

Putting the “Trim” in Holiday Trimmings

By Dr. Susan Esposito

Dear Dr. Susan,

I’ve recently lost several pounds by eating a healthier diet and doing some moderate exercise. I’m concerned that with the upcoming holiday season I will gain back all my hard earned weight loss and maybe even gain more. What can you suggest to help me from backsliding when faced with all those holiday temptations? - Christie

Dear Christie,

Although “Eat, drink, and be merry!” is the typical holiday command, you can actually comply without accumulating excess pounds if you make the right choices.

According to a recent Weight Watchers report, the average American gains about 7-10 pounds during the holiday season. This is due to feasting on fattening food and coping with all the extra stress that people tend to feel during this time. Additionally, much of this weight tends to be maintained, despite our greatest resolutions at New Year’s.

It takes about 3500 excess calories to add a pound to your weight. Although this sounds like a lot, the bad news is that holiday meals are huge and laden with large amounts of hidden calories. For example, the average Thanksgiving meal of turkey, gravy, sweet potato, cornbread stuffing, rolls, vegetables, and pumpkin pie contains approximately 3,500 calories. At this rate you could literally put on a whole pound at one meal! Eat the following meal and consume a whopping 4,905 calories!

Typical Holiday Foods and Beverages with Approximate Cost in Calories

Food/Beverage	Approximate Calories
6 oz mixed meat roasted turkey	350
1 cup stuffing	340
3/4 cup turkey gravy	375
1 cup mashed potato	240
3/4 cup candied sweet potato	365
1 cup green bean casserole	180
1/2 cup cranberry sauce	210
1 roll with butter	120
2 glasses wine, punch, or cider	225
1 slice pumpkin pie with whipped cream	500
1 slice pecan pie	500
1 cup egg nog	400
1 serving (3.5 oz) peanut brittle	485
Lindt chocolate truffle ball	85
2 shots (3 fl oz) liqueur	300
2 small shortbread cookies (1.2 oz)	120
2 small pieces fudge (1.2 oz)	140
TOTAL	4,905

We all love to celebrate and socialize and even splurge a little bit, so here are some suggestions to help you navigate through these seas of temptation.

1. Before you go to a gathering drink plenty of water. This will serve two purposes. First, it helps fill you up so you’ll be less tempted to go for that second piece of pumpkin pie. Second, many times we are dehydrated and our brain thinks that we are hungry instead of just thirsty, so we eat to satisfy our thirst.

2. If you are going to a social gathering, bring a healthy low calorie dish that you can munch on instead of all that highly fattening festive fare. You could invite people over to your home for a gathering and really be in control of what is served. There are so many healthy food options that you can purchase pre-made at health food stores, like Life Grocery, making it easier than you might think to host a party with tasty good-for-you food.
3. If you’re at a party, remember that you are there to enjoy the socialization and the spirit of the season, not just to gorge yourself on all the goodies you see. Just because it’s there, it doesn’t mean you HAVE to eat it! Just take a small plate of a few things you like and then stay away from the buffet table. Either sit on the other side of the room or mingle around giving that table a wide berth. It’s too easy to nibble on all those goodies if they’re right at your finger tips or on your plate.
4. You might find it’s easier to avoid snacking on fattening foods if you have a goal to motivate you not to indulge. For example, you want to fit into a particular dress for New Year’s Eve or there is a particular weight goal you’re trying to achieve. Think about the fact that you will derive a lot more pleasure upon attaining your goal than the fleeting satisfaction of a temporary pleasant taste sensation. This way, psychologically you empower yourself by making a conscious choice rather than feeling deprived.
5. Limit yourself to one helping of food. Sometimes when we’re at the table and we finish eating before others, we tend to take more food, not out of hunger, but out of the need to do something while we are waiting. The food is right in front of us and it tastes good, so we go ahead and take some more. Since you’re really not hungry and don’t need those extra calories, just sit back and enjoy the conversation around the table. Remember, it takes about 20 minutes for your brain to get the signal that your stomach is full; be happy that you are making a good choice for yourself.
6. Avoid putting food on your plate that you don’t really care for, even if it is traditional holiday fare. For example, if you’re not a big fan of cranberry sauce, don’t eat any. Just because people eat it traditionally at a holiday meal doesn’t mean that you have to gain weight because of it.
7. Try to avoid drinking much alcohol. Not only are alcoholic beverages full of calories, but when you drink alcohol, you depress the inhibition center in the frontal lobe of your brain. So now eating all the fattening food you like suddenly doesn’t seem like such a bad idea. (Until the next day when you sober up, feel horrible, and can’t fit in your clothes!)
8. Take the focus off of food during your family holiday projects. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations, ornaments for

the tree, or hand made holiday cards and gifts. Get together and play games with friends and family or take a walking tour of decorated homes.

