

Bon Appetit!

One of my favorite treats after a long day at work is to go to Café Life, grab some of their delicious food, and take it home for dinner. Recently, I strolled into the café after a particularly long week at work, counting on my usual rescue from an evening of arduous food preparation, when a horrific sight hit my eyes. The food bar on which I had relied for so long was GONE! I mentally fell to my knees and cried out against this apparent and devastating loss.

As I turned to the left, I looked through the doorway into Life Grocery store and saw something that I hoped was not just a mirage. The salad bar in the grocery store, just beyond the cashiers, that had previously been empty, appeared to be full! Upon closer inspection, I was amazed to see that this new food bar was even larger and more impressive than the old one in the café. Not only is there a large cold bar, but just to the side of it is the hot food bar.

The first improvement I noticed was that all the food seemed so vibrant, probably due to the lights in the bar, making it even more appetizing. I love the way they have all the food so neatly organized on one side of the bar, so I can see all my choices at once. I don't have to go back and forth around the salad bar like before when deciding what to choose. Now it's all right there, colorful and fresh, right in front of me. Speaking of freshness, I have learned that in the previous food bar all the containers were sitting in ice. Now the new bar is fully refrigerated, which will provide us, the consumer, with the freshest food possible, thus creating less waste.

As a vegan, I greatly appreciate the convenience of being able to enjoy a food bar knowing that I can eat *everything* and that almost everything is organic. Anyone who is on one kind of restrictive diet or another, whether by choice or necessity, will truly appreciate the fact that ingredients are indicated on the grab and go selections, as well as food bar items, and that there are options for their dietary preferences, sensitivities, or allergies, including gluten-free, dairy-free, soy-free. Two of my absolute favorites on the salad bar are the sweet potato salad (it's so different and it's bursting with yummy flavors) and the regular potato salad (it reminds me of family picnics and my mother's special potato salad, which I have sadly been unable to replicate).

I have become particularly aware of the need for ingredient disclosure and gluten-free, dairy-free, and soy-free options, since recently attending a DAN (Defeat Autism Now) conference here in Atlanta. I now understand that in many cases children with disabilities can experience vast improvements by following a dairy-free, gluten-free, and sometimes soy-free diet. In talking to some parents of these children that had come to the conference from all over the country, I realized just how lucky we in the Marietta area are to have such a wonderful store and café like Life. Some parents have to resort to having many of their foods shipped to them as they are not available locally. They were quite envious that we have such availability in our own backyard.

As usual there is an abundance of raw vegan choices available on the food bar. I love that all the salad ingredients are fresh and yummy and that they save me from all that tedious chopping at home. I love the ease

By Dr. Susan Esposito

of just walking up to the bar grabbing everything I want in my salad, without any of the hassle involved in preparing it myself. What I also appreciate is that it's such a HUGE time saver!

As I looked at the bar, I was struck by how shiny and clean it was. As a matter of fact, within the short amount of time that I was in the salad bar area, no less than three employees had come by to straighten and clean, enhancing the attractiveness of the food bar experience.

What's terrific about the new bar, is that it's really convenient for the customer in many ways. First, they offer a complete meal, all within the confines of the bar. On the cold bar there is an array of fresh vegetables, salads, and cold foods attractively arranged. On the other side of the cold bar you have prepared food, that is wrapped and ready to go, as well as a variety of cold beverages. There is also a large selection of yummy freshly baked goods and desserts (made from scratch) ready to go. On the hot bar there are delicious hot entrees like veggie meatloaf and one of my daughter's absolute favorites—macaroni and cheese (which I believe is available on Wednesdays)—as well as numerous other scrumptious side dishes ranging from soup, beets, Brussels sprouts, carrots, and potatoes, all prepared in healthy, flavorful, and interesting ways. The choices are rotated and are based on pricing and availability.

An important convenience for me is that I can do my grocery shopping and grab my food from the food bar to take home and only have to check out once instead of twice. Also, with a choice of up to three checkout cashiers in the grocery store, my check out goes a lot faster than it sometimes did in the café when I had to wait for the cashier (who was not only the smoothie maker, but also the money taker) to finish making a bunch of juices or smoothies before I could pay for my meal. I like the idea that they no longer handle money—they just handle food.

Another thing I love about eating the food prepared at Café Life, is that I know it is prepared with loving hands surrounded by positive energy and the benefits of that are evident in every bite of food you take.

Not only is the food bar experience more convenient now, but it is really a deal—which we are all looking for these days! At \$6.99/lb, this food bar is a *whole dollar less* per pound than others offered in the area. Plus, (and this is a huge plus) the food is organic here when it's not elsewhere! Where else are you going to be able to get this wide of a selection on delicious, healthy, nutritious organic food at these low prices? I'll tell you . . . nowhere around here! I can't tell you how grateful I am to have this gift of a store, café, and all of its caring employees so available to me.

As I was standing there counting my blessings, gazing at this wondrous food bar before me, I had a chance to talk with Ronnie Hudson, the operations manager, about the changes that have been made. She explained that Café Life has been losing money since its inception and that Life Grocery has been subsidizing it. She stated, "With the current economic situation, it is essential that the café become self sufficient, as it is

impacting on store resources. The changes were implemented to make for smoother operations, efficiency, and profitability." She added, "We want to be able to keep Café Life open! In an effort to do so, we are passing along cost increases, something we haven't done much of in the past. Although some of our prices have increased, other prices have actually decreased. It is unreasonable to expect prices to remain the same year after year. Prices will be adjusted based on our costs. We hope that our customers will understand and support our efforts to at least break even, if not become profitable."

