

Spring Into Summer Cleansing

By Dr. Susan Esposito

In the previous issue of *The Life Line*, I presented an overview of detoxification diets and fasting. I explained why detoxing your body is a good idea. In this issue, I will provide information on how to actually perform the various ways of cleansing our bodies.

The four categories I previously touched on were:

1. A detoxification diet: This form of detox allows you to eat whole meals. However, depending on the particular diet, you will need to include certain foods and eliminate others.
2. Juice diet or fast: This form is a little more drastic. Typically, with this kind of detox, you only drink certain juices for a specified number of days.
3. Master Cleanse: This is similar to a juice fast, but you drink a mixture of water, lemon, cayenne pepper, and maple syrup in specified amounts for 10 to 40 days.
4. Water fast: This is the most drastic. As the name implies, you drink only water for a certain number of days.

In this article, the detoxification diet will be presented. Other types of diets and fasting will be presented in upcoming issues of *The Life Line*.

There are more detox diets out there than you can imagine. There are numerous books and health care providers, including nutritionists and some chiropractors who are able to lay out a whole plan for you. These diets are typically intended to be followed for a relatively lengthy period of time, to give your body a chance to do all the necessary cleansing. Since you will be following this diet for such an extended period of time (usually anywhere from six weeks to two years) to insure proper nutrition, it's important that someone knowledgeable on the subject is guiding you.

Years ago, I lead a health support group in Atlanta. I had everyone go on a year-long detox diet and witnessed tremendous results. Basically, our plan consisted of eliminating the potentially toxic and allergy/sensitivity producing foods from everyone's diet, while supplementing it with essential nutrients. Here are the basics of the detox plan that I followed and taught:

1. No meat—only deep-sea fish that is not farm raised. Salmon and sardines are best. Atlantic salmon, despite its name, is not from the Atlantic Ocean. It is merely farm raised, where it doesn't get the algae in its diet that is needed to produce a fish high in omega 3 oil. Alaskan salmon is always okay. Toxins get concentrated in the flesh of fish as larger fish consume the smaller ones. This is why large fish such as tuna are

best avoided. Two other types of fish that should be avoided are catfish and tilapia. These two types of fish are not only highest in toxicity, but they do not give the benefit of the omega 3 oils. BBQ ribs are definitely out—bummer, they were my favorite.

2. No dairy—this includes all processed foods with dairy proteins such as casein. There are many reasons why dairy products are harmful to us. One main reason you want to stay away from them on a detox diet is that they are mucus producing. Mucus is kind of like a petri dish in our body, fostering bacterial growth. This dairy restriction does not exclude eggs from your diet. You can have eggs as long as they are organic. I write this fact here, because despite the fact that I have never heard of a cow laying an egg, many people consider eggs a dairy product. Go figure.
3. No carbonated beverages—most carbonated beverages cause a leaching of calcium from your body. Oh, snap (of your bones that is)!
4. No sugar or artificial sweeteners—yes, that means sucralose, but stevia is okay.
5. No wheat—this one was the hardest for me, but you can have HUGE results if followed strictly. Watch for processed products that contain gluten—you want to avoid them. I have seen statistics that report that up to 80% of people have wheat sensitivities or allergies. This is thought to be partially due to our upbringing on sandwiches on Wonder Bread. Life Grocery has a whole section devoted to gluten-free food, which makes avoiding wheat a lot easier.
6. No caffeine—Many people expressed that this was the hardest to give up. If you are a coffee drinker, you can gradually get off of it by cutting it with water to a greater and greater extent, until it's practically all water. Another idea is to gradually cut back the portions you drink until you are left with drinking only a teaspoon of it at a time. Yerba mate, which was previously thought to contain no caffeine, has in recent scientific studies been proven to, in fact, contain it. What people experience is that once they get off all these other toxic foods that were making them feel sluggish and tired, they felt naturally energized and didn't need the stimulant effect of the coke or coffee.

7. No alcohol—well, there's a buzz kill, but it'll save your brain and liver.
8. No fried food—so I guess nachos and margaritas are out. The trans-fats from fried foods are probably one of the biggest contributors to the fatal diseases that are plaguing our nation. I know they're yummy, but they are so crummy to your health.

Now for the things you have to eat:

1. All organic fruits and vegetables
2. Legumes
3. Green tea—decaf, of course, daily
4. Water—lots of purified water daily—the exact amount will depend on how much fruit you are consuming. The more high water content fruit you eat or fresh juices you drink will mitigate the need for copious amounts of water ingestion. Make sure you drink high quality water and drink more of it if you're not juicing and eating lots of fruit.
5. Brewer's yeast and blackstrap molasses—this helps maintain your B-12 and iron.
6. Supplements—You need to take at least one good green whole food supplement and one red one daily. The green supplement is typically comprised of green vegetables which are very high in nutrients; the red supplement is comprised of fruits. This is especially good for diabetics who have been told to stay away from a lot of fruit because of its high sugar content. You get a high concentration of vitamins and antioxidants from the fruits in the red supplement, but not the sugar. Make sure the red and green supplements are dehydrated at a low enough temperature to keep all the enzymes intact. The powder form that you mix with a liquid and drink is preferable to the capsules because it assimilates better. I also recommend taking a protein supplement, omega 3 fish oil, vitamin D3 (if you're not getting sunlight on your body daily), and other supplements, depending on the person. I used to make a fruit smoothie every morning and drop all my supplements in it to make it easy for myself and to make the taste of some of the supplements tolerable.

This regime might sound scary and severe to the average American, but believe me it's not bad at all,

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The Real Purpose of Fear and How It Can Help You

By Michael A. Scimeca, D. C.

