

Chillax

By Dr. Susan Esposito

Dear Dr. Susan,

My New Years resolution this year is to try to deal more effectively with all the stress I'm under. I feel like I'm always on the go and behind the proverbial eight-ball. I heard that meditation could help. What do you think? – Samantha

Dear Samantha,

Meditation is a wonderful way to calm the mind, body, and spirit. Most of us run around these days under constant stress and pressure. This causes a complete imbalance to our system.

Our bodies are constantly forced into the "fight or flight" mode, which is controlled by our sympathetic nervous system. This system is appropriate and necessary when we are faced with an immediate short-term danger. It gears up our bodies to run on hyper-drive to deal with a potentially life-threatening situation. This response to stress, however, can only be tolerated in our bodies for a short period. Unfortunately, when we are under constant stress, as most of us are these days, the body never gears back down to the "rest and digest" mode, which is controlled by our parasympathetic nervous system. This is the system under which we are supposed to operate for the majority of our lives. It is the mode in which our body creates healing and proper growth and function. When we're not living in this mode, proper healing and function can't occur and we end up with the lengthy list of diseases that are plaguing modern man.

When meditating, our bodies are given the opportunity to shift back into a restorative mode. My kids have an expression that they say to someone who's stressed out – they say "Chillax." This is a combination (as you might have guessed) of the words "chill" and "relax." So, as my kids would say, meditation will help you chillax.

Meditation is also completely FREE! It requires no special equipment and is not complicated to learn. It can be practiced anywhere, at any given moment, and it is not time consuming (15-20 minutes per day is good). Best of all, meditation has NO negative side effects.

Steven Gilman, who has meditated and studied meditation for over twenty years, describes five different types of meditation:

1. Breath watching: Can meditating be as simple as paying attention to your breath for a few minutes? You bet. Relax in whatever position works best for you; close your eyes, and start to pay attention to your breathing. Breathing through your nose gets your diaphragm involved and gets oxygen

all the way to the bottom of your lungs. As your mind wanders, just re-focus your attention on the air going in and out of your nose. Just do this for several minutes, or longer, as you get used to it.

2. An empty mind meditation: Meditating can create a kind of "awareness without object;" an emptying of all thoughts from your mind. The technique for doing this involves sitting still, often in a "full lotus" or cross-legged position, and letting the mind go silent on its own. It can be difficult, particularly since any effort seems to just cause more business in the mind.
3. Walking meditation: This one gets the body involved. It can be done outside or simply as a back and forth pacing in a room. Pay attention to the movement of your legs, your breathing and your body as you walk, as well as to the feeling of your feet contacting the ground. When your mind wanders, just keep bringing it back to the process of walking and breathing. Meditating outside in this way can be difficult because of the distractions. If you do it outside, find a quiet place with level ground.
4. Mindfulness meditation: A practice Buddhists call vipassana or insight meditation, mindfulness is the art of becoming deeply aware of what is here right now. You focus on what's happening in and around you at this very moment and become aware of all the thoughts and feelings that are taking your energy from moment to moment. You can start by watching your breath, and then move your attention to the thoughts going through your mind, the feelings in your body, and even the sounds and sights around you. The key is to watch without judging or analyzing.
5. Simple mantra meditation: Many people find it easier to keep their mind from wandering if they concentrate on something specific. A mantra can help. This is a word or phrase you repeat as you sit in meditation. In some traditions, a mantra is chosen for you by an experienced master. If you are working on this alone, you can use any word or phrase that works for you. You can choose to either repeat it aloud or in your head as you meditate.

There are many more ways to meditate than those already described. Many years ago I studied Transcendental Meditation and have studied many forms since. I find them all effective. If you're interested in getting started there are many yoga and

meditation centers in the Atlanta area or you can just go on YouTube and watch one of the many instructional videos posted there.

Meditation will change your brain waves and your physiology creating a more peaceful and harmonious environment for body and spirit to heal and flourish.

May all your New Year's resolutions come to fruition and above all else remember . . . chillax!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, you may e-mail her at susan.esposito@gmail.com. Please she can only answer a limited number of questions in this newsletter.

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Fruit: Friend or Foe?

By Don Bennett, DAS

Many health organizations say we should be eating more fruits and vegetables. It's true; many people don't consume nearly enough of the foods of our natural biological adaptation. So why then do you hear some natural health advocates say that too much fruit is not good for you? They will say that all that sugar is bad for the body; that it causes diabetes and obesity. And, they're right; too much sugar *is* bad for you. But this is a case of insufficient knowledge resulting in incorrect advice.

If you ask people who developed Type 2 diabetes if they ate a lot of fruit prior to getting diabetes, they will usually tell you 'no.' The sugar in fruit does not cause diabetes in much the same way as sugar does not cause cavities. True! Cavities in your teeth are formed by acid eating away at the enamel. You can take a tooth and drop it in a glass of sugar water and nothing will happen to the tooth. But drop a tooth into a glass of diet soda, and watch that tooth disappear. It's the acid in the soda that eats away at the tooth; it's the acidic nature of the waste products of bacteria that live in your mouth that eat away at your teeth (but fear not, on a healthy diet teeth can re-enamel).

So, yes, if there's too much sugar in the blood you can be diagnosed with diabetes, but the sugar is not the villain here. Sure, it's the excessively high sugar level that can do damage, but the million dollar question is *why* is someone's blood sugar too high. Just what is it that interferes with the sugar getting out of the blood and into the cells where it belongs? It's a condition called T2D—Too Much Fat. Seriously, if there's too much fat in the diet—and by “too much,” I mean more than is needed by the body—there will be too much fat circulating in the blood. And it's this excessive fat that messes with your blood sugar regulatory system and can lead to Type 2 diabetes.