I asked Ronnie how the ordering process works now. She explained, "All you have to do is go to the café and order from our new menu. You will be given a ticket to take to the register in the grocery store. When you are ready to pay, just go to any of the store registers. Once you have paid, take your paid ticket back to the café and pick up your order. This gives our customers an opportunity to do some grocery shopping and get food from the food bars while their order is being prepared. It also allows them to have all their selections rung up at one time. This is something our customers want to be able to do."

One of the additions that I noticed in the café is that they now have three different kinds of green smoothies, which is the latest health craze. Victoria Boutenko talks about them in her book, "Green for Life," which is available in the book section of the store. She explains how these green smoothies have helped her and her family have more energy and vastly improved health.

One of varieties of green smoothies has more fruit content, making it sweeter and more enjoyable for kids. If you want a drink that will really rock your world (in a good way) you need to drink these things. Freshly prepared juices and other smoothie options are also available in a 16-ounce size. If shots are more your speed, the Café also offers one-ounce shots of wheatgrass and ginger for boosting your vitality.

When I asked Ronnie about the use of paper plates and plastic silverware, she explained that with the water shortage of recent years, way too much water was being consumed on washing dishes. In addition, silverware kept disappearing and had to be replaced frequently. The café chose to incorporate Bagasse recyclable containers for some of their packaging. These containers are the remaining pulp after renewable and sustainable raw materials (sugarcane, reed rice bamboo, and hemp) are processed from the fields. These products are not bleached with chemical whitening solutions. Instead, they are processed through ultra-violet sterilization, thus eliminating all bacterial contamination from the fields. In addition, they are inspected through a metal detector to reject any items containing metal fragments. They are freezer safe, can be heated in an oven up to 212° F, and are oil resistant. They are 100% biodegradable and compostable.

Since moving the salad bar into the grocery store, more space has been created for diners and tables, creating a roomier feel. There is a separate space for

The Real Epidemic

By Don Bennett, DAS

The swine flu is not problematic for people in good health. Any kind of influenza virus or “bad” bacteria is only a potential problem for those with diminished immune systems; unfortunately, there are many people who fall under this category. Let’s keep things in perspective; the last time this flu epidemic hit, in the ‘70s, more people died from the flu shot than from the flu itself. There are good reasons for all the scary talk about so-called epidemics, but a serious public health risk is not one of them.

An epidemic can be defined as “something that affects many people at the same time and spreads from person to person in a locality where the disease is not permanently prevalent.” In the days before technology, we lived in a natural environment in harmony with nature. And as long as we didn’t have a serious accident, got enough to eat, and didn’t get eaten by wild animals, things were good. In our original locality, disease was rare because the things that cause disease, as we experience it today, were nonexistent. Oh sure, things like the flu and “the plague” came around every so often, but they didn’t seriously affect those who were healthy . . . and way back then, that was most people.

Fast forward to today. With the advent of technology we are now capable of eating things we never could have consumed in nature. And if we couldn’t have eaten something in our natural environment, we evidently weren’t meant to eat it. But now we have the ability to take an inedible substance like wheat and, with technology, turn it into something that can be eaten, like a bagel (although I don’t know many people who would relish eating just a plain bagel, something needs to be spread on it, like jam or jelly for it to be enjoyable).

So technology has allowed us to partake in things that decrease our health and vitality, which has given rise to the illness management industry (medical and pharmaceutical). It is known today that if you remove the causes of illness and disease the body can restore itself to a state of health, which it is always trying to maintain. Although this information is known, it is not common knowledge and for very good reasons.

Gigantic multi-trillion-dollar industries owe their existence and very survival to this information not being

known (and they work diligently to discredit anyone who attempts to speak the truth about the real cause and cure of human illnesses). Imagine if people themselves could heal from whatever serious ailment they had caused, and didn’t instead resort to the common practices of symptomatic relief (which doesn’t address the underlying problem) and disease management (which also doesn’t address the cause of the problem). While this prevention/healing paradigm would be most welcome by those who don’t want to be devastated by serious illness, those who are part of the industries that manage disease and the industries that produce products that cause disease would be devastated by its practice.

So instead of raising red flags and making lots of noise about something that seriously affects very few people relatively speaking (the flu), why isn’t lots of noise being made about the things that cause cancer, diabetes, stroke, asthma, arthritis, osteoporosis, etc? *This* is the real epidemic, seriously affecting and killing millions of men, women, and children a year. Millions! If this doesn’t count as an epidemic, I don’t know what does.

Learn what causes serious illness and what allows your body to effectively deal with illness. Start by *not* believing things like “we don’t know what causes cancer,” “the cure for diabetes is probably ten years away,” “breast cancer cannot be prevented,” “the best protection is early detection,” and this favorite of the pharmaceutical industry as told by many doctors: “you’re going to need to take these medications for the rest of your life.”

Discover the truth about disease. Learn how to avoid a diagnosis of serious illness and how to improve your physical health (and therefore your emotional wellbeing). If you already know, share this life-saving information with others for their consideration and benefit so that this very real epidemic of unnecessary suffering and premature death can become a thing of the past.

Don Bennett is a Disease Avoidance Specialist and author of, “How to Have the BEST Odds of Avoiding Degenerative Disease” which is available in our book department. Many enlightening and empowering articles by Mr. Bennett can be found at health101.org.

Barbesiosis, Have You Heard of It?

By Kay Bird

It’s a blood worm that is transmitted by ticks, pronounced *bar bee’ see o sis*. I couldn’t find anything about it online, except that it causes paralysis and, ultimately, death in dogs, unless the tick is removed in time.

