warm these up for her in the morning and wrap them in foil, she can have them with her favorite dipping sauce, Annie's Organic Ketchup! Also, fresh fruits and vegetables, organic of course, are always a good choice! For dessert and snacks there are many varieties of gluten free cookies and even candies. Candy Tree even has gluten free licorice!

Birthday parties and other special class parties can easily be accommodated if you work with your child's teacher and they are aware of several "safe" items that they can choose to have on hand. For many of the parties, I either provided enough of a "normal" gluten free snack for the entire class, or I would send in a similar gluten free item just for her to have. It is always great fun (and the teacher's appreciate it) if you volunteer to help in the classroom during a party, this way you can be assured that your child doesn't get any gluten, and is served their special treat along with everyone else.

Here are a couple of simple recipes for the lunch box

Bagelwich

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

- Assemble bagelwich with all ingredients, put together like a sandwich.

Fruit Salad

Organic grapes, apple slices, orange slices (seeds removed), banana slices, and lemon juice

- Mix all fruit together. Sprinkle with lemon juice, to prevent browning, and pack in an airtight container

Don't be afraid to experiment and try different things. Fun things for small kids would be edible art projects like "ants on a log" celery sticks with peanut butter and raisins on top, or a simple "pizza" that they can assemble themselves with a Real Foods Corn Thin, some shredded cheese, and a small container of tomato sauce (Amy's Family Marinara tastes great cold). I use those reusable/disposable containers for this. Also, I recommend involving your child in the process of deciding their menu choices for the week. This gives them a sense of control and power over their diet and makes for a happier kid.

All in all, I think we've handled this fairly well. How will you do? Hopefully I've given you some helpful ideas. Here's hoping you and your kids have a great gluten free school year!

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

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