What is the role of fear? Certainly, it must have a purpose in our lives. Fearful feelings present themselves whenever we perceive danger. Whether the danger is real or not makes no difference. The fear we feel shows itself in our bodies.

If we were to find ourselves in a store and an armed robbery broke out, we would experience a wide variety of fearful sensations. We would observe our heart beating rapidly. Our eyes would become dilated, our blood pressure would increase, and we may even feel sick to our stomach.

Known as the fight-or-flight response, the physiology goes through a plethora of processes during perceived danger. The name "fight or flight" refers to our increased ability to either combat or run from danger. Although the strategies of fight or flight were more necessary for us thousands of years ago, they remain physiologically significant today. Like it or not, each fearful or traumatic event leaves a marker on our nervous system and affects the way we perceive future events, even future events that are not nearly as dangerous.

Anxiety is a form of fear. It can begin from a sense of dread, hopelessness, or deep concern for something. Many people today are anxious over financial concerns. What possible good can come from having fear? There is a purpose for all concerns, and the reason is just as important as the fear itself.

The purpose of fear is to capture our full attention so that we place all of our focus on an area we consciously or subconsciously assess as needing our full attention. A man holding a gun, for example, demands more than just attention; otherwise, we may find ourselves in greater danger.

Throughout centuries, however, fear has caused us to do some foolish things. Why? The answer is simple: When we are fearful, we lose our center. Our centered reference point shifts and, as a result, our rational, intelligent behavior becomes less available to us.

How can we, as evolved humans, use the wisdom of fear to help us help ourselves? There are a number of things that fear demands of us in order to enjoy a long, happy, and healthful life.

1. Fear tells us to pay closer attention, but not to focus exclusively on the fear. We simply need to gather ourselves so that the decisions we make are truly helpful for our long-term success. For example, remaining calm during dangerous

situations gives us the best chance of enjoying positive outcomes.

2. Focus on solutions. If I had one message to give my children besides "love each other," it would be this: Remain solution focused at all times. Challenges will appear (and often at the most inconvenient times), but each challenge is not a problem. Each presentation is simply a call to answer; a request for us to offer a timely solution. Focusing on problems makes each so-called "problem" larger or more daunting. Focusing on solutions, however, makes each request smaller and easier to handle.
3. Be accountable for all results. Failure cannot exist when a person is fully accountable. The ability to learn increases significantly when we are answerable for our results, our state of affairs, which includes honestly and thoroughly assessing everything from financial and romantic success to emotional and physical results.
4. Celebrate every day, even during the darkest times. Where do we house our dignity? It resides in our celebration of life. Why? Attitude is not everything in life. It is the only thing. Gratitude, for example, becomes an essential ingredient in responding to the presence of fear. Not convinced? Let me leave you with this: Imagine you are fearful because of financial uncertainty. Now, imagine if you were grateful for that fear. What are you now experiencing? Fear or gratitude?

As with everything in life, fear has many purposes. The four steps presented here reflect the most important generalities to keep in mind when facing fear. Pay close attention, remain solution focused, be accountable, and celebrate all results.

And . . . if you, like all of us, need help along the way, do not be ashamed to ask. I am here to support your process in living more healthfully. It is my job as a life coach, wellness educator, and chiropractor to serve all the people of our community who need support. Together, we can do great things, even in the worst of times.

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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

“T” stands for iced tea. Tea is the second most consumed beverage in the world, after water. Iced tea is a must for the warm weather seasons. Typically, we use black tea when making iced tea. However, you can use pretty much any tea that you like. There are so many delicious teas out there. Even your typical grocery store carries them now that tea has become so popular. Not only does iced tea taste great, it also has a lot of health benefits. Tea is a natural source of antioxidants, which help fight cancer and heart disease.

When making iced tea, you can use black tea, green tea, herbal tea, chamomile tea, licorice tea, whatever tea you would like. It’s fun to experiment with and try new teas. My favorite tea is ginger tea. Ginger is a must-have addition to your diet, as it is an anti-inflammatory. Every one of us has inflammation in our bodies. Ginger helps to decrease inflammation, which helps to decrease pain. It is a vasodilator, which means it helps to open up your blood vessels and increase circulation. This is wonderful if you tend to get headaches, because it will help to open up those blood vessels and keep your blood flowing smoothly and quickly. Ginger gives you energy, helps to perk you up, and is also an aphrodisiac. For my ginger tea, I take some ginger root and peel it with a vegetable peeler or a spoon. Next, I throw it into a food processor, add some lemon juice, and puree it. Then I put some of the puree into ice cube trays and freeze it. When I want some ginger tea, I just put one of the ginger and lemon ice cubes in a cup, pour some hot water on it, and I have a delicious ginger lemon tea.

The most common sweeteners used for tea are milk, sugar, and artificial sweeteners. These three things are very harmful to your health for many different reasons. Luckily, there are some much healthier alternatives that you can use instead for your teas. Instead of dairy milk or creamer, you can use soy milk, almond milk, cashew milk, rice milk, or hemp milk. Pretty much any dairy free milk is a good sweetener for tea. You can even buy soy creamer, which tastes really good and is a nice addition to tea. Instead of artificial sweetener or sugar, you can use stevia. Stevia is a natural herbal sweetener that many have not heard of. It comes from the stevia plant. Since you can’t patent a plant, most companies aren’t going to go out of their way to manufacture and promote it. Stevia is 300 times sweeter than sugar. It’s all-natural, calorie-free, and 100% safe for diabetics. It has over 200 nutrients in it, so it actually helps your health rather than hurts it, like sugar or artificial sweeteners. You can buy stevia in liquid or powder form. You only need to use a little bit at a time because it’s so strong. If you purchase it in the packs, one packet is the equivalent of one packet of sugar. I use stevia every day with my tea.