For humans, the symptoms are like malaria. I know this because a friend of mine got it after camping last summer. The doctors could not explain his intermittent bouts with very high fever and exhaustion. They tested him for Lyme’s disease and thus ruled out barbesiosis, because it has always been found in combination with Lyme’s. But not in my friend’s case. It was only because my friend knew a lot about diseases that he pestered the doctor with the fact that he had the symptoms of malaria. The doctor finally gave in and acknowledged that the only other thing with those symptoms was barbesiosis. The treatment turned out to be even worse than the symptoms, but because my friend also has a lot of knowledge in the alternative healing field, he was able to support his immune system through it all.

I felt this information was important for you to have so you can be educated and pro-active about ticks. Besides keeping yourself and your dogs thoroughly checked if you are in wooded areas during the summer, you can protect your yard, as well.

Defeating Summer’s Biting Insects

Go online and take a look at a product called *Mosquito Barrier*. It is a strong liquid concentrate from

a potent variety of garlic, which repels biting and disease-carrying insects: mosquitoes, ticks, fleas, gnats, black flies, and fire ants.

To mosquitoes, it is deadly on contact and continues to keep them out of the sprayed area for almost a month. The odor is undetectable to humans within minutes, but mosquitoes have extremely sensitive odor-sensing antenna that detect the smell for almost a month.

One spraying of Mosquito Barrier will keep the above listed insects out of your yard and away from your home, 24 hours a day for nearly a month. Unlike harmful chemicals, it does not kill bees or butterflies and is totally safe for children, fish, birds, and pets. This patented product has been on the market for 18 years and is very highly praised for its effectiveness at www.mosquitobarrier.com.

A customer in Valdosta, GA, wrote “. . . finally, something that works!” Scientific studies and specific instructions are available on the website. It also has a money-back guarantee.

Two quarts will last most city residences all season. The cost would be \$45 or less for two quarts, depending on where you purchase it. I have not found it in a local retail store, but at the time of this writing, I just received my order by mail and will give it a try. I will also experiment with spraying it on my hiking boots and pants before going to the woods.

The Life Line
is a bi-monthly
publication of



| Hours: | Store | Café |
|-----------------|------------|---------------|
| Monday-Saturday | 9 am-8 pm | 11 am-7:30 pm |
| Sunday | 11 am-6 pm | 12-5 pm |

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

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

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Life Grocery Store, Inc. Mission Statement

Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

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Nutrition from A to Z

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

“K” is for kiwi. I love kiwi. They’re very tasty and fun to eat. Kiwi is full of vitamins C, A, E, and potassium. Kiwi seed oil contains omega-3 fatty acids. One kiwi contains about 50 calories and 2.6 grams of fiber. It’s great for constipation because of its high level of fiber. Kiwi is also a natural blood thinner. Its healing effects are similar to taking aspirin as a blood thinner. Studies have shown that consuming two to three kiwis a day for 28 days significantly thins the blood, reduces the risk of clots, and lowers fat in the blood that can cause blockages in the arteries. Kiwi can be eaten whole, cut in half, or sliced. You can peel them using a potato peeler. Kiwi is fun in salads or just by themselves. They’re a great addition to your diet.

“L” is for lentils. Lentils come in a variety of colors. You can get them large or small, whole or split, with or without the skins. They have been around for a long time as part of the human diet. Lentils were one of the first domesticated crops. After soybeans and hemp, lentils are the vegetables with the highest level of protein. They are composed of 26% protein, which makes them great for any vegetarian or vegan diet. They’re also loaded with fiber, folate, iron, and calcium.

Lentils have a short cooking time and a distinct flavor. There are all kinds of things you can do with them. You can add them to spinach, peas, and carrots.

You can even add them to salads. To cook them, bring a cup of lentils to a boil with two cups of water, reduce heat, and simmer for 30 minutes. You can make lentil soup by putting them in your crock pot with carrots, onions, and celery. You can put them over a rice dish. As you can see, lentils are very versatile. Try experimenting with them in different dishes.

“M” is for melons. There are all sorts of melons, with watermelon, cantaloupe, and honeydew being the most widely used types. Melons are a great alternative to orange juice in the morning if you want your vitamin C. Honeydew has a full day supply of vitamin C and has 90 fewer calories than orange juice. Cantaloupes are rich in vitamin A. Watermelon is loaded with iron and composed of 94% water. By eating watermelon, you’re automatically adding more water to your diet, which is absolutely essential if you’re looking for ways to improve your health.

While we’re sleeping, our bodies are digesting food and detoxifying. Even though we’re sleeping, the body is still at work, helping us to prepare for the next day. The body is detoxifying which is why you wake up with bad breath, oily skin, and oily hair.

I recommend that everyone eat fruit for breakfast. I don’t mean in addition to what you’re already having. I mean that you should have JUST fruit for breakfast,

rather than the typical bacon and eggs, cereal, sausage, pancakes, grits, waffles, oatmeal . . . you get the idea.

We want to give our digestive system a break in the morning by eating only fruit. Fruit is already pre-digested for you. It is the ideal food to break a fast. The edible part of fruit surrounds the seed. Essentially, it’s designed to feed the seed and help it grow, since the seed doesn’t have a digestive system. Fruit is loaded with vitamins, minerals, nutrients, water, and enzymes. Enzymes help your cells function at an optimal level. They help to keep you young and improve your skin tone. You can skip all of those expensive face creams and just add more fruit to your diet. By eating melons, you’re helping to give your body those essential nutrients and fluids while giving it a break at the same time. *This series will be continued in the next edition of The Life Line.*

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

You Eat Too Much!

By Brian Murray

For someone with a radically different approach to “weight loss,” I was always looking for ways to more effectively communicate my message. Going “behind enemy lines” and learning how obese people think only seemed logical. So several years ago I watched one of the post-weight loss interviews on the reality television show *The Biggest Loser*. I wasn’t disappointed.