At this point I very often hear, “How do we know this?” When someone who was never a big fruit eater develops diabetes, then switches to the diet that they're designed to eat and can eventually eat goodly amounts of sweet, delicious fruit, AND no longer needs insulin to keep their blood sugar stable, that's pretty compelling proof. But there's also science behind this scenario. So what gets in the way of this science becoming public knowledge? If you were to discover just how much money there is in the traditional treatment of diabetes, it's not hard to guess why a healthier, more natural way of resolving the condition (versus managing it) remains a “best kept secret.”

But back to fruit. If you're not eating a *healthy balanced diet* (not to be confused with the “balanced diet” promoted by many mainstream nutritionists), you could experience problems when eating a healthy amount of fruit. If you're eating too much fat and/or not eating enough green leafy vegetation, you can get into trouble. It's rarely, if ever, the sugar in fruit that is the primary cause of someone's health challenges. It's usually the lack of or the overeating of something else that tips your scales away from vibrant health.

And there's also something to be said for the natural sugar in fruit. Obviously, it's nothing like the processed, refined sugars that are found in many items on your supermarket shelves. The sugar in fruit is part of a healthy package; a package manufactured by Nature.

The non-naturally occurring sugars found in bottles, boxes, cans, or other types of packages—those that appear in most processed foods—are the ones to avoid like the plague, because in a sense, they are a plague. To quote from an article in the November 2008 issue of Time Magazine entitled, *The Sorry State of American Health*, “Despite advances in medicine, Americans are less healthy than we used to be, and the next generation may be even worse off.” It has been estimated that if present trends continue, fully 95% of Americans will have some degree of diabetes by 2025. Great news if you're in the pharmaceutical industry; not great news if you're one of those 95%.

As we've seen lately, financial investments can turn out to be a bust. Why not invest in something that has long-term high yields; something that will pay you dividends throughout your entire life, something that you have direct control over. I'm not talking about investing in your financial future; I'm talking about investing in your future health. Regardless of how old you are or how old you get to be, if you're alive, you have a level of health. What do you want your future level of health to be? If you want it to be vibrant you need to start making investments in it today. And fruit, as part of a healthy balanced diet, is one of your best investments . . . and one of your best friends. It's not only a food that you love, it's one that'll love you back!

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 at Life Grocery. For enlightening health information visit health101.org.

Targeted Weight Loss

By Brian Murray, M.Ed.

Would you rather lose 30 pounds of *body weight* or 10 pounds of *body fat*? If you're like most, you would probably choose the larger number, after all, more is better, right? Not quite.

Your body is made up of four basic components: bone, organs, muscle, and fat. When trying to lose weight it is in your best interest to maintain all components except fat—we usually have too much of it. Unfortunately, conventional weight loss practices do just the opposite.

For example, recently I coached a 60 year-old man and a 42 year-old woman through a six week physical transformation plan. The man lost 17 pounds of *body fat* and 17 pounds of *body weight*, while the women lost 14½ pounds of *body fat* and 13½ pounds of *body weight* (she actually gained 1 pound of lean body mass). What is important to glean from this example is that the weight lost by both individuals was 100% FAT. Through body composition monitoring, we saw a maintenance of lean tissues and fluids while fat was lost. The other indicator was that their strength was continuously increasing as they advanced through the program; it's hard to do this when you are losing contractile proteins from your muscles.

When you hear the advertisements that claim “You can lose up to 40 pounds in 8 weeks,” what they don't tell you is that most of the weight loss comes from fluids and lean body mass. Only a small percentage actually comes from fat. This is why you can lose such a large

amount of weight in such a short time. However, this approach makes keeping the weight off next to impossible. So, the key to long term weight control is tricking your body into keeping the lean body mass while shedding only fat through dietary modification. How do you do this?

It has been proven experimentally that muscles will grow larger and stronger even on a starvation diet if the muscles are subjected to high intensity exercise. This makes sense. The ability to move is your most basic means of survival. If you can't move you can't obtain food or shelter and risk death. Since the body is a master survivalist, the presence of high intensity exercise will signal your body to direct resources to strengthening the muscles. Building stronger muscles is a metabolically expensive project that requires a lot of energy. Where is a great place to get that energy? From excess body fat.

So the combination of high intensity strengthening exercise and a descending calorie diet can produce a weight loss that is all *FAT LOSS*. Sure, the bathroom scale will not show a huge drop in body weight, but you can trust that the weight you lose is all fat, and that you maintain all the tissues that keep you energetic, shapely, and fit. The admiring glances will prove it to you.

Brian Murray is an Exercise Physiologist and creator of mBody™—a six-week fat loss plan that will change your life. For more info about visit www.strengthforlife.net then call 404-459-0270 to schedule your consultation.

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

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Nutrition from A to Z

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

E is for escarole. Escarole is awesome! It's a type of leafy vegetable called an endive, which is a member of the daisy family. How cool is that? It's loaded with nutrients. It's got calcium, as well as vitamins A and K. Escarole is loaded with fiber, much more so than Romaine and iceberg lettuce. You can eat it raw or cooked. One of my favorite meals growing up was escarole and beans. Basically, you sauté some garlic and hot pepper with olive oil, chop up some escarole, and throw it in a pot. You cook it until it is boiled down and mushy. Add a can of white beans and some salt to finish it. Escarole is great! I like to slice it really thin and then put it in a salad. There are several different ways you can incorporate escarole into your diet.