You can have tea hot or cold. Either way, you’re going to get the many benefits of tea. You can even make iced tea and add seltzer or sparkling water to it and make a bubbly iced tea. That’s a fun treat. Tea is a great beverage that you should use to replace soda or coffee.

“J” is for juicing. Vegetables are a great thing to juice. Juicing vegetables gives the digestive system a break. We’re constantly digesting food, 24 hours a day,

7 days a week. Aside from sex, digestion is the body’s number one energy consumer. So not only does “J” stand for juicing, “J” also stands for “Just don’t eat anything.” Sometimes, it’s good for the system if you go a day without eating or just cut back on how much you eat. You could even spend a day just having juiced vegetables. Although you can juice fruit, I don’t recommend it. Juicing fruit is okay as an occasional treat, but you shouldn’t do it regularly. Fruit has a lot of sugar and fiber; when you juice it, you lose the fiber, but not the sugar. When you drink the juice, you get a lot of sugar without the fiber, so you’re going to spike your blood sugar and get a sugar crash. I’d much rather you eat the whole fruit and juice the vegetables. That’s why I recommend you just juice vegetables. By juicing vegetables, you’ll go easy on your digestive system and give it a break. It will really help your energy and overall health. *This series will be continued in the next edition of The Life Line.*

Dr. Joe Esposito is a chiropractor, author, syndicated radio show host of HEALTH TALK ATLANTA, and the director of Health Plus Chiropractic 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 an exam, consultation, x-rays, and doctor’s report of findings for only \$50!

Eating Instinctively

By Don Bennett, DAS

If you ever find yourself wondering what a particular animal is supposed to eat, fear not because for every living creature that inhabits the earth there is an expert who will tell you, in no uncertain terms, all about the natural diet that the animal in question is designed to eat. For the most part, there will be no arguments from any colleagues and no raging debates in the various media. It is known for sure what every animal on the planet is designed to eat, except one . . . us.

How is this possible? How is it that we’ve figured out how to walk on the moon, look at the surface of a planet one billion miles away, create a little box with which you can talk to another little box halfway around the world, split the atom, and map our DNA, but we somehow can’t come to a consensus on just what it is that human beings are designed to eat? An obvious answer might be that humans are designed to eat differing diets, and since no two people are supposed to eat the same foods, this would account for the confusion. But if you research this issue (with no biases, preconceived notions, or personal preferences), you will realize that animals who have digestive systems just like ours all eat the same diet (regardless of blood type, body type, metabolism type, or eye color).

Okay, so the different dietary recommendations that abound regarding humans must have a different reason. While this article will address how we’d go about figuring out what we’re supposed to eat, I’ll quickly mention that the motivations for all the conflicting dietary information are: money, market share, personal preference, purposely misleading information, and deceptive studies. Then, when you add into this mix truthful research, honest reporting, and the factually sound results of unbiased investigation, you end up with

a mass of confusing and contradictory information. So let’s sidestep all that and try to figure this out for ourselves using logic and common sense.

Since there are so many different diets, and each one proclaims that it’s “the best,” and since we’re all designed to eat a species-specific diet, how can we determine which foods are the ones we’re naturally adapted to? Let’s devise a few simple tests that we can use to find “our” foods. Since we, as a species, didn’t come into this world with microwave ovens, toasters, food processors or even fire, and since it just makes sense that our “original” diet was probably the one we’re designed to eat, what foods could we have eaten in the pre-technology era? Wouldn’t these be foods that could have been consumed “as is” from the wild, needing no processing other than what our two hands could accomplish; foods being deliciously yummy without the need for cooking or adding sauces, marinades, spices, seasonings, condiments, etc? This *As Is* test would seem to be a good one.

How about the *What Looks Good to You* test. Our hardwired instinct, if not dampened by sociological programming, can provide us with many insights. When hungry, take a trip to a pet store and have a look at the bunnies. Then visit a fruit market and take a peek at some ripe, sweet fruit. Which made your mouth water? Which would make the mouth water of an animal that was truly designed to eat animal flesh?

How about the *Toddler* test. Give a hungry toddler a piece of ripe mango and a piece of raw meat (remember, we didn’t originally have fire), and after investigating each, which do you think the kid will devour. You can use that same test to give you some insight into our modern culture and how our natural instincts have been used

against us (to generate profit at the expense of our health). Give a hungry toddler the choice between a piece of ripe, sweet mango and a candy bar. Our “sweet tooth” is a normal, natural thing, designed to allow us to find the best (sweetest) fruit. This fact is not lost on those who design processed foods. So when the child naturally prefers the man-made candy bar over the nature-made sweet stuff, he’s reacting in a normal manner, and this is one of the contributing factors to our current epidemic of ill-health (lack of truthful information is another).

There are other good tests, such as the *Can You Make a Meal of It* test and the *Can You Thrive on It* test (thrive, not just survive). And if, in addition to these tests, you would like to factor in the advice of others, then consider heeding the recommendations of many health organizations who say to “eat more fruits and vegetables.” If these are what we’re designed to eat, the more of these foods we eat and the less of what we’re not designed to eat, the healthier and happier we can be.

Consider exploring the teachings of “health creation” and “disease avoidance;” the science behind them is well known, it’s just not common knowledge. Its practitioners advocate living in such a way that gives you the BEST odds of never getting a diagnosis of something serious while at the same time enjoying your life . . . two great goals if you ask me.