What she said was so obvious. Millions of people think this way. Why didn’t I think of this before? It was so concise that I quickly grabbed a pen and wrote her statement word for word: “*I would rather exercise more than change the way I eat.*”

My first thought was, “Lady, it’s never going to work. You will always be fat.”

A study by researchers from Loyola University Health System, published in the September 2008 issue of *Obesity*, compared African American women in metropolitan Chicago with women in rural Nigeria. On average, the Chicago women weighed 184 pounds and the Nigerian women weighed 127 pounds. What they expected to find was that the slimmer Nigerian women would be more physically active. To their surprise, they

found no significant difference between the two groups in the amount of calories burned during physical activity.

“Decreased physical activity may not be the primary driver of the obesity epidemic,” said Loyola nutritionist Amy Luke, a member of the study team. “Diet is a more likely explanation than physical activity expenditure for why Chicago women weigh more than Nigerian women,” Luke said. She noted that the Nigerian diet is high in fiber and carbohydrates and low in fat and animal protein. By contrast, the Chicago diet is 40-45 percent fat and high in processed foods.

A clue! Better food choices?

Richard Cooper, co-author of the study and chairman of the Department of Preventive Medicine and Epidemiology, dropped the bomb when he said, “We would love to say that physical activity has a positive effect on weight control, but that does not appear to be the case.”

You already knew this. But just in case you are still in denial, the Australians were kind enough to rub our noses in it when they delivered their findings at the 2009 *European Congress on Obesity*. They state that “The

amount of food Americans eat has been increasing since the 1970’s and that alone is the cause of the obesity epidemic in the US today. Physical activity—or the lack thereof—has played virtually no role in the rising number of expanding American waistlines.” Lead author Dr. Boyd Swinburn stated, “Americans have been eating more; the US Department of Agriculture data clearly show this. But US epidemiological data shows that physical activity levels haven’t really changed that much. So I think we have to be much more focused on the energy-intake side of the energy-balance equation.”

This is actually great news! A point of confusion is eliminated. Your problem-solving focus has been narrowed because you can be sure that you have to change the way you eat. Check that off the list.

Thank goodness for a place like Life Grocery. Get to the store and eat from the earth, but not too much!

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.

Bon Appetit!

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lectures, leaving plenty of space for dining. There are even recycling bins set up in the café now.

I must say that I am highly impressed with the new food bar and operations and was interested in finding out what other customers thought. Everyone I spoke to really liked the new changes and the consensus was that they appreciate: having more room to navigate around the bars, being able to pay in the store along with their other groceries, having freshly prepared and packaged selections available for quicker checkout, having a more sanitary and cleaner appearance, having seating that is more spread out, not having the same

employees make food and take money, and having a refrigerated bar that keeps things colder and fresher.

I really want to express my gratitude for all the effort and thoughtfulness on Life’s part in the changes made to the café, not only making it so convenient, but offering a plethora of organic, health promoting, delicious foods, while simultaneously making it as affordable to us, the customers, as they possibly can.

These are trying economic times not only for us as individuals, but also for our local small businesses. I am going to help support Café Life, as well as the store, as much as I can in appreciation for all they do for us by

not only eating there myself, but encouraging my friends and co-workers to join me. The more the merrier! With its new spaciousness, it’s a perfect place for meetings and celebrations of every type. I hope you all will join me in supporting Life Grocery and Café Life as they have supported us so well over the years! Bon appetit!

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.

Painful Thoughts

By Linda Townsend

Sharon has been experiencing chest pains on the left side off and on for nearly three years. She complains that this problem worsens when she is under stress. Test results show nothing. It is not her cardiovascular system. It is not indigestion. There is no observable physical reason. The label of last resort in such cases is usually anxiety or just being in the head.

The reason, however, presents itself in a way, which medical doctors do not test—not yet, at least. The doctors were partially right as the cause was buried deeply, both in her head *and* in her heart. The reason was displayed in her bioenergy patterns, something that I have been mapping and decoding for twenty years. Test findings simply revealed an underlining desire to ill-treat certain people, particularly ones who were judgmental. This was a surprise to Sharon! She prided herself on her tolerance of other people. When faced with that truth, Sharon understood that most of her stress was caused from her own actions and that she needed to let go of it. The very same week, her chest pain vanished completely.

For just under a year, Valerie experiences increasing upper back pain and muscular spasms causing limitation of movement. Chiropractic care and massages helped some, but the condition continued to slowly worsen. Bioenergy testing revealed that Valerie has an issue with one of her parents that began with an incident a year

before. She then forgave. Within two weeks, the condition was almost completely gone and later it seemed to have healed, because it has not come back even years later.

Bioenergy patterns are indicative of many things about a person, not only within the physical aspect, but the emotional and spiritual aspects as well. We can practice changing our inner voice to say only positive things, but focusing on good thoughts alone can contribute to simply masking our underlining negative feelings; those feelings will simultaneously cause bioenergy imbalances and possibly manifest in the body in the way of physical sensations, pains, limitations, or even diseases. Whatever the emotion at the root of an illness, it is clearly revealed in the bioenergy system, a complex and reactive energetic system that each person has.

People often ask me if I believe that sin causes disease and I do. That does not mean that I believe *all* diseases are caused by sin or bad thoughts, only that some are. In such cases, when a physical reason cannot be found or if a recognized condition is not responding to treatments, bioenergy patterns suggest quite often that there is an emotional or spiritual provocation at its root.

