

georgetown market

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August 2009

natural foods

Eat Better, Live Well, Feel Your Best

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

Food, Inc., a documentary film by Robert Kenner

Opens Friday, July 31

Keystone Arts Cinema, The Fashion Mall
(subject to change without notice. Call 570-3009 or visit their website for exact show times)

This groundbreaking film will change the way you think about food! To view the trailer, go to:
<http://www.foodincmovie.com/>

Au Natural?

A July 10 article in the *Chicago Tribune.com* explored the ongoing debate and confusion between foods labeled “natural” and those that are certified organic. This was in response to Dean Foods, the largest organic dairy producer in the U.S., introducing a line of milk and yogurt products marketed as “natural.”

I think this is a good opportunity to stress, once again, that “natural” has no clear definition in the food and supplement industry—neither does “all natural.” By contrast, organic certification adheres to specific criteria. For example, an organic dairy product ensures that the cows were allowed to graze in open pastures instead of confined in feedlots. A “natural” dairy product cannot make such a claim.

Processed foods (which should make up a minimal part of our diet anyway) allow for even more leeway. A chemically altered ingredient may show up in a “natural” product simply because it is *derived* from a natural substance.

When shopping, keep it simple and buy food that is as close to the real thing as possible. That’s what I call natural!

Newsletter contributor and editor: Malka Davis

When the “Bogeyman” is an Oreo

As a Georgetown Market employee, there is perhaps nothing quite as satisfying as seeing parents instill healthful eating habits in their children. Whether it’s what to look for in a pear or in a box of cereal, it’s important to teach children the basics of nutritious eating. Unfortunately, this can be taken to an *unhealthy* extreme.

Some nutritionists and mental health experts are witnessing an increase in the number of children who suffer anxiety from “bad” foods, what Dr. Steven Bratman, author of Health Food Junkies, terms “orthorexia” (“righteous eating”).

Make sure that in your attempt to educate your children or grandchildren you’re not inducing fear over eating an occasional cookie or hot dog. Healthy eating habits include a healthy attitude toward food.

Zucchini Pizza

1 zucchini, chopped
1/4 cup chopped red bell pepper
4 whole wheat pitas (6-1/2” diameter)
1/4 cup your favorite pasta sauce
1/4 cup part-skim ricotta cheese
1/3 cup shredded reduced-fat mozzarella cheese
1 cup plum tomatoes, chopped

1. Preheat oven to 425 degrees. Saute zucchini and peppers in 1-2 tablespoons extra-virgin olive oil. Cook, stirring frequently, until vegetables are softened.
2. Place pitas on ungreased baking sheet. Bake 5 minutes, or until crisp.
3. Add sauce to skillet and mix well. Spread sauce over pitas and top with ricotta. Sprinkle with mozzarella and tomatoes. Bake 7-10 minutes, or



From Rick's Desk...

The Grow Bone Challenge

Did you know that approximately 10 million adults currently have osteoporosis? And that 34 million more have low bone mass? That 1 in 2 women over the age of fifty will have an osteoporosis-related fracture in their lifetime? And what if I told you there is a way to grow bone tissue—*safely*?

Garden of Life recently introduced their new Vitamin Code Grow Bone System that includes a *double-your-money-back guarantee* if you don't experience an increase in bone density over a six-month period! Here's how it works:

1. Get a baseline full body DEXA scan to assess your starting bone mineral density.
2. Take the Grow Bone System as directed for a minimum of 180 consecutive days.
3. Have a second full body DEXA scan to measure your results from the Grow Bone System.

If your bones are not healthier, stronger, and denser after at least 180 consecutive days, as evidenced by a full body DEXA scan, Garden of Life will refund double the cost of all 6 months of your Grow Bone System purchases, *plus* your out-of-pocket expenses for both DEXA scans! Now, *that's* a guarantee!

Reduce your risk of osteoporosis. Build healthier, stronger bones. Take the Grow Bone Challenge. Ask our Natural Living staff for further details, or visit www.growbone.com, where you can also download money-saving coupons.

Exceptions to the money-back guarantee are as follows: 1. If you are currently taking corticosteroid drugs. 2. If you are taking Bisphosphonate drugs such as Fosamax, Evista, Boniva. 3. If you are in the first five years after onset of menopause.

Eating and Drinking for Exercise—Some Guidelines

(from *The New York Times* online)

Leslie Bonci, a certified specialist in sports dietetics, offers these tips for fueling your body for exercise:

- Eat a “fist-sized” amount of food about **one hour before** exercise; this gives the body ready energy without overtaxing digestion
- Consume a carbohydrate source with *some* protein, around 150-200 calories. Think peanut butter-and-jelly sandwich.
- Drink about **20 ounces of liquid**—again about one hour before exercise. It takes about an hour for that much liquid to empty out of the stomach and hydrate your muscles.
- **Gulp**—don't sip—water during and after strenuous exercise. Gulping will move water more quickly out of your stomach and into your muscles.
- Refuel about **15 minutes after exercise** for more rapid muscle recovery. Not a heavy meal, but that same fist-sized amount of food you consumed beforehand.

Footbath Detox Sessions

The perfect and complete way to detox your body from an acidic, toxic state to a healthy, balanced vibrant status!

A comprehensive detox session will give you a deep, thorough, relaxing treatment to purge toxins to improve energy levels, digestive health, endocrine function, and overall well being.

Buy 5, Get 1 FREE!

\$40 for 30-minute session

\$50 for 60-minute session

Contact: Dr. Lauren Montieth at 317-504-0425

Indy Rawvolution

(A Raw Food Support Group)

Led by Pamela Reilly,
Naturopath & Living Foods Life Coach,
CNHP, CPH

meets August 11th & 25th @ 6 pm

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