Holiday foods tend to be so calorie laden because they are filled with sugar, fat, and salt. All these certainly enhance flavor, but are devastating to the waistline.

You can wean your taste buds gradually from wanting more sweetness or saltiness, but that takes time. To navigate holiday eating, these tips will help you cut sugar and salt, but still keep flavor appeal high:

- Vanilla and peppermint extracts bring out sweetness.
- Use spices such as ginger, cinnamon, nutmeg, and mint, instead of added sugar, in vegetable dishes, sauces, and baked goods.
- Savory spices, such as oregano, basil, cilantro, rosemary, garlic, and onion, are powerful flavor boosters that lessen the need for adding salt. Use on meats, fish, stuffing, sauces, soups, and vegetables.
- In order to get the strongest flavor from fresh herbs, add them at the end of cooking and use more than you would with dried herbs.
- Highlight the natural taste of sweet potatoes with cinnamon and vanilla. Avoid canned ones that are packed in syrup. There’s no reason to add extra sugar to this favorite holiday dish. If you must have marshmallows on top, use the mini-type, space them apart, and let them bake just briefly before serving.
- Research shows that puréed cannellini beans (white beans) can be used to replace as much as 50 percent of the fat in brownies and dropped cookies while producing a treat that tastes very similar to the original—plus has added fiber and vitamins.
- Puréed fruits, such as pumpkin, applesauce, or bananas, are excellent fat substitutes in baking. Add some puréed pumpkin to cake mix you have mini-muffins with no added egg or oil. They’re very moist and you get the beta-carotene from the pumpkin.

If all else fails and you just simply can’t avoid temptation, employ some preemptive damage control. If you plan on indulging in your typical 3500 calorie holiday meal, you can plan on working off 500 calories a day for the seven days prior to your feast. Effectively losing the weight first and then gaining it with the meal, with a net weight result of zero. If you like to use a treadmill, you can set the elevation on one and do a fast walk or easy run for a distance of five miles. Your approximate calories burned will be 550. Do this for seven days in a row right before the big meal and you’ll be set.

I hope this information is helpful in your quest for staying trim throughout the holiday season. Remember if you do overeat, don’t beat yourself up over it. Guilt is one of the worst things psychologically we can do for our health. Just consider that enjoyment you derived from the food consumed and rededicate yourself to making healthier choices from now on.

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. You may e-mail question to her at susanesposito@gmail.com, but she will not be unable to answer all questions in this newsletter.

Biggest Cause of Disease: Education Deficiency

By Don Bennett, DAS

When the human species lived in our natural environment—the one without chemicals, junk food, cigarettes, alcohol, and fire—we thrived. As long as the climate was comfortable and we had enough to eat without being eaten, barring a serious accident, we did well. We had no need for special education other than how to find the best, most delicious food and avoid being preyed upon. Fast forward to today; some things haven't changed. We still need education that will allow us to find the foods that enable us to thrive and be vitally healthy, as well as the knowledge to avoid being preyed upon. Today more than ever, there is so much misleading and misinformation. Because there are so many fellow human beings who would take advantage of us, we need a lot more education. Just because we were born into and have come of age in our present surroundings, it doesn't make them any more natural than the environment of those who inhabit the International Space Station. Our so-called superior intelligence has allowed us to live and eat very un-naturally. This has resulted in very un-natural states of health. So to experience our true health potential, we need to be aware of what we require to achieve this most worthy goal. One of the things we need is correct and truthful information.

Whether we are aware of it or not, everyday we are bombarded with misleading information. "With the economy in the condition it's in, buying organic food may not be as important as saving money and consuming some preservatives. . . ." (from a recent Fox TV evening news broadcast). To those who know that organic food represents a lack of synthetic toxic chemicals and an improved nutritional profile that has nothing to do with preservatives, this piece of incorrect information may simply appear as an innocent mistake. But make no mistake about it, the written words that the news anchor read were carefully crafted. As were these, from a recent TV ad: [Woman to man at table] "Want some of my salad?" [Man eating a burger] "No thanks, I'm a meatarian." "A what?" "A meatarian . . . someone who just eats meat. It's a choice, you've got to commit to it." [Announcer] "Wendy's Baconator . . . what you want." Here Wendy's is attempting to tell us what we want, as in the ad campaign, "Beef: It's What's for Dinner."