What if we are the cause of our own obstinate illnesses? Perhaps, on a subconscious level, when we are in denial or our feelings are even secretly trespassing

upon others, we judge ourselves for our transgressions, and the punishment we place upon ourselves manifests illness. We may be vaguely aware that we harbor ill thoughts, but we ignore them, push them down, and bury them deep within our hearts. Yes, we all have feelings like that! We hold onto our emotional pain, yet attempt to silence that which will not be silenced. It becomes a part of us, in ways we would never intend.

How do we avoid these unhealthy manifestations of our own thoughts, perhaps without even knowing what they are because we have buried them so deeply? Have we buried them that deeply? Do we not really know? Do we not know against whom we harbor bad thoughts? I propose an ancient unceremonious practice, made laborious only because we ourselves are so resistant to the custom. It is to sincerely forgive and accept forgiveness in return. To love the unloveable is to allow that which is unloveable in us to become loveable.

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

Grilled Summer Vegetables

By Christopher Ryding

Serves: 4-6, Prep time: 40 minutes

Ingredients

- 2 zucchinis, ends trimmed, cut lengthwise into ¼" slices
- 2 red bell peppers, ends trimmed, seeds and pith removed, cut into large pieces
- 1 small eggplant, ends trimmed, cut into large round slices ½" thick
- ½ lb fresh mozzarella, salted or buffalo style, cut into thick slices
- 1 T olive oil
- pinch salt and black pepper

Marinade

- ¼ c olive oil
- ¼ c red wine or balsamic vinegar
- 1 T fresh garlic, minced
- 1 t each of dry basil and dry oregano

Preparation

- Prepare the marinade in a large bowl. Add the prepared vegetables and marinate 30 minutes, turning often.
- Remove the vegetables from the marinade and grill them on medium hot grill for about five minutes or until cooked through.
- Season the mozzarella slices with olive oil, salt, and pepper, and arrange them around the edge of a serving platter.
- Remove the vegetables from the grill and layer eggplant first in the center of the platter, then top with zucchini, followed by the bell peppers. Drizzle with leftover marinade and garnish with fresh julienned basil (optional).



Café Life Caters

parties, birthdays (for kids and adults), weddings, anniversaries, luncheons, dinners, meetings, and special events; cooked or living vegan food; formal, buffet, or plated dinners, cakes, & desserts

Call Chef Mike at
770-977-9583 x 248
to plan your event

We'll work with your special dietary
needs and preferences in mind

Bean Nation

By Betsy Bearden

There is nothing like the smell of freshly picked green beans. They smell like the good earth. Of course, I am speaking of pole beans; not the bush bean variety. We grew bush beans last year, and they were such a disappointment. To me, the bush bean just isn't the kind of green bean that Mama fixes with red potatoes on holidays and Sunday dinner. She was happy to point that out to me last year when I took her a mess (what's a mess?) of the skinny little 12-15 bush beans I was so proud of. I vowed this year we would have the real deal.

Actually, I have bought thousands of green beans from the produce section at Life Grocery. But, I have never grown any type of bean in my life until last year. To be honest with you, I didn't know bush beans weren't the kind that grew up the little bamboo teepees. Um, you don't have to tell anyone I said that—me being the Tofu Queen and all. So, the first of May, Steven made the bamboo teepees, and I followed the package directions and placed the beans in water to germinate overnight. Let me tell you, one package of green bean seeds+overnight germination=a lot of honkin' beans to plant!

They are planted in the five bamboo teepees in my raised-bed garden, every two inches along the fence in my herb garden, and five huge terra cotta planters (with bamboo teepees in them) on my deck. You would think I had planted them all, but no! I had between 40 and 60 beans germinating in water left over. I was frantic and desperately seeking a home for them. I looked at our Eucalyptus tree and noticed it had at least six or seven feet of free space along its trunk, and about that time, Steven said, "No." I looked at the telephone pole, Steven said, "No." "How about up the Mimosa?" "No."

Well, I just couldn't throw them out so I saved them and contemplated how they would look growing up the columns of our front porch. "No!" Two days later the things had begun to sprout! Now I was panicking. It just so happened that my niece, Brittany, stopped by that

afternoon to deliver my Tupperware from her recent party. You know, the party where I learned about the nine minute microwave Tupperware chocolate cake recipe bomb I talked about them previously.

Hmm . . . Brittany. Yesss, Brittany, with her newfound enthusiasm for growing herbs and vegetables. As she was handing me the Tupperware from the back of her truck, I noticed she had rosemary plants, blueberry plants, and tomatoes in the back. *Ahhhh, this would be perfect! Perrrfect!* "Hey!" Do y'all like green beans?" I asked.

Brittany said they loved them, but had never grown them and really didn't have anything to grow them on. She asked if it would be okay to let them grow up their Dogwood tree, or along the fence or maybe along the back porch. "They will grow on anything," I assured her. She took the beans.

I am not even going to tell you about the pole beans, but there will be many . . . there will be many. Yes, my pots runneth over. When I first looked at their little green sprout heads emerging from the soil, all I could do was stand there and say: "Whoa. Bean Nation!"

You know, it's easy to avoid these issues if you just go shop at Life Grocery. What better way to get fresh, organic, beautiful green beans. Not to mention fruits, herbs, rennet-free dairy products, and of course, tofu. And you have to check out the cozy Café Life dining experience, where you can mingle with friends and nourish your mind and body with fresh, delicious, and wholesome vegetarian and vegan organic food!

As for my beans, at this point, one of the runners has climbed to the top of the bamboo teepee, and where it goes from there, I don't know quite yet. But if a man climbs down it with a hen laying golden eggs, I will quickly thereafter, chop it down.