F is for flax seeds. I am a huge fan of flax seeds. I cannot sing the praises of them enough. If I were to list the top 10 foods you should be eating, flax seeds would be near the top of the list. You absolutely should consume two tablespoons of flax seeds every single day if you want to improve your health. They are loaded with omega-3 fatty acids. Ideally, we should have a 4:1 ratio; we need less of omega-6's to omega-3 fatty acids in our diet. I would guess that about 99.9% of Americans do not get enough omega-3's in their diet. However, these days, we have about a 20:1 ratio of omega-6 to omega-3 fatty acids in our diets. That's not good!

Medical research shows that high ratios of omega-6's to omega-3's increase the likelihood of certain diseases, including depression, to occur. Excessive omega-6's are associated with heart attacks, strokes, arthritis, osteoporosis, inflammation, mood disorders, and cancer. Omega-3's and 6's must be obtained from food because our body doesn't produce them naturally. Omega-6's are found in palm, soybean, and sunflower oil, which are readily used in the Standard American Diet (also known as S.A.D. Coincidence? I think not!).

Flax seeds are a terrific source of those essential omega-3's. If you have chronic pain, flax seeds are great because omega-3's help to keep inflammation in check. They're very important for the immune system and an absolute must if you suffer from arthritis, lupus, or asthma. Omega-3's can help if you suffer from anxiety or depression. Omega-3's also help to improve blood flow and help to lower the thickness of the carotid arteries. These arteries supply the head and neck with blood. By improving the blood flow of these arteries, you're able to increase blood flow to the brain. Studies have shown that consuming foods high in omega-3's are excellent for brain function. They help to improve memory and concentration. Who wouldn't want that? Do you have a high cholesterol level? Flax seeds help to lower that, too. Flax seeds, with their omega-3 fatty acids and soluble fiber, help to promote superior cardiovascular function. They have so many health benefits that I naturally want to incorporate them into my diet every single day.

So, what do you do with flax seeds? How do you eat them? Flax seeds are available in seed form, oil form, or pill form. Any form is great, but the seeds are the best. Flax oil is the next best. You can use it as a dressing and add it to salads. Just don't cook with flax seed oil because you will lose all of its health benefits through the cooking process. Imagine the health benefits evaporating away as you heat it up and cook with it. The pill form is the least effective. Remember, the more you process the flax seeds, the more nutrients are lost.

As already stated, the best form of flax seeds is in the seed form. Ideally, you want to buy the seed whole. Once it is ground or crushed, the nutrients start to break down. By the time it's shipped and you buy it, most of the benefits are gone. If you buy them whole, they haven't started to break down yet and you can grind

them up as you use them. Life Grocery carries them whole in the supplement department, as well as the bulk section. They're a lot cheaper whole than they are already ground up. If you eat them whole, they will pass right through you, undigested, and you might as well have not eaten them. I take two tablespoons and grind them in my coffee grinder. I don't use the coffee grinder for coffee anyway, since I don't drink coffee (and you shouldn't either!), so I just use it for my flax seeds. It takes literally about ten seconds.

Once you grind them up, there are all kinds of things you can do with the flax seeds. You can add them to salads. You can use them for dessert or as a meal for breakfast. Take some raisins and dried coconut flakes and put them in a small bowl. You can add blueberries, raspberries, and strawberries. Grind up two tablespoons of flax seeds and combine it with the above ingredients. Add some rice, soy, cashew, almond, or hemp milk. Not only is this absolutely packed with nutrients and health-promoting vitamins and minerals, it's absolutely delicious! This meal will give you enough energy to last you for several hours. If you want something really simple, just take your two tablespoons of ground flax seeds and add some soy milk or soy creamer to it. Add some stevia if you want to make it a little sweeter. I strongly encourage you to add flax seeds to your diet as soon as possible. You'll really start to notice a difference in how you feel.

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!

A Nutritional Approach to Posture and Movement

By Kal Sellers, MH

To appreciate the importance of this subject, it is important to know that there are a few almost magical ways to approach posture correction and to improve movement. At the head of these is a highly lauded technique known as rolfing.

Of all the techniques to work on posture and improve movement health, none are so profoundly changing as the Rolf Method of Structural Integration (aka rolfing). Yet after eight years of practicing this amazing technique, it became obvious to me that another aspect to posture and movement health is more important. This aspect is the organic health of the body, which, through acu-meridians, reflexes, and physiological responses to protect an out of balance organ or gland, can dramatically modify the posture and muscle tone. This, in turn, changes joint movement (and possibly joint development, if it occurs early enough in life) and can cause pain, as well as wear and tear.

Like chiropractors, rolfers often find that there is spontaneous healing taking place in response to their technique, but sometimes the long-term effect of this technique is totally at the mercy of organic health that needs to be taken care of first. Sometimes, rolfers work with other practitioners, such as acupuncturists, nutritionists, and herbalists, who might help this process.

Just the idea that posture and movement can be healed through nutrition and herbal medicines is very liberating. Indeed, if you have been attempting several different kinds of care to help with chronic pain, this discussion of how nutrition and organic health affects posture and movement might be immediately helpful.

To begin with, there are at least two primary ways that nutrition is directly connected to joint health, movement, and posture:

- First is the acu-meridians, which are associated with each major organ and which

run throughout the body. Stress on a particular organ can lead to stiffness, pain, weakness, or disease in the muscles, joints, and skin along the corresponding meridian.