Now the above may seem like an obvious attempt at programming us, but to those who it isn't so obvious it can be, and often is, very effective programming. But what about information that tries to educate us about how to eat healthy? Unfortunately, there's plenty of misleading and downright wrong information there, too. For example: "The four important foods in order of importance: (1) greens are the most important food for

health and normal weight; (2) good fats are the second most important food group; (3) protein is the third equally important food group; and (4) carbohydrates do not supply any nutrients that one cannot get from other foods. Contrary to food pyramid advice, they are therefore the least important of all the major foods."

People are not only buying the products sold by the purveyor of this misleading information, they are also buying into the information itself. Don't get me wrong, everyone is entitled to their own opinions, but everyone is NOT entitled to their own facts. (1) Greens are indeed an important part of human nutrition, but they are not *the* most important; (2) For optimal health we do need to consume healthy unadulterated, undamaged, and unprocessed fats that are contained in their natural packaging, but fats are not a "food group" and they are not the *second* most important anything; (3) Again, protein is not a food group, and we'll get all the protein that we need to be healthy and thrive if we consume it as Nature intended: in its natural packaging and in a usable state (undamaged by cooking); (4) Carbohydrates are themselves a nutrient and do not supply any other nutrients. But even if the author meant, "*Foods that are high in carbohydrates* do not supply any nutrients that one cannot get from other foods," this is still a false statement. To say that carbs are the least important of all the caloronsutrients or that high carb foods are the least important of all foods, again demonstrates the author's ignorance of biology and the role of carbs in human nutrition; or, it is simply his desire to sell products that make him boatloads of money by telling people what sells. Either way, consumers who buy into this information are done a disservice and dealt a blow to their own health.

All of the above opinions underscore the importance of being an educated consumer. Many moons ago such *defensive education* wouldn't have been necessary; our natural diet would have been the only thing we could have eaten, and we could have only consumed it as Nature intended. But today, the buyer (of both products and information) needs to beware. This is why the lack of sound, science-based, truthful health information can be the biggest cause of ill-health in our society today. For a more in depth description and perspective of health management, see health101.org/art_hygiene.htm.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's book, How to Have the BEST Odds of Avoiding Degenerative Disease is available in our book department. For enlightening health information visit health101.org.

Equal Exchange Fair Trade Fundraising Program

By Ruthie Oland

Reduce your school's carbon footprint by participating in the Equal Exchange Fair Trade Fundraising and Education Program. Raise valuable funds for important school activities, while at the same time teaching kids about where their food comes from, about sustainable and organic farming practices, and what Fair Trade really means. Equal Exchange has been a Fair Trade co-operative for 22 years, building long-term relationships with small-scale organic farmer cooperatives all around the globe.

The farmers we work with raise shade-grown, organic crops of coffee, tea, cocoa, nuts, and berries that use less carbon than conventional farms because they rely on the hand-care of farmers more than

petroleum based machines and fertilizers. Our farmer partners practice crop diversification that actually sequesters carbon into the soil, acting to cool the planet. As a part of the program, Equal Exchange offers educational tools that include a dynamic curriculum (grades 4-9) about Fair Trade, cooperative economics, and where our food comes from, as well as a Spanish pen pal program and in-school assemblies.

Any Co-op member that mentions this newsletter will receive a free case of chocolate when they start the fundraiser! For information contact Ruthie Oland at 774-776-7384 or fundraiser1@equalexchange.coop. You may request a fundraiser packet at www.equalexchange.coop/fundraiser.

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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

If C is for cacao powder, then D is for dark chocolate. Believe it or not, not all chocolate is bad for you. That's very good news! Most chocolates are bad for you because they have dairy and high amounts of processed white sugar. If I had to choose the best chocolate that's out there, organic dark chocolate is absolutely the best that there is. Chocolate has a chemical in it called phenylethylamine. When they get into your brain, phenylethylamines stimulate your brain's pleasure centers, the opiate receptor sites; those centers release pleasure. They make you feel happy and like you're in love. They make you feel good. This is why when we're stressed out, we want chocolate. When we're sad, we want chocolate. We're looking for pleasure. If you're stressed and want to reach out for chocolate, make sure it's organic dark chocolate. Dark chocolate is also high in antioxidants. Antioxidants are compounds that help to fight cancer, heart disease, and neurological diseases. While they're fighting the bad stuff, antioxidants also strengthen the immune system at the same time. Who knew that eating chocolate could actually HELP your body function better?