Fresh Green Beans and Feta Cheese

1 lb fresh green beans, snapped and stringed
½ c green olives, chopped
3 Roma tomatoes, diced

½ c feta cheese, crumbled
1 T balsamic vinegar
1 T extra virgin olive oil
1 t red wine vinegar
Himalayan salt and black pepper, to taste.

- Steam green beans for 20-25 minutes.
- Place the cooked green beans in a large serving bowl.
- Add remaining ingredients. Give it a good stir and enjoy.

Now, does anyone out there know how to preserve fresh picked green beans?

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. You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net

To receive a daily email that includes store events, store sales, Café Life specials, action alerts, and special event reminders send an email to: joinmylife@lifegrocery.com

Fall Life Fest and Member Appreciation Day

Saturday, September 12, 2009



12-4 pm
members receive
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All members receive 5% off all Store and Café purchases on Thursdays and Fridays.

Seniors (62 and over with appropriate ID) and College Students (with appropriate ID) receive 10% off all Store and Café purchases on Mondays, Tuesdays, and Wednesdays.

Go Organic and Vegan for Good Health

By Brenda Cobb

Achieving a good diet is sometimes not as simple as it sounds. Eating the “right” foods doesn’t necessarily insure good health because of the many toxins that can contaminate our food supply. This is one of the reasons that eating an organic vegan diet is so good for you. You don’t have to worry about chemicals being in organic food or pesticides being sprayed on it. Organic food is well worth the investment.

Over the past few decades the American diet has become overly processed and contaminated to such a large degree that not only is it not nourishing it can actually make people sick. Americans suffer from many degenerative diseases because of eating saturated fats, white flour, refined starches, and animal products. A poor diet can cause disease and death from atherosclerosis, coronary heart disease, strokes, diabetes, cancer, and many other diseases.

The Food and Drug Administration (FDA) allows the multibillion-dollar food industry to grow and process its foods with hundreds of chemicals, pesticides, industrial pollutants, dyes, stabilizers, preservatives, antibiotics, hormones, and other drugs given to animals. The long term consequences of ingesting these chemicals can be detrimental to good health.

Consuming organic whole foods rich in a variety of vegetables, fruits, nuts, seeds, and living (sprouted) foods is the best possible diet. When you stick to a plant-based diet you will get important antioxidant nutrients including vitamin C, beta-carotene, vitamin E, and many cancer-fighting substances. Dr. Colin Campbell’s book “The China Study” explains how eating animals is harmful to health. The DVD, “Healing Cancer From Inside Out” features many medical doctors who agree that a vegan diet is the healthiest diet and can prevent many diseases from developing in the human body. Dr. Deepak Chopra says that we will never bring peace and healing to the planet as long as we eat animals.

I gave up eating animals in 1999 when I was diagnosed with breast and cervical cancer. Going vegan and raw has been the best thing I have ever done for myself. Not only did I heal breast and cervical cancer

without surgery, chemo, or radiation, but I also completely healed arthritis, psoriasis, allergies, migraines, sinus problems, and acid reflux. It is amazing when you feel good and eating a vegan raw diet really helps you feel and look your best! Raw and living vegan food can also reverse aging, so if for nothing more than pure vanity I hope you will consider this healthy lifestyle. After all, we all want to look our best.

High-fiber plant foods help keep the digestive tract clean by absorbing and eliminating many potentially dangerous toxins. Plant foods have a lower toxicity than animal foods to begin with, as they are lower on the food chain and have had less exposure to accumulating toxins.

Over four hundred pesticides are currently licensed for use on America’s food. In a single meal a person could easily consume residues of dozens of different carcinogenic chemicals. This is a good reason to eat an organic plant based vegan organic diet.

No chemicals are safe for human consumption and yet the Environmental Protection Agency (EPA) does not have a scientifically acceptable method for determining the risk. Approximately two thousand food additives, artificial colors, flavors, and stabilizing agents are permitted in America’s food supply by the FDA. Studies show these additives are carcinogenic.

On a percentage-of-calories basis, most vegetables contain less than 10 percent fat. By comparison, whole milk and cheese contain 74 percent fat. A rib roast is 75 percent fat, and eggs are 64 percent fat. Low-fat milk or skinned, baked chicken breast still has 38 percent fat. These fats are saturated fats which raises blood cholesterol levels.

A vegan diet, especially when the majority of it is raw and living is the best diet for humans to consume. I suggest eating at least 80% raw and living foods and 20% cooked vegan foods. Eat more organic fruits, vegetables, nuts, and seeds and you’ll feel the difference. When you pay attention to the food you consume today you can create the good health, good looks, and youth you desire for years to come.

Recipes

Coconut Apple Sauce

1 t coconut oil
6 apples
1 stalk celery

- Seed and peel the apples.
- Blend all ingredients in the Vita-Mix into a creamy, delicious sauce and enjoy!

It’s quick. It’s easy. It’s good for you.

Carobo Pudding

3 ripe avocados
½ c medjool dates
½ c raw carob
¼ c date soak juice

- Pit and soak the dates overnight in filtered water and drain. Save the date soak juice.
- Scoop out the avocado from the shell and blend all ingredients in the Vita-Mix.

Indulge in this delicious treat!

Creamy Avocado Dip

2 avocados
1 clove garlic
¼ t powdered cumin
3 T fresh cilantro
cayenne pepper, pinch
2 T fresh lemon juice
½ t Himalayan salt

- Blend everything in the Vita-Mix to make a creamy thick dip.
- Serve with fresh veggies.

Brenda Cobb is founder of The Living Foods Institute and author of “The Living Foods Lifestyle®” and several other books on healing naturally. Her 10 and 12 Day Healthy Lifestyle Raw and Living Food Course has helped thousands to heal of all types of diseases. There are free seminars and free banquet feasts offered several times a year at the Institute. For a full schedule go to the website www.livingfoodsinstitute.com or call 404-524-4488.