Don Bennett is a Disease Avoidance Specialist, author, and lecturer. Along with his partner, Ellen Livingston, HCS, he teaches Health Creation and Disease Avoidance. Don’s book, [How to Have the BEST Odds of Avoiding Degenerative Disease](#) is available in our book department. For some enlightening health information visit health101.org.

Your Home, Your Health

By Linda Townsend

How do you feel about your home? Are you living with clutter all around or is nearly everything neatly organized and put away? Are there things you have wanted to do, but have not, so now you try to ignore their constant needling? Does your home make you feel comfortable, inspired, and content or uncomfortable, burdened, and unhappy? Have you ever considered that the state of your home expresses your physical and mental state of health?

I am not suggesting that any home should be a sanitized showcase that never looks lived-in—quite the opposite. I am suggesting your home should be a personalized showcase of those who live in it. When you walk in the door, do you feel good about what you see? If it is not a place of comfort, then it cannot reflect the person that you want to be. For good or for bad, the state of your home is indicative about how you feel about yourself; such thoughts influence your health, also.

My family enjoys reading and we have bookcases full of books. There is not a room in our house that does not have a stack of books in it somewhere—perhaps clutter to some, but comfort to me. On my nightstand, I have at least five books at any given time, more often I have more than that. I have six large bookcases filled. The books on these shelves are neatly organized in categories with an inviting appeal, but I realized recently that I have been shunning those books. I have not even looked at my bookcases, nor had I cleaned them for some time. I was feeling uninspired, even blocked, when I thought about looking for a book.

Why? That was my question. Bear with me as I explain how I learned something that did not come from a book—well, that is, I did learn it, in part, because of books, but not from reading.

Neglected, Hidden Spaces

On my quest to make my home a place of comfort, I decided to clean out my kitchen cabinets some months ago. One in particular, that had airtight containers of all sorts, bowls, and casserole dishes, bothered me as it remained cluttered regardless of how I rearranged all its contents over the years. It just had too much in it; some with sentimental ties. One grandmother gave us identical sets of casserole dishes, in addition to another set we already had. I decided to get rid of the older set and a larger dish from one of the identical sets that we had not used in the last decade, nor were likely to use in

the next one; I still would have the sentimental ties with one full set.

After I reorganized everything back in that cabinet, I felt inspired to do the other cabinets. Surprisingly, the rest of them were in good shape, not as time consuming or labor intensive as I had imagined. It seems I had judged the state of every kitchen cabinet as being overwhelming because of that one cabinet that bothered me the most; it was the key blockage forestalling me to do the rest. Once my kitchen had been cleaned and rearranged, I felt a renewed interest in preparing food, cooking, and baking.

Amazing how that happens, isn't it? When you clean and rearrange a room, it seems the first thing you want to do is be in that place more. It is inspiring! I naturally wanted to maintain it better and all my kitchen cabinets have stayed well organized for months. Kitchen Mission accomplished!

Recognizing Barriers

Sometime after the kitchen was in a better state, I began thinking about things I really wanted to do and why I wasn't doing them: things like creating artwork, working out, and exploring the books in my own library.

Why didn't I even look at my bookshelves anymore? I had reorganized them just a few months before and I remember feeling highly inspired then, as well. *Oh, but look—boxes!* When I had been focused on cleaning out other areas, I placed boxes filled with items for a yard sale in front of the bookcases. Although I could see my books neatly arranged, I had to lean or step over those boxes with all that stuff in them. Although meant to be a temporary situation, it had changed the way I felt about my entire library. I realize now that I had created another barrier, after the previous barrier of books in boxes had been removed and the books arranged on the shelves.

I also realized that the most used areas of our living space are free of unnecessary clutter, but I still have pockets of clutter all over my house in the places we don't use as much. Do you see the pattern here? Sometimes that clutter just gets moved from one place to another, but wherever it goes it creates a barrier. It is a vicious, unending cycle, if I let it be.

I found that clutter freezes me up in my studio and workout spaces. I realize now that I have to make an extra effort to mentally hurdle those blockages, but it is

draining for me. So it is easier just not to bother with it at all; but then I stop doing what gives me the most enjoyment, as well. The clutter limits me and I allowed it to shape my lifestyle. Now, though, I have had enough of it! I am on a quest to hunt down and break down all these mental barriers in my home.

Now that I have identified the problem, it is all going in a yard sale scheduled very soon and what does not sell is going to charity—not back into my home! What does not promote the lifestyle I want to have is being cleared out, so that I can have an inspiring and healthy home for that very lifestyle.

Healthier Home, Healthier You

At this point, you are probably making the connection between your own mental attitude and your own living spaces, but this also relates to your physical health. Your body is also your home. Are there some health issues that are needling you, but you try to ignore them? You could be healthy for the most part, but have "pockets" which need a bit of attention. Have you ever noticed that you did not know a certain place on your body was tender until someone touched it? Such places are those that we neglect but obviously need attention. They become like our dumpsites for body clutter.

When a disease state manifests, it is because the body, for whatever reason, is unable physically, or possibly, unwilling emotionally to heal it; there is some kind of blockage, a barrier that keeps you from being healthy in that area. I found it impossible to clean out all the barriers in my home all at one time, but cleaning up a bit at a time here and there worked well in two ways: It worked towards my goal and I found it encouraging, giving me momentum to press on and even do more. You can do the same with your body and your health.

Consider a detoxifying cleanse, changing your food choices, having a massage, taking some supplements, exercising, and even cleaning your house to break down your barriers to better health. As your body cleans out these previously neglected pockets, your general health will improve; this will inspire you, bettering your mental state.

It all sounds like spring-cleaning, doesn't it? Well, it is spring. Are you feeling *clean*?