- Second is blood/fluid quality and its impact on all tissues, but especially any that have been injured or which may be genetically weaker. How we eat and whether or not we cleanse effectively and regularly can make all the difference in the health of our blood, fluids, and subsequently of our joints.

There is no need in this setting to divide these two and treat them separately. Essentially, the following basic program of health treats these both simultaneously.

The first concept is what we call "residue." This has everything to do with what is left behind when a food is digested. This might include particles that are not digested (chemicals, dyes, preservatives, processed food particles, or naturally occurring medicinal chemicals) or that are incompletely digested (always the case with highly processed food). It might include mucus that a food promotes in the body (as comes from dairy and unsprouted wheat). This might include high metabolic by-products that are simply produced when a food is digested, such as with animal protein, which leaves a lot of nitrogenous wastes to be excreted.

Residues tend to be irritating and acidifying. Many people have experienced relief from all types of pain in the body just by switching to a low residue diet. For those who are ready, the best way to do this is totally raw plant food. For those who are not, the clinical essentials and practical principles of making a transitional diet are taught plainly in *Traci's Transformational Health Principles*, available from www.bestfoodist.com or at Life Grocery.

No matter what else a residue does, it increases the load on the lymph, the circulatory system, and all systems

of elimination. If the kidneys and liver are stressed, abnormal alignment, accompanied by low-back and leg pain, will inevitably appear in some form. If the pancreas is stressed by producing more enzymes than really necessary (a function of eating processed food) or by secreting insulin for dealing with sugar residues from processed sweeteners, the posture will very likely slump forward unless fat is pushing back against it.

Generally, regular, seasonal cleansing is encouraged for health maintenance. This cleansing is for the removal of residues, removal of waste that food leaves behind, and just as an opportunity to put the body in a state of heightened healing. In this state (on a juice fast or some such thing), the body can be fed specific herbs which act as liver foods, bowel foods, muscle foods, organ foods, brain foods, or whatever foods are needed; rapid healing can take place during that time. Herbal formulas and wise supplementing can often start the regeneration of the appropriate organ or gland.

Finally, some sense should be made of a person's individual needs. Once the basic dietary principles are embraced, as discussed in *Traci's Transformational Health Principles*, then it is time to notice if a person needs to vary his or her choices to foods that will support the most calm and healthy state. Metabolic typing, blood typing, muscle testing, and humoral medicine (hot, cold, wet, dry considerations etc.), can be wisely instituted to bring a person to feel his or her absolute best. Individualized care from an appropriately trained natural healer can greatly facilitate this process once an individual's diet is in order.

Kal Sellers MH is a Master Herbalist and is available for consultations and health-related therapies. For more info, call 706-473-4375 or visit www.KalsSchool.com for free info, educational newsletters, and training materials.

Revelations

By Dr. Kimberly Strickland

I recently had a revelation that I'd like to share with you because I suspect it may help others. Besides being a naturopath and a homeschooling mother of two boys, I am a math tutor. Prior to having children, I had a career as a public school math teacher. My specialty was Advanced Placement Calculus. In the evenings, I work with high school students in all math subjects to help them reach their goals. The universe has blessed me greatly this year and I realized this month that I will make a surplus over what I had projected and counted on for our family budget. In the past, I have kept the extra money aside for other months when I earn less than our budget requires.

In the fall, I wrote about the power of your thoughts and feelings to create your reality. About a month ago, I realized that by holding back my "extra" money I was telling the universe, or God, to send lean times in the future. It's almost like I was saying, "I can only conceive of and hold this much money in a year, so please do not send me anymore." When I heard it that way it sounded insane and definitely not what I wanted to tell the universe. So, I promptly decided to do something from which I would get lots of enjoyment. Possibilities included getting a hot tub for my new South American hardwood deck from sustainable wood, a trip, or a car

down payment. I'm leaning toward the hot tub. By making this shift, I am also affirming that each of the continuing months and years to come will be filled with more prosperity and I am putting my trust in this faith.

Here is my question to you. What areas of your life are you telling yourself and the universe, or God, that you can only handle a certain amount of good? For many people health is a huge area of concern. The physical problems that we experience in our bodies represent emotional and spiritual issues that need to be looked at, healed, and released. Did you ever tell yourself, "If I eat that, I'll gain weight" or "I can be healthy only if I eat this certain way?" Have you ever wondered how healthy people think about their health? So my challenge to you is for you to think about which areas of your life in which you are limiting your good. Then do the necessary work to change your thinking to allow an unlimited amount of good to come into your life.

Here are some affirmations to consider: *All of the food I choose to eat nourishes every cell of my body. As I shop for food my body is excited by what I will purchase. I am happy with the body and the person I currently am today. Everyone at Life Grocery is so helpful to me. It is easy to find what I need at Life Grocery.*

I'll leave you with a recipe for the New Year.

Black-Eyed Peas and Collard Greens

- 1 onion
- 3 cloves garlic
- 1 bunch collard greens
- 1 can black-eyed peas
- 1 t cumin
- 1 t chili powder
- 1-2 T Braggs Liquid Aminos
- 1 package chicken apple or vegetarian sausage
 - Sauté onion, garlic, and collards in olive oil until tender.
 - Add peas, seasonings, and sausage until sausage is browned.
 - Serve with brown rice and a salad for a complete meal.

Dr. Kimberly Strickland has a doctorate degree in natural health from Clayton College of Natural Health. In 2007, she started Inspired Living with a partner, as a way to help people live healthy physical and mental lives. They created www.naturallivingresources.com, as well as www.inspirationboards.com.