Satisfaction

By Dr. Kimberly Strickland

Are you satisfied with every aspect of your life? How about your health, your financial status, your career, your relationships, your hobbies, your recreation? What does it mean to be satisfied? The word satisfaction comes from the Latin word satis, which means enough. So literally satisfaction is enough action.

When you have taken enough action you then achieve a state of satisfaction. If you get something for nothing you might enjoy it, but there is a different feeling rather than satisfaction. So let’s look at your health. If you are not completely satisfied with your health and fitness then what you are dealing with is a lack of action. Action may mean choosing to eat healthier foods such as fresh fruits and vegetables. Action may be working out at a gym, taking a walk, or going for a swim instead of sitting on the couch. Action could be signing up for a cooking class or reading a book. If action leads to a feeling of satisfaction then why do so many people fail to take action?

FEAR. What is fear? Fear is a self-created feeling through repeated negative thoughts and images. How do you overcome fear? Start by asking yourself what you are afraid will happen. Then ask is that true. Will

that always happen or is there a possibility that it may or may not happen? Imagine that you are through the part of the experience that you are afraid of and that you are on the other side of the fear. So if you are afraid to quit your job think about the job that you’d like to have. Imagine how you will feel doing something that fills you up. And really the best way to overcome fear is to act in spite of the fear.

I had a dream when I was a freshman that I wanted to be voted Most Intellectual when I was a senior. Not only did that happen, but I also had the satisfaction of earning the highest GPA in my class and being the valedictorian. I was so pleased with myself until I learned that the valedictorian gave a speech at graduation (in front of 600 classmates and lots of family members)! I remember thinking that perhaps coming in second might have been a better option.

I was terrified to speak in public. My voice would get all shaky and I’d say “Um” over and over again. What did I do? I wrote a speech and practiced it over and over again in front of the mirror and my parents. On the day of graduation I wasn’t as excited as everyone else, as I was focused on giving my speech. I acted in

spite of my fear and as a result I went on to give a speech in college that led me to become the VP for Student Government for two years.

So what is holding you back from being healthy? Life Grocery is an excellent resource to help you. There are knowledgeable people in the supplement department. Café Life provides wonderful healthy choices for a healthy meal. There are a variety of speakers to educate you. Years ago I started by taking a vegan cooking class at Life Grocery. Take enough actions towards your health so that you can feel satisfied.

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.

Eat Less Coal . . . Drink Less Coal . . . Breathe Less Coal . . .

By Kay Bird

Coal produces 54% of our electricity and is the single biggest airpolluter in the US. Burning coal is the leading cause of smog, acid rain, and air toxins.

In an average year, a typical coal plant generates:

- 3,700,000 tons of carbon dioxide
- 10,000 tons of sulfur dioxide
- 500 tons of small airborne particles
- 10,200 tons of nitrogen oxide, which is as much as would be emitted by half a million late-model cars. Nitrogen oxide inflames the lungs and actually burns through lung tissue.
- 720 tons of carbon monoxide
- 220 tons of hydrocarbons
- 170 pounds of mercury (1/70th of a teaspoon of mercury deposited on a 25-acre lake can make the fish unsafe to eat.)
- 225 pounds of arsenic, which will cause cancer in 1 out of 100 people who drink water containing 50 parts per billion
- 114 pounds of lead, 4 pounds of cadmium, other toxic heavy metals, and trace amount of uranium.

Consider, also, the solid waste products from coal combustion that are contributing to the poisoning of land and water, because their disposal is unregulated. Coal plants also consume millions of gallons of water per day.

Is this alarming enough for you to take a stand against the proposed construction of a new coal-fired plant in Georgia?

Are You a Cobb EMC Customer?

In 2008, a coalition of ten electric membership corporations applied for permits from the state to build

a new 850 megawatt, coal-fired power plant in Washington County, Georgia. A few weeks ago, four of those ten EMCs announced they are pulling out of investing in that plant. If enough do so, the coal-fired plant would have to be cancelled.

As of this writing, Cobb EMC has not joined the group that has withdrawn their financial support, and that is why your help is needed. Please call or write Cobb EMC immediately, and tell them you do not want another dirty, coal-fired plant in Georgia. Request that they invest in clean energy sources, such as biomass (landfill gas, as an example), wind power, and solar power.

I found no phone number on the Cobb EMC website (www.cobbemc.com), but it does have a form for emailing them, which it says they monitor daily. A phone number should be available on your bill—ask to speak to one of the corporate leaders.

And for all of us, please take these statistics to heart when you decide how much electricity you are willing to use to cool, heat, and light your home and office. Please share this important information with your family and friends. Together we can stop this increased threat to our health and environment. If you would like to receive this article by email, so you can forward it, please email me: KayLBird@msn.com and put *send coal article* in subject line.

Together we can create a healthier environment.

References:

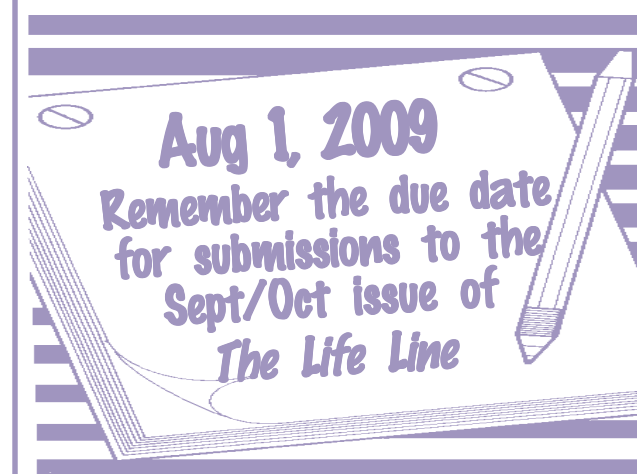
- Union of Concerned Scientists
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RAW FOOD RESOURCE CENTER. Teaching raw foods seminars and classes each month. Contact *Jesse Andersen* at RawFoodResourceCenter@gmail.com.