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

Summer Life Fest, Member Appreciation Day & Electronic Recycling

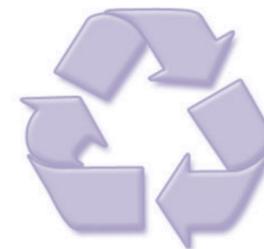
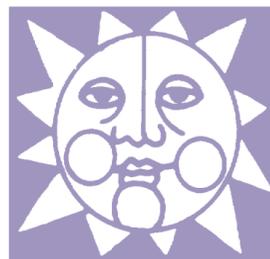
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Diets and Exercise and Predictions—Oh My!

By Betsy Bearden

There was something that I read the other day that was so funny, I really wanted to share it with you. It was a list of predictions of what the news headlines might look like in the year 2020. One of the headlines stated: Breaking News—after 100 years of research, it seems diet and exercise really is the key to successful weight-loss. *Really?* It's a no-brainer. The only way to weigh less is to eat less; exercise more. But if it really is that easy, then why *isn't* it really just that easy? Good question.

I went to a Tupperware Party the other day, where I learned that you can actually bake a chocolate cake in a Tupperware dish by lining it with two cups of chocolate chips, adding one can of warm Coca Cola to a package of chocolate cake mix and pouring this over the chocolate chips. Nuke this in the microwave for nine minutes; invert it onto a serving platter, and Voilà! Yes people, now *you* can have a delicious cake *with* a frosting in just *nine* minutes!

Well, I don't know about you, but the very last thing in this world that I need, is a delicious home-made chocolate cake from box to fork in only nine minutes! This is a prime example of where the evil incarnate known as lack of judgment steps in. You know, when you have the chocolate cake sitting in front of you all warm and gooey in a moment of an extreme, late night chocolate craving, and the little angel is sitting on the right shoulder, saying, "uh,uh,uuh" and the little devil is sitting on the left shoulder saying, "Ah, go ahead! It's only one little piece of cake." I can already see who is going to win this one. Nine minutes to Tupperware cake. This is wrong, wrong, wrong, on so many levels.

Many people can go through life unaffected by cravings such as the above; many people can go through life affected by the cravings such as this, and never gain a pound; and many people will go through life affected, caving, and disgusted.

Unaffected people, however, might be in a category where they absolutely can't allow themselves to eat things like this, such as certain types of diabetics. And another problem exacerbated by diabetes is that certain neuropathic conditions prevent them from getting the proper exercise they need.

The cavers and disgusted ones may have underlying health conditions, such as an underactive thyroid where no matter what they eat and unless they exercise like a fiend, they will gain weight due to a suppressed metabolism. Of course medication will help, but it's still a struggle.

Those of you who can eat and exercise like there is no tomorrow, well, my mama taught me to never say bad things, so I will say no more here, thank you very much.

Overall, unless you do have certain health issues that can and will prevent you from losing weight or getting the proper exercise, then the prediction for the year 2020 is absolutely the best way to get healthy; learn better eating habits and build a stronger body through exercise. It is a known fact that exercise and eating a proper diet can lower your blood pressure and cholesterol, can cancel out certain types of diabetes, and is a definite mood booster. I can attest that a good long walk is miraculous for cleaning out the cobwebs and making your mind much sharper and clearer. You just naturally feel better—Naturally!

Unfortunately, the economy is in dire straits these days and many people have not only lost their jobs, but their health insurance, as well. Maintaining good health is more important now than ever. I don't know if you have noticed this or not, but vitamin and supplement sales are up. We are going to the appropriate isles in many grocery stores and looking for vitamins and herbs to keep us healthy. However, this can be dangerous if you don't know what to take or the interactions each vitamin or herb may have with one another, especially if you are taking prescription medications.

Life Grocery not only offers year-round organic vegetables and fruits, protein drinks, a wide assortment of nutritious frozen, packaged, and canned foods, but they also offer a huge line of vitamins and herbs for everyone. If you are supplementing your diet with vitamins and herbs by blindly going into a store and buying things "willy-nilly" that people recommend you take, please go to Life Grocery first.

They have an extremely knowledgeable staff that is educated in giving you assistance when it comes to finding vitamins, herbs, and protein supplements to support your individual needs. Go in and talk with them today so you can find that energy and willpower to stick to a healthier diet and a better quality of exercise, way before those people in 2020 find out!

Betsy Bearden is a published writer, and author of a self-published cookbook, Normal People Eat Tofu, Too. She has worked as a volunteer chef, cooking class instructor, and reporter for The Paulding Neighbor Newspaper. Email her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net.

Awakening

By Dr. Kimberly Strickland

For me, I always think of spring as a time to go out and play. It's time to shed the layers that have protected us and get lighter. Spring cleaning, decluttering, and sprucing up are all activities that come to mind. I think the most valuable cleaning that you can do is within your body and your mind. If your body is full of waste matter and excess materials, it can't function optimally. Likewise, if your mind is full of limiting thoughts, negative affirmations, and false beliefs, how can you possibly live up to your potential?

To reach your potential your mind may need a cleansing. Until you know within yourself that the spring of all health, joy, and wisdom is within your own being, just waiting to be called forth by you, you will need to cleanse the mind. I believe that as we use our own gifts for the benefit of others, this cleansing will naturally occur. What is this cleansing I speak of? It is a birth into spiritual consciousness. Who doesn't want more good, more joy, more love? Think about what gifts you have been given and how you can share them. Make a pledge to do something for someone else once a week. A recent book that I read that spoke to me about our true essence is called *Mutant Message Down Under* by Marlo Morgan. It's about an American woman who goes on a walkabout in Australia with Aborigines for three months. She truly cleansed her mind and body!