If I Had a Wish

By Linda Townsend

I know. It's supposed to be time for resolutions, not wishes, unless you are blowing out birthday candles. No, it's not my birthday, but we will all have birthdays this year, hopefully. We will all be one year older with one more candle, one more wish, and that brings me to my wish: My wish is that I would not grow old.

It seems like a simple desire twenty years ago, when I could honestly claim I was under 29. I began eating organic foods. I used detoxification methods. I fasted regularly. I exercised. I took supplements. Even though I have done all those things, here I am twenty years older realizing that I cannot completely avoid aging. *Did I really think I could?* Maybe I should say *because* I have done those things, here I am twenty years older. My health is good, in some ways much better than it was twenty years ago, but I must also confess probably not in all ways. Even though I have tried to delay this certainty as much as I can with the knowledge and resources available to me, aging is just unavoidable.

Twenty candles on a birthday cake . . . twenty wishes . . . what a difference twenty years can be!

My mother is about twenty years older than I am. Her kidneys are failing and she has begun dialysis. She began taking insulin for her diabetes around twenty years ago. She has a pacemaker and defibrillator, but her heart condition is worsening. Because of her health in general, surgery is out of the question, so she has been preparing family and friends for the inevitable, as she puts it. Here's the thing, she looks even twenty years older than she is. As I look at her, a thought plagues me in the back of my mind: *Will this be me in just more twenty years?*

Maybe you are too young yet to understand this, maybe you have already lived past this stage, or maybe you are in it right now along with me. Perhaps it is just a mid-life crisis that I am feeling. All I know is that my husband's mother nearly died this summer, his father's heart is weakening, and my mother's health is seriously failing. In my frustration with these family health situations happening simultaneously, I confided that I just did not like this stage in my life to one of the rehabilitation facility employees working where my mother-in-law stayed. She said something that really hit me: "It is coming for us as well." *It* being old age and the health problems associated with it.

It is coming, but the when and how is something that I hope I will be able to influence. I cannot change genetics and I am not going to wish my way out of aging, but perhaps I have delayed, possibly even avoided, some health issues so common with aging in my family. My mother did not really make any effort to discipline herself with her diet until it was a necessity, and then she was limited as to what she could do because of her mediations. Twenty year ago, she was overweight and had diabetes; her heart problems were beginning to manifest. At this time, I still have a wide selection of foods and supplements to use as my natural medicine to optimize and vitalize my health and I am able to exercise. I've read so many wonderful books through the years about what foods to eat, supplements to take, and exercises to do to support health and healing. (Life Grocery has such a good selection of books which are always discounted at 20%!) I am not an expert, but I have read some expert opinions and I think I have been doing some things better for myself because of it.

I have worked at being healthy. I don't have diabetes. I am not overweight—okay, I did gain some weight over the holidays, but I also do a fast and detoxification in January as a kick-start to get back on track. I probably should exercise more and perhaps that will be my resolution for this year. (I think it is a standard one for nearly everyone, isn't it?) Still, I cannot help but wonder what would have happened if I had been raised with this same lifestyle I have adapted? Would I have added a few more years of better health to my life? Would I have been healthier twenty years ago? Well, there is no going back. You can only start where you are. I am glad I started with my daughter before her birth, but I have also seen some surprising healing take place in older people when they change their diet, take supplements, detoxify, and exercise in a sensible manner.

It is time to stop wishing and start doing . . . time to make a working resolution, because you are going to be one year older this year. *It is coming* for you as well.

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

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and raw & living
selections,
including desserts.

All living desserts
are also gluten free!

Live in the Solution

By Michael A. Scimeca, D.C.

As a chiropractor and life coach, I am fortunate to work with people who are serious about making changes that improve their state of health. Most people who initially arrive at the office, believe themselves to have some degree of sickness. This belief, therefore, becomes my first point of focus. If some people view my job as “getting sick people well,” my primary adjustment needs to be the mindset. Why? What good is stopping the metaphorical bleeding when the cause of that bleeding continues to impact the body?

Sickness, like everything else in life, presents a call for us to answer. As we truly believe in our ability to implement a positive change, we have the fundamental resource necessary to face all symptoms in life with a gentle confidence; with a soft bring-it-on attitude. We do not go looking outside ourselves for answers. We, instead, engage in some form of conversation to interpret our messages most productively.

Because we live in a world where being accountable for our own state of health is less popular, we have an important choice to make. We can either follow the pack and listen to our society’s “professional experts” or go against traditional thinking and address our “professional problems” with solution resolve. Without being accountable for our own behavior, seeking the services of a chiropractor, medical doctor, life coach, or other professional is similar to putting a Band-Aid on a wound while being injured presently. What we need, instead, goes way beyond having a good solution. It involves living with a solution mindset.

What’s the difference between a solution mindset and our more common cultural

approaches? When you live in the solution, you continue to learn from the depths of yourself. You become more honest in how you view the world, interpret events, and handle life. For example, instead of simply putting ice on your swollen ankle, you become more careful in how you walk. Instead of treating any symptom of life, you learn from it to develop yourself as a more honest, fully accountable human being.

Because there is no ceiling in relationship to quality of life improvements and because we can always go deeper in learning from our own personal integrity, we can continue to grow through honesty. Moment by moment, we can participate more healthfully in life. This phenomenon encourages us to grow through awareness, though our experience of life. How much we benefit from life’s experiences has much to do with our attitude and little to do with luck.