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Café Life

offers a wide variety of organic, vegan, gluten-free, and raw & living selections, including desserts. All living desserts are also gluten free!

Farm-to-School Movement

Nationwide, many initiatives are being launched to improve nutrition in schools by bringing locally produced foods into the schools. If food can taste great and support the community, everyone wins. Proponents seek to make the following be standard in school lunch programs.

- Milk and dairy products produced without growth hormones.
- Locally produced meats and other protein sources.
- Fresh fruits and vegetables.
- No trans fats or high fructose corn syrup ingredients.

For more about what parents can do to help improve school lunch programs in their area, go to www.farmtoschool.org.

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12:00-4:00 pm



members receive
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all in-stock purchases 9 am-8 pm

Is Gluten Free Still Fringe or Is It Becoming Mainstream?

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

Have you seen them? The commercials on TV from some of the major commercial grocery chains, advertising their gluten free selections? Have you noticed that companies like General Mills, Frito Lay, and even Wal Mart are beginning to label their products that are gluten free? Have you seen Boar's Head commercials that are touting the gluten free status of their products? How about restaurants that are offering gluten free menus without a blink of an eye? It's everywhere!

While I want to applaud their efforts, I want to remind people that most of these products, companies, and restaurants, are not offering healthy choices. It's still junk food, people! Sure it's wonderful that the awareness is out there and I certainly don't want to discourage this trend. I just want to caution you that relying on a diet of processed foods and meals on the go, is not the best way to obtain and maintain health. But of course, if you are reading this, you are ahead of the curve anyway and are probably already aware of this!

If you have been sick with gluten intolerance and are trying to get your health back in order, the best way to do that is by sticking with the foods that are naturally gluten free. The key word here being "natural." This is why we love Life Grocery, right? We can get so much here that is naturally gluten free and healthy at the same time. While traveling or on the run, if you can't get to Life Grocery, fortunately, there are more gluten free options becoming available for us. But still, just because something says it's gluten free, that doesn't mean it's good for you. Stay away from ingredients like *high fructose corn syrup*, *artificial colors*, and *artificial flavors*. Sure, they may be gluten free, but they are not healthy. The goal here is to get healthy AND eat well at the same time.

So, while the gluten free trend is becoming more mainstream, we are probably still going to be on the fringe because we are avoiding the pitfalls of the Standard American Diet (SAD). That's alright. I'm ok with that. I'd rather be healthy and I'd rather see you healthy, too!

Baked Tofu

1 lb extra-firm regular tofu (NOT silken)
about 1/8 c San-J Wheat Free Tamari

- Preheat oven to 375° F.
- Slice tofu 1/4-inch thick.
- Brush each slice, back and front, with tamari and allow it to marinate for 10 minutes.
- Place on a lightly oiled baking sheet. Bake for 30-35 minutes, turning once halfway through, until a deep, golden brown and crispy on the outside, but still tender on the inside.
- Remove from oven.

Asian Lettuce Wraps

mixed frozen veggies (your choice)

1 onion, chopped
2 cloves garlic
2 T vegetable oil
1/2 box Asian rice noodles
honey
San-J Wheat Free Tamari
1/4-1/2 t fresh grated or powdered ginger
Romaine lettuce leaves, washed and set aside

- Pre cook rice noodles. Drain and set aside.
- In skillet or large wok, sauté onions and garlic until onions are almost translucent.
- Add frozen veggies and cook until tender.

- In a separate bowl, mix equal parts tamari and honey. Stir in ginger and pour over veggies.
- Mix in precooked noodles.
- Spoon into lettuce leave. Roll up and eat!
- Serve with baked tofu.

Banana Muffins

1 c Bob's Red Mill Gluten Free

All Purpose Flour Mix

1 c white rice flour

1 c sugar

1/2 t GF baking powder

1/2 t GF baking soda

1/4 t xanthan gum

1/4 t cinnamon

1/2 t GF vanilla extract

1/4 c canola oil

2 eggs

1/4 cup GF vanilla rice milk

2 ripe bananas (mashed)

- Mix all ingredients together thoroughly,
- Lightly grease muffin tin or use paper liners.
- Pour in 1/4 cup batter into each cup.
- Bake in preheated 350° F oven for 16-18 minutes or until golden brown. Do not over bake.

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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School Lunch

Lunch Basics 101

When it comes to food choices, children model their parents' behavior. One way parents can help encourage healthy habits is to pack a school lunch for their children. Educators believe that children who bring lunches to school tend to make better nutritional decisions, achieve higher academic levels and are more active—all keys to preventing childhood obesity. Parents searching for ways to bring the garden to the lunchroom will find easy, healthy lunchtime solutions at your local co-op. That's the Co-op Advantage. Go Co-op!

Waste-Free Lunch

One of the biggest environmental impacts at schools is what kids throw away at lunchtime. Minimizing food and packaging waste will promote respect for the earth along with healthy food choices.

- Buy snacks in bulk and pack food in reusable containers.
- Resuable cloth lunch bags can save hundreds of throwaway bags over the course of the school year, are a good alternative to vinyl lunchboxes, are lead-free, and can be rolled up when done.
- Pour drinks into a thermos or pack only those available in recyclable cans or bottles.
- Pack real silverware and napkins, if possible.

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