To jump start the body, try either fasting for a day or two or eating very simple raw foods for a few days. This should reset your taste buds and get you on a road to eating healthier. Now is an excellent time to eat more fruits and vegetables as so many are coming into season. A great way to start the day is to drink a tall glass of

water with a fresh lemon squeezed in it. This helps to stimulate the colon and to alkalize the body. For breakfast, try a fruit salad or a bowl of muesli. Try this recipe:

Muesli

- 2 c oats
- 1/3 c ground flaxseed
- 1/3 c oat bran
- 1/4 c dried cranberries
- 1/4 c raisins
- 1/4 c maple syrup
- 1/2 t vanilla
- 1/2 t cinnamon
- 3 c milk of choice
- Soak the above overnight or for about 3 hours.
- 3 c yogurt
- 1/4 c maple syrup
- 3 T each pecans, almond, pumpkin seeds; toasted and chopped
- Spoon muesli in bowls and top with yogurt, maple syrup, and toasted nuts and seeds.

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

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Neti Pots

By Dr. Kim Strickland

The media would have you believe there is an allergy and a flu season. When is allergy season? Is it between winter and spring or between summer and fall? How long does it last? If we give into this line of thinking aren't we setting up our bodies to experience these diseases?

That being said, there are a number of people who experience a greater need for cleansing their sinuses during the spring when the pollen count is high, particularly here in Georgia. Rather than taking antihistamines and other drugs to relieve symptoms, why not actually assist the body with what it is trying to do? When our bodies create excess mucus, it is because there is excess waste matter within the body. The mucus is the by-product of organisms breaking down the waste matter in an effort to cleanse the body.

For thousands of years, people have been using a neti pot or something similar to wash out the sinuses. Some well-known doctors have much to say about them. It may look strange, but Dr. Oz says this treatment may be more effective than medication. "The [ear, nose, and throat] doctors who are specialists in this area will often say this is a better treatment than a lot of the drugs that we try to offer folks, because it mechanically cleans out the problem," he says. Andrew Weil says, "Practice saline irrigation . . . People with chronic sinus conditions should use a nasal douche daily, as it promotes drainage of the sinuses and speeds healing of inflamed tissues." In *Health Wisdom for Women*, Dr. Christiane Northrup writes, "Irrigate your nasal passages daily or

at least once each week. Consider a Neti Pot, which is used for basic hygiene and cold prevention in Ayurvedic medicine. If the thought of putting liquid up your nose makes you cringe, relax. The biggest barrier to doing this will be your memory of getting water up your nose while swimming. This is entirely different . . . and it works so well!"

How do you use a neti pot and where can you get them? Below I will detail the process for using a neti pot. You can purchase them at Life Grocery. Things to keep in mind are that you should clean your neti pot after each use. Do not share your neti pot with anyone else. If you have sensitive skin near your nostrils then apply a thin layer of lotion there first. If you experience any discomfort, please discontinue using your neti pot and consult your doctor or other health care provider.

1. Fill the neti pot with water. The water should be lukewarm and can be poured into the pot directly from the tap (approximately ½ cup of water). Distilled water is recommended if the purity/safety of the tap water in your region is questionable.
2. Add ¼ to ½ teaspoon of sea salt or table salt (without added iodine) to the water. Stir with a spoon to dissolve thoroughly. Dr. Oz says, "You never want to wash [human] tissue without having saltwater in it. Your own cells like it more."

3. Lean your head forward over a sink, bending your neck down slightly with your eyes looking downwards.
4. Gently place the spout of the neti pot inside your right nostril, forming a seal to avoid any outer leakage.
5. Open your mouth slightly. Breathe continuously through your open mouth during this sinus cleansing procedure. This allows a necessary air passageway so that the water will not drain from behind your nose into your mouth.
6. Tilt your head sideways, so that your right nostril is directly above your left nostril. Tip the neti pot, allowing the water solution to pour into your right nostril. Within a few seconds the water will naturally drain from your left nostril into the sink.
7. After the net pot is empty, remove the spout from your right nostril, and exhale through both nostrils. Gently blow your nose into a tissue.
8. Repeat steps 1 through 7 for your left nostril.

Resources:

<http://healing.about.com/od/ent/ht/netipot.htm>

Throw Out Your Scale

By Brian Murray, M.Ed.

Your body weight is meaningless. Instead, focus on what's more important—*your body composition*. Whenever someone tells me they lost 10 pounds I usually say two things: "So what?" and "10 pounds of what?" You can imagine the looks.

To illustrate how meaningless your body weight is I am going to share with you Pat's body composition data over the past three years. I collect this information at the beginning of each quarter using bioimpedance analysis.

Between measurements for the first and second quarter of 2006, Pat's body weight did not change. Looking beyond weight at what is really important—muscle and fat—we see that his lean body mass increased 3.5 pounds, while his body fat dropped by 3.5 pounds. Body weight did not change. Body composition changed for the better. Pat is now leaner.

Between the second and third quarter of 2006, Pat loses 6 pounds of body weight, but the change in his body composition is even more dramatic. His lean body mass increases by 6 pounds, while his body fat decreases by 12 pounds! Do you get it? He had to gain in order to lose the right type of weight—*fat*—the only type of weight loss that is good. This type of approach prevents you from losing a large amount of body weight, but the only way you can lose that much body fat is by gaining lean body mass. At this point his

lean body mass as a percentage of his body weight has risen from 63% to 68%. He is now even leaner.