To enhance your attitude and live in the solution, consider the following suggestions:

1. Embrace all feedback and symptoms as beneficial.
2. Accept that problems never go away, even when you are successful. You simply face newer challenges.
3. Focus on the solution. See the productive results with your mind’s eye first.
4. Be negotiable so you can implement the types of changes necessary that bring about impressive improvements.
5. Hold yourself accountable through your experience *and* your performance. Give yourself specific parameters, timelines, etc., so that you can accurately monitor and measure your success.

6. Celebrate each little victory while also keeping your sights on your greater success.

Attitudinally, we will all do well by following the above considerations. If they resonate with you as strongly as they do for me, write the list down on multiple pieces of paper. Place them in strategic locations where you will more likely run into them. Allow these suggestions to act as friendly reminders of what you are capable of doing in making the kinds of changes that bring about great rewards!

Michael A. Scimeca is a licensed chiropractor and life coach. He is the Founder and Developer of Catalyst, a bodywork approach for neurological expansion. His office is in Roswell, and he can be reached at 770-912-9197 or at www.scimeca.com.

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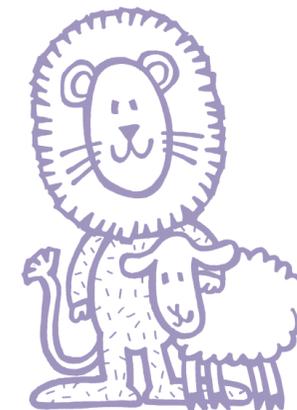
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Healthy Resolutions

Dr. David Jockers

There is nothing like the transition into a New Year to set some personal goals to improve your waistline, your energy levels, and your overall health and wellness. Here is my list of key nutritional initiatives that I suggest you take to radically improve the quality of your life. Let's Make 2009 Your Best Year Ever!

The 3 Irreducible Health Minimums

Stabilize Your Blood Sugar: It is essential to avoid processed sugar intake; keep grains, and even high-sugar fruits, to a minimum. All these foods cause a massive increase in circulating insulin levels. Insulin is the FAT STORAGE hormone that won't allow you to lose weight no matter how much you exercise and how little you eat.

- Build your meals around vegetables and proper protein/fat sources.
- Try using stevia instead of sugar, honey, or any artificial sweetener.
- Eat fruit and/or grains in small portions to minimize glycemic load.

Change the Meat You Eat: Your typical industry-based meat products are entirely different in nutritional composition to your all-natural grass-fed, free-range products. When animals are fed grains:

- They have high circulating insulin levels leading to obesity and high levels of long-chain saturated fats.
- They have skewed fatty acid ratios with a disproportionate ratio of Omega 6:3, thus causing

decreased immunity, massive inflammation, tumor growth, disease, and early death.

- Eventually they die young with lifestyle-based disease such as cancer, heart disease, etc. In fact, often the butcher cuts out the tumor and then turns the rest into meat for sale... sounds yummy right!

Maximize Fats that Heal and Minimize Fats that Kill*:

- **Fats that Heal:** Coconut oil, milk, butter, olive oil, avocado, walnuts, flax seeds, hemp seeds, chia seeds, macadamia, Brazil nuts, almonds, fish oil, evening primrose oil, borage oil, grass-fed meats, and free-range eggs.
- **Fats that Kill:** Corn, canola, cottonseed, peanut, soy, safflower, sunflower, grain-fed meat products. These skew our fatty acid ratios causing inflammation, hormonal irregularities, lowered immunity, damage to brain centers, and heart problems among other things.

**Read Labels: Fats that Kill are cheap and easy to get—therefore manufacturers have found out how to put them in everything*

Recommended Supplements

Omega 3 Fish Oil: Stabilizing your fatty acid ratios is one of the most important things you can do to improve your health. Make sure it is third party tested and molecularly distilled. Also, look at the EPA/DHA ratio. Ideally, it should be about 3:2. Studies have shown this

ratio is best for reducing inflammation associated with degenerative disease and improving brain function.

Quick Tip: You pay nearly twice as much for capsules than you do for the oil. Save money and try the oil—put it in a smoothie with berries, coconut milk, and stevia for additional sweetener.

Super Greens Powder: Many people are currently consuming synthetic multi-vitamins with the thought they are getting their required nutrients. Unfortunately, if they observe the color of the water in their toilet bowl an hour later, they'll realize where those nutrients are going. Our body recognizes whole food sources rather than the synthetic laboratory derived alternatives. For example, the human body never once encountered isolated vitamin C until recent years. However, it has thousands of years of experience eating broccoli and knows exactly what to do with it. A super greens powder is a highly alkalizing supply of all your vitamins, minerals, anti-oxidants, and phytonutrients along with live enzymes to facilitate digestion and absorption. The net result is:

- Less money spent on wasted supplements
- More energy and vitality
- No more neon yellow toilet bowl flushes.

Probiotics: A healthy gut flora is essential to health and wellness. In fact, a healthy gut will allow your body to absorb more nutrients from the food you eat, leaving less cravings, as well as less desire to eat more. The inevitable result of this is:

- Healthy weight loss
- Improved digestive function
- Better detoxification and immune system function
- Lower grocery bills

Look for a probiotic with at least 10 billion organisms and no magnesium stearate or titanium dioxide fillers.

Dr. David Jockers owns and operates Exodus Health Center in Kennesaw Ga. He is a chiropractor, exercise physiologist, lifestyle and weight management specialist, and a certified Maximized Living mentor serving the greater Atlanta area with lectures, workshops, and health screenings. For a complimentary consultation or more info on upcoming events visit www.exodushc.com or call 706-969-9813.



