

georgetown market

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May 2009

natural foods

Eat Better, Live Well, Feel Your Best

Mother's Day

Here's a tasty and healthful dish to make for Mom on her special day . . .

Spinach, Tofu, & Sesame Stir-Fry

- 1 tablespoon canola oil
- 1/2 pound tofu, cut in small dice
- 1 large garlic clove, minced
- 1 teaspoon grated or minced fresh ginger
- 1/4 teaspoon red chili flakes
- Soy sauce to taste
- 1 6-ounce bag baby spinach, rinsed
- 2 tablespoons toasted sesame seeds
- 1 teaspoon sesame oil

1. Heat the canola oil over medium-high heat in a large nonstick skillet or wok, and add the tofu. Stir-fry until the tofu is lightly colored, three to five minutes, and add the garlic and ginger. Cook, stirring, until fragrant, about one minute, and add soy sauce to taste. Add the spinach and stir-fry until the spinach wilts, about one minute. Stir in the sesame seeds, and add more soy sauce to taste. Remove from the heat.

2. Using tongs, transfer the spinach and tofu mixture to a serving bowl, leaving the liquid behind in the pan or wok. Drizzle with the sesame oil, and add more soy sauce as desired. Serve with rice or other grains, or noodles. You may also use it as a filling for whole wheat pita bread.

(From NYTimes.com)

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, May 11th

“Without friends no one would choose to live, though he had all other goods.”
—Aristotle

What this Greek philosopher knew thousands of years ago today requires scientific evidence! Recent studies have shown that friendship—regardless of physical distance—plays a key role in helping people maintain health, as well as aiding strongly in their recovery when they do contract an illness.

Psychologist Bella DePaulo notes that many studies indicate that friends have an even greater impact on health than a spouse or family member.

Remember, the best way to have a friend is to **be a friend!**

- **We will be closed Sunday, May 24th (Race Day)**
- **We will be open Monday, May 25th, Memorial Day, from 9a.m. to 6p.m.**

It's In The Air Again . . .

Have seasonal allergies already hit you? Fight back with the **Neti Pot!** Not only can it reduce or relieve many common allergy symptoms but it doesn't dry out or irritate your nasal passages the way many OTC decongestants do. Check out a few of our models in the Natural Living department—and start feeling like yourself again!



From Rick's Desk...

Common Sense Approach To Preventing the Swine Flu...or Any Flu

Yes, this is a new strain of influenza. Yes, it is important to be aware and to take proper precautions but it is not necessary to be fearful or risk the possible consequence of taking a flu vaccine which may cause serious side effects. Use common sense and remember, staying healthy is all about supporting the immune system. If you take care of your immune system all year around you won't have to worry about having to boost it in a hurry when a flu outbreak occurs. How do you avoid contracting influenza?

- Get plenty of rest and exercise
- Wash your hands regularly and avoid crowds
- Avoid refined white sugar and junk food
- Take New Chapter's Immunity Take Care (1 or 2 lozenges per day)
- Consider taking oscillococcinum, olive leaf extract, Host Defense, propolis, colloidal silver or Herbs of Light Virus Defense Blend which all fight viruses
- Vitamin D3 and Omega-3 (fish or flax oil) support the immune system.
- Chiropractic offers great immune enhancing benefits and a healthy nervous system
(Call Dr. Lauren for a free consultation at 504-0425)

Remain calm. We survived the swine flu in 1976. Keep things in perspective as we are exposed to influenza in every day life. The swine flu virus does not CAUSE disease. It seeks out an environment where it can thrive. How is your environment?

Energy Plus Testimonial: In the March newsletter I asked for volunteers to try a great energy boosting product called Energy Plus by Pure Essence. Megan Ryan was chosen to receive a free bottle to try. She reported to me last month and said "it is an amazing product. It gives me pure, balanced energy and after a couple of weeks I noticed my skin started improving. I love it; it is the best energy supplement by far!"

Georgetown employees love sharing some of their favorite products. These supplements make Ruthie Mills' (Georgetown Market's grocery buyer) list of "must-have"s:

1. **Oscillococcinum**- If you feel "flu-ish," the sooner you get this in your system, the better your chances are to lessen your sickness time.
2. **Uva Ursi**- If you have ever had a bladder infection and you are aware of the first symptoms, you can take this herb at the onset and you will not believe how quickly it works!
3. **Emergen-C** packets-Is there anyone who doesn't know about this product? Great for warding off colds, helping energy levels, and fighting allergy symptoms!
4. **Oregano oil** capsules/tablets- Another great herb to help fight off oncoming sickness! You know, when you first get that "blah" feeling, and you think to yourself, "I must be catching something!" Well then, it's all about Oregano...get some in your system ASAP!
5. **George's Aloe Vera Juice**- Having worn contacts for years, I can say that "George" has kept my eyes clear. George's is the only Aloe that is distilled, so it is safe to use in the eyes. It helps with any kind of irritation or "pink-eye" issues.

Believe It Or Not . . .

Sugar is making a comeback—as a health food! Given the bad rap **high fructose corn syrup** has gotten in the past few years (deservedly so) we are seeing a resurgence of other, more natural sugars on food labels. While these types of sweeteners may not be chemically processed, **they are still sugar**, and if consumed in excess will lead to obesity and any number of other health problems. For example, current studies have shown that **too much fructose** affects the liver the same way too much alcohol does!

Don't just look for the type of sugar on the label but also for how many grams you're getting per serving. And look for sugars that are present in **all kinds of foods**—not just cookies and cakes. Most processed foods—what you buy in a can, bottle, or box—are likely to have "**hidden**" **sugars** that really add up in the course of a day.

Everyone loves a little sweetness in their lives. Indulge every now and then—just don't adopt the misconception that natural sugar cannot be detrimental to your health simply because it's natural!

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.