Between the fourth quarter of 2006 and the second quarter of 2007, Pat's body weight does not change much at all; just a little over one pound. For many this would be a huge victory to make it through the holiday season without gaining 10 pounds, however, it's not as good as it seems. Pat gained 3.7 pounds of fat while losing 2.4 pounds of lean body mass. His lean body mass now represents only 65% of his body weight. He is *fatter*.

Between the second and third quarter of 2007, Pat's body weight goes down by 2.6 pounds. However, his lean body mass goes up by 3.3 pounds, while his body fat goes down by 6 pounds! Again, there is a small change in *body weight* but a big change in *body composition*. His lean body mass now represents 67% of his body weight. Pat is now leaner.

Between the third and fourth quarter of 2007, Pat's body weight does not change at all. Knowing that body weight is the great deceiver, we look further and find that he has lost 4.1 pounds of fat (good), but lost the same amount of lean body mass (bad). Everything evens out, but now Pat is *fatter*.

Uh oh. Pat packs on the pounds this holiday season. Between the fourth quarter of 2007 and the first quarter of 2008, Pat gains 7 pounds of body weight. But what

did he really gain? It turns out that he only gained a measly half pound of body fat. The rest was lean body mass. So was the weight gain bad? No.

Between the first quarter of 2006 and the first quarter of 2009, Pat's body weight has gone up and down. Today it is nearly identical to what it was three years ago. Now he is three years older, however, he now carries 8 pounds *less* body fat and 8 pounds *more* lean body mass. Since the same volume of fat takes up approximately 20% more space than muscle, his silhouette is smaller, even though his body weight is the same.

The lesson to learn from this data is if you rely on just your body weight to measure progress, you will miss what is happening inside your body. In some cases, a weight *gain* is good while in other cases a weight *loss* could be bad. Make no mistake though, body weight tells you absolutely *nothing* about the composition of your body.

Stop watching your weight. You need to change the composition of your body mass. This change in thinking is a critical step if you wish to stop battling the bulge.

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

Organic Nutrition and Good Health

By Brenda Cobb

When we are in a state of good health, if we cut ourselves, get bruised, or have a broken bone, the body starts healing immediately. If we are exposed to infection, our immune system deals with it. The body has a natural tendency towards repairing and healing itself. To maintain good health, it is important to recognize that symptoms are actually the way our body lets us know that something is just not right. Symptoms give us the opportunity to help ourselves, but treating symptoms with drugs only covers up and makes the problem worse. When we get to the real reason we have developed a health problem, we can make the lifestyle changes necessary to help ourselves heal. It's all up to us.

Even very serious diseases like cancer, heart disease, and diabetes can be completely healed when a person is willing to take responsibility for their health and practice the good habits that will support the body to be able to heal itself. Several areas are important to address when working to create good health. One of the most important things is to take in optimum nutrition. Your body was created to heal and rebuild itself and nutrition is where your body gets what it needs to do the job. Organic raw and living foods will give you the super-charged enzymes, vitamins, and minerals your body craves to do its healing and regenerating work. Cooking destroys enzymes and compromises the vitamins and minerals. So, even if you are eating the highest grade of organic produce possible, if you are cooking it, you are not getting everything the food is capable of giving you.

The foods and liquids we consume, along with the air we breathe, have a fundamental effect on our well-being. A healthy diet of pesticide-free fruits, vegetables, seeds, nuts, and sea vegetables can supply us with all the essential nutrients our bodies require for optimum efficiency, energy, and good health.

When we follow Hippocrates suggestion to let food be our medicine and medicine be our food, we are investing in our own healthy future. With all the places we can spend our money, when we invest in good health it empowers us like no other investment can. Organic food is well worth the price. When you are healthy and feeling good, you are able to enjoy and participate in life to the fullest.

A good way to get some optimum nutrition in your body is with fresh, organic vegetable and fruit smoothies. They are quick and easy to prepare and, because they are blended, you get all the fiber and the

juice of the produce in an easy-to-digest, nutrient-dense meal. Make smoothies a regular part of your daily routine, and soon you'll look and feel even better.

Everything Green Smoothie

4 c dark leafy greens
1 c sunflower sprouts
1 c broccoli sprouts
½ avocado
1 Granny Smith apple
1 T dulse sea vegetable flakes
4 c filtered alkaline water

- Blend everything in the Vita-Mix and nourish yourself.

Everything Veggie Smoothie

1 large tomato
1 medium carrot
2 stalks celery
1 red bell pepper
1 cucumber
1 t powdered kelp sea vegetable
1 t Himalayan mineral salt
½ t cayenne pepper
4 c filtered alkaline water

- Blend everything in the Vita-Mix and enjoy.

Everything Fruit Smoothie

1 mango
1 apple
1 c pineapple
1 c fresh coconut meat
4 c filtered alkaline water

- Blend everything in the Vita-Mix and feast.

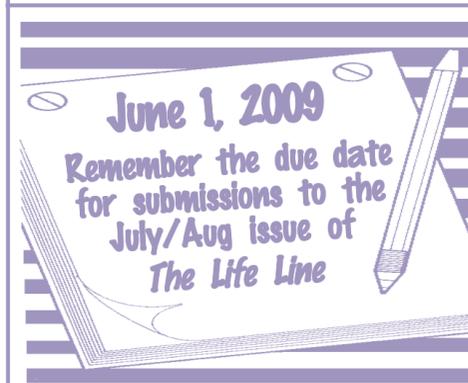
Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®." Her 10 and 12 Day Healthy Lifestyle Raw and Living Food Courses at Living Foods Institute have helped thousands to heal naturally of all types of diseases. For further information or details on upcoming events being held at Living Foods Institute, 1530 Dekalb Ave., Atlanta, Ga. 30307, visit www.livingfoodsinstitute.com. or call 404-524-4488.