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A Brand New Year

By Betsy Bearden

It's the beginning of a brand new year—a clean slate with an empty agenda. It's almost as if we have this one chance each year to hit the control/alt/delete buttons and start anew. Well, almost. Speaking for myself, I have learned some valuable lessons from some of the really stupid things I did last year, like buying a brand new pair of running shoes the afternoon before the Peachtree Road Race. I can attest that the recommended break-in period for all new running shoes that I have always heard about, is definitely not a myth! There will be blisters. Oh, yes . . . there will be blisters.

Among the many New Year's resolutions made this year, two of them I intend on keeping will be to get in shape, and to stay in shape. The other is to become a better listener. Okay, for those of you who know me, this could be a stretch. Did my husband, Steven, try to tell me not to buy the new shoes the day before the race? Yes. Did the shoe salesman flinch when I told him I intended to wear the new shoes the next day in the race when he sort of mumbled, "I don't think that's a very good idea." Yes. Did I listen? No.

This will be the fourth year that I will have to push myself to get into shape by July because I don't stay in shape after July is over! Each year I am gung ho about my goal of being able to run (okay, I do tend to walk most of the way) 6.2 miles under two hours. At my age of . . . well, at my age of somewhere between 45 and 55, it does not get any easier and regular, year round training is the key to it all.

About two years ago, I was walking up Kennesaw Mountain on a frequent basis. There are always many people of all ages and sizes walking and running the mountain. Most of the time we nod, smile, sigh, or grunt at each other in acknowledgement that we are cool, because we are doing something good for our bodies.

But this one particular day, a young man was hiking with his little daughter. I would say he was around 25 or so. They passed me on his way down

as I approached the top. He stopped me and said, "Wow! Did you just walk up the mountain?" I told him that I had walked up the mountain, half way back down, and back up again. He grabbed his chest and said "No Way! I am going home and tell my mother-in-law about you!" I thought I was going to have to administer CPR to the guy right on the spot. Kennesaw Mountain is no big deal. It's only about a mile and a half up—straight up! My gosh. Does the age of somewhere between 45 and 55 really look that old to someone that young? Just because I was sweating profusely, red faced, and out of breath, I can't imagine his reaction. Geez, Buddy, thanks.

So, back to the listening thing: Steven also tells me that we need to commit ourselves to participating in 5Ks throughout the year, you know, to stay motivated. I have to admit that come January first, after all that Tofurkey and dressing+cakes, pies, and cookies+ yeast rolls and butter—I ain't fittin' into those skinny jeans I wore up until July of last year!

I am committing myself right here and now to get in shape and stay in shape. What better way than by visiting Life Grocery on a regular basis? It is a win-win situation. We are very lucky to have this little gem of a co-op so geographically close to the metro Atlanta area. With the economy the way it is these days, we need to support the local organizations and co-ops. Life Grocery always has the freshest, organically grown fruits and veggies, as well as a large array of non GMO foods. They cater to locally grown veggies and herbs whenever possible and this is exactly what we need to support. That says a lot. If we would swap out just one day a week of eating fast foods, and visit Café Life's fresh living food bar, along with the many other delicious and healthy choices they have to offer, we would all be better off for it in the long run, and so would Life Grocery. Become a member and save a few bucks, too. Who needs a big honkin' grocery bill, anyway?

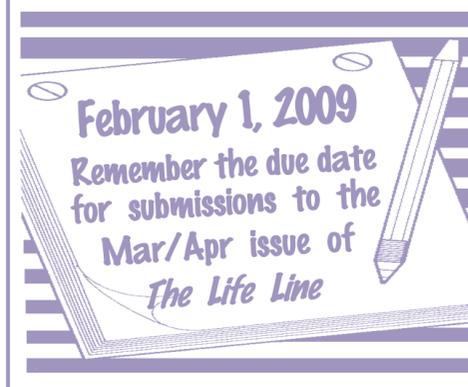
Okay, the heat is on. The Peachtree will be here again before I know it, and my best time so far is one hour and forty-four minutes. I am planning on making it one hour thirty-minutes this year! That is my

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Ads are due by the 10th of the month prior to publication and are limited to 30 words. They are free to Life Grocery members and \$3.00 to non-members. Ads will not automatically renew. Life Grocery reserves the right to edit or refuse any classified ad for any reason. Multi-level marketing ads will not be accepted, nor will ads selling goods or services in competition with Life Grocery. The classified section is offered as a community service. Life Grocery neither endorses nor supports the products or services contained herein.



goal, so please—if you see me at the sporting goods store buying a new pair of shoes on the day before the race, promptly take me by the hand and tell me to go home! I promise I will listen.

Happy New Year and may we all be blessed with peace and prosperity.

Betsy Bearden is a published writer, and author of Normal People Eat Tofu, Too. She has worked as a volunteer chef, 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.

Life Bits: Bringing Back Cloth Napkins

By Kay Bird

As a child, I loved folding the cloth table napkins my mother had made and placing them "just so" under the forks. Looking back, it was a time of meditation, long before I knew what meditation was. And they felt so much softer to my hands and face than the ones we got at the burger joints.

Fifty years later, I read that Americans, on average, each use a staggering 2,200 paper napkins a year, none of which can be recycled. I wonder how many trees that is.

My sister has continued the tradition of cloth napkins for every meal. I realized what a treat it is when I had dinner at her house. After dinner, we sat and folded the clean laundry and napkins, while watching TV.

I became inspired to restart the tradition and found some wonderful cloth napkins at a thrift store. I find I can often use the same napkin for a few days. If you have a family to feed, you can prevent a sudden increase in laundry by having each member of the family pick a unique napkin ring or their favorite color napkin. Everyone holds onto their gently used napkin for about a week—unless, of course, spaghetti is served.

Bring in the new year with the old-fashioned elegance and grace of cloth napkins and say a prayer of thanks for all the trees, because they do so many other things for us, such as cleaning the air of pollutants, some of which are created in the process of making disposable household paper products.

Café Life is Changing in 2009!

In an effort to finally become profitable in Café Life, we have decided to try a new approach. Beginning in February, the operations of the café will move into the store. Both the hot bar and the new salad bar will be located there.

All Café selections will need to be checked out at the store registers prior to consuming them, but seating will continue to be available in the café.

Our pricing structure will be adjusted to reflect increasing costs.

We are committed to remaining open to serve our loyal customers and support their desire for healthy, delicious, nutritious, organic food. We ask for your patience, understanding, support, and cooperation in this endeavor.

Have a Party . . . Just Not a Pity Party

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

I think we all do it sometimes. We all give in to those little pity parties where we are mourning the loss of our beloved gluten filled goodies, regardless of the fact that we know they were making us extremely ill. I find myself getting frustrated sometimes that I can't just order a pizza for delivery or stop off at any number of fast food joints along my route home. But the reality is, by living a gluten free life, I am making much healthier eating choices than that. Still, I can't help it. This "food" thing has become part of our reality and like it or not, those of us who have to be gluten free, still have to deal with people around us who are eating anything they want to.

Just getting through daily life is hard enough, then throw in holidays, parties, business lunches, traveling, you name it. It's enough to drive you batty. These things shouldn't fill us with a sense of "I don't want to go" or "I'm dreading this event" just because we can't eat like everyone else. Look at the growing awareness of the gluten free diet. It really is surprising when you sometimes find people who understand or better yet, you find fantastic gluten free offerings. Did you know that most cruise lines can very easily cater to a gluten free diet? Theme parks? Restaurants? Yes! I just hope that the trend continues, as it is not only needed, but much appreciated by those of us who have to be gluten free.

So what do we do when we get down in the dumps about being gluten free? How do we pull ourselves out of our little pity parties? For me this means creating new traditions at the holidays, finding those restaurants that CAN spoil me silly, or just getting in the kitchen and baking something gluten free and delicious, with my daughter. You could host a dinner party and invite non gluten free people and feed them a meal of naturally gluten free dishes and not tell them that it's gluten free. Don't make

a big deal out of the food! Have fun with your guests and enjoy their company, even if you are the only one who knows that the meal you prepared is gluten free! If your guests want to bring a dish, you have a choice. You can let them and tell them it has to be gluten free, or tell them you've got it covered and they don't need to bring anything.

If you don't want to do that, find other ways to deal with the gluten free blues. You could journal about your feelings. (I write these articles, that always helps me!) Do something creative [Hmmm, knitting, perhaps?], bake something, make a big bowl of popcorn, and watch an old movie. You can do anything, just don't feel like you don't have options. It's okay to allow yourself a moment or two of feeling sorry for yourself, but it does no good to stay in that place.

Enjoy these yummy recipes, and spoil yourself! You deserve it!

Asian Lettuce Wraps

frozen or fresh veggies of your choice
onions
garlic
vegetable oil
Thai Kitchen rice noodles
honey
gluten free soy sauce
fresh grated or powdered ginger
Romaine lettuce leaves (washed and set aside)

- Precook rice noodles, drain, and set aside.
- In skillet or large wok, sauté onions and garlic until onions are almost translucent.
- Add frozen or fresh veggies and cook until tender.
- In a separate bowl, mix equal parts of soy sauce and honey; stir in about ¼ - ½ teaspoon of ginger.
- Pour over veggies.

- Mix in precooked noodles.
- Spoon into lettuce leave, roll up, and eat!

Kinda Like KFC Fried Chicken

1½ c rice flour
1½ t salt
¼ t paprika
1½ t garlic powder
1½ t onion powder
1½ t coarse ground black pepper
1 egg
2 c buttermilk
½ c barbeque sauce
1 T Worcestershire sauce
1 package of chicken breasts cut into strips OR
½ a whole chicken broken into pieces
2 c oil for frying

- In a large shallow dish, mix together flour, salt, paprika, garlic powder, onion powder, and black pepper.
- In a separate bowl, beat egg, then whisk in buttermilk, barbecue sauce, and Worcestershire sauce.
- Dredge chicken in milk mixture, then in seasoned flour, alternating in each at least twice.
- Heat oil in a large, deep-sided skillet to 375° F (190° C).
Cook chicken in hot oil until golden brown on both sides, about 10 minutes each side.

Nisla 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.

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Life Bits: A Wedding on the Horizon

By Kay Bird

Eco weddings are now chic and there are books and websites to guide the bride and groom on how to have a green wedding. But, before all those plans are made, the rings are usually chosen.

I recently discovered the *Brilliant Earth* website, which offers fine jewelry from ethical sources. Their home page says they carry the highest quality Canadian, conflict-free diamond jewelry made with renewed gold and platinum.

I am only providing a lead on information, which is not based on personal experience. However, they carry the seal of approval from one of my favorite organizations, *Co-op America—Approved for People and Planet*; they are also a member of the *BBBOnLine Reliability Program*.

Brilliant Earth also donates 5% of their profits to African communities.

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