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Spring Into Summer Cleaning continued from page 1

once you get used to it, and it will have amazingly beneficial results to your health. I will remind you again though, to make sure you have someone knowledgeable guiding you through this process, so you don't make mistakes that might have deleterious effects on your health. In addition, they will help you come up with creative and tasty things to eat, if you haven't eaten this way before.

I must say as a precaution, make sure you check with your health consultant or doctor before embarking on any radically different diet, although, I cannot think of anyone who wouldn't benefit from this program. The whole detox program involves a lot more than just changing your diet for a year. It also involves an exercise regime, as well as meditation and/or prayer. Meetings were held for encouragement and support.

This example of what I used to do is an idea of one kind of detox diet. It is meant to be an illustration, not complete instructions for what to do. At the risk of beating the proverbial dead horse, please don't use this information without guidance from someone experienced in these areas, such as your health provider. With that being said, ad nauseam, I really encourage you to cleanse your body. It will allow you to be healthier and happier and live longer with robust vigor. Summer is the perfect time to do it, too, because of the abundance of fresh fruits and vegetables! Happy Cleansing!

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

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Paying It Forward

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

So here I am at over six years on the gluten free diet, and I'm healthier than I've ever been. My daughter is a healthy and vibrant 9-year old, and we are absolutely thriving on this diet. In this process, I've gone through many changes. I've lost over 120 pounds without dieting, and I've gotten off of all prescription medications. (Previously I was taking 23 prescriptions.) I've learned to cook and prepare foods in a whole new way and I'm finding that living this lifestyle is actually quite easy.

Sure there have been some challenges along the way. I was addicted to gluten, and even though I had a medical reason to stop eating it forever (Celiac Disease), I still went through withdrawals. I really missed all of my favorite foods. I was fortunate in that I had a coach to help me along the way—a coach who showed me that eating healthy could be easy (and cheap) and taught me more than I ever thought I needed to know about nutrition! For any of you who know me personally, of course you know that I'm talking about Dr. Joe Esposito. I am not exaggerating when I say that I probably owe this man my life.

How many of you remember the movie "Pay it Forward?" Well this is where I am at now in my life. I owe so much to Dr. Joe, that I doubt I could ever repay him, but I can pay it forward. I can try to help those of you out there who are still struggling with the gluten free diet. I found that it's so much easier if I follow Dr. Joe's advice to stay away from the processed foods and stick with a gluten free diet that is primarily organic fruits, vegetables, grains, nuts, and seeds.

Whenever I slip and try to buy those products that are mass produced and claim to be gluten free, my health suffers. Cross contamination is a huge issue. The larger companies that are jumping on the gluten free bandwagon by promoting their "junk foods" as gluten free, are not usually focused on the other nutritional aspects of their product. For example, how many "gluten free" products on the market out there have MSG in any of its forms as an ingredient? Too many for my comfort.

Fortunately, we have Life Grocery on our side in this journey we call life. I love that I can trust the

ingredients in the products that Life Grocery carries. Which reminds me, as part of my journey to "pay it forward" I have started a Gluten Free support group at Life Grocery, in Café Life. I am holding meetings on the third Tuesday of every month, and I hope that more of you will join me there. (Check Life Grocery's Calendar of Events for more information.) There is always something on the hot bar and salad bar that is safe for our gluten free diets and it's nice to be able to grab something healthy to eat that has been prepared by such an awesome Chef! Thank you, Chef Mike for all your great gluten free menu items!

Since I usually give you several recipes to try, this issue will be no different. I hope that you find these as delicious as I do. Use organic ingredients whenever possible.

Homemade Vanilla Rice Milk

1 c cooked brown rice
3 c hot filtered water
1 t Flavorganics Vanilla Extract
¼ t sea salt
3 packets of stevia

- Place all ingredients in a blender, cover, and blend on high until smooth and creamy.
- Pour through a strainer into a pitcher and refrigerate. (Don't throw away the rice pulp that is left in your strainer, as it makes an excellent hot cereal.)
- Chill and then shake well before use.

Brownies

I created this recipe for the type "O" blood type diet

1 c rice flour
¼ t baking powder
¼ t baking soda
1 c sugar (or equivalent stevia)
2 eggs (or egg replacer equivalent)
¼ c oil
4 T cocoa

- Mix all ingredients together in a bowl.

- Pour in to a 9x9 square pan that has been oiled and dusted with rice flour.
- Bake at 350 degrees for about 40 minutes or until toothpick inserted in center comes out clean.

Teething Biscuits

I've actually had a lot of requests for a teething biscuit recipe. The one that I used when my daughter was a baby, just happens to be gluten free

2 T Spectrum Organic Shortening
½ c cane sugar
1 egg or 2 T applesauce
1 t baking powder
¼ t sea salt
1½ t Flavorganics Vanilla Extract
1 t filtered water
1½ c Earth's Best Whole Grain Rice Cereal for Babies

- Heat oven to 300 degrees.
- Cream shortening and sugar.
- Add egg or applesauce, baking soda, salt, vanilla, and water.
- Mix until well blended.
- Gradually stir in cereal.
- Knead until smooth.
- Pat into rectangle.
- Cut into 12 1" bars; smooth edges so they will not be sharp.
- Place on ungreased cookie sheet.
- Bake 20-30 minutes or until dry.
- Store in uncovered container overnight then transfer to a closed storage container.

NislaWhetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Join her from 6-7 pm on the third Tuesday of every month for her Gluten Free support group in Café Life, where selected gluten free items are available for purchase. Contact her at 770-653-6017 or magickhand@gmail.com.

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