Now, this doesn't mean that you can go out and eat a ton of chocolate all day, every day. Even a large amount of organic dark chocolate isn't good for you. You don't want to stimulate your opiate receptors TOO much. You can get hooked on the rush of pleasure chemicals, and soon you need more and more chocolate in order to get that release of pleasure-inducing chemicals. All you need is a small amount of chocolate. A small square of organic dark chocolate has about fifty calories. A little square is all that you need to get the phenylethylamines, the opiate receptor site stimulation, and the antioxidants.

There's a right way and a wrong way to eat that square of organic dark chocolate. One way is to eat it quickly while barely chewing it and shoveling it into your mouth and then swallowing it. That's the wrong way. Sorry! That's bad news, I know. You won't get the maximum benefits because your body will have to work extra hard in order to break it down and digest it. The other way to eat it is to take the small square of organic dark chocolate and let it sit on your tongue. Let it melt in your mouth, without chewing it. That's the right way to eat it. This way, your body won't have to work at

digesting it and you'll be able to receive its various benefits. I strongly suggest that you do this when you're not hungry. Otherwise you'll be tempted not only to eat it quickly, but to eat the entire bar, as well. We don't want that! Too much sugar and pleasure stimulation is not a good thing, even if it's organic dark chocolate. But if you have a sweet tooth like I do, a small square a day is very beneficial and will help soothe those cravings. *This series will continue in the next issue of The Life Line.*

Dr. Joe Esposito is a chiropractor, licensed dietician, 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. Mention Life Grocery when you call, and get an exam, consultation, x-rays, and doctor's report of findings for only \$50!

Anti-Aging Treatment Discovered

No matter what you do you, are going to get older—chronologically. But does your *metabolic* age have to match your chronological age? Absolutely not! In fact, it is possible for a 70 year old to have the metabolic age of a 30 year old and maintain that as the decades pass by.

A youthful appearance is important to all of us. We look for markers of youth when choosing a mate so we can fulfill our most basic instinct—sex. The search for ways to preserve our youth is as old as mankind. Now there is definitive proof that you can in fact *reverse* the aging process and maintain a youthful physical capacity until the day you die.

In 2007, results of a study looking at the effects of strength training in elderly subjects revealed a partial fountain of youth. Twenty-five elderly subjects, whose average age was 70, went through six months of a rigorous strength training program twice a week. Small biopsies of thigh muscle cells were taken before and after the six-month period. The elderly subjects were compared to 26 young subjects with an average age of 22. What the researchers found was beyond their expectations; the elderly subjects actually changed their genetic fingerprints to more closely match those of younger people.

The researchers tested 596 genes that appeared to be markers of declining function as a result of age. Most of these genes were associated with mitochondrial function. This is important because mitochondria are the cellular engines that make our bodies run. As a result of the strength training intervention, 179 genes were definitively identified to be reversed. The study stated that “the transcriptional signature of aging was markedly reversed back to that of younger levels for most genes that were affected by both age and exercise”.

This study is just one more piece of evidence that our obsession with aerobics actually ages our bodies *faster!* Why? The genes that were identified to be related to aging were genes that were involved in synthesizing enzymes of anaerobic metabolism. Anaerobic metabolism spins off substances that are utilized by aerobic metabolism. If your anaerobic metabolism is not challenged, your aerobic metabolism naturally declines, no matter how much “aerobic exercise” you do. Therefore, all our time and effort spent on working our cardiovascular systems misses the mark when it comes to staying youthful.

The key to maintaining a youthful physical capacity and genetic profile is taxing your anaerobic metabolism.

By Brian Murray, Founder of mPower

This requires challenging your muscles; fatiguing them deeply with resistance. This is the only way to fatigue our Type 2 muscle fibers; our largest and strongest fibers, which, by the way, are the place where the enzymes of anaerobic metabolism predominate. Therefore, it is no accident that the elderly subjects who challenged their muscles showed a reversal of their genetic profile closer to that of a twenty-year-old.

Can you reverse the aging process? YES! You can become younger right now if you are willing to put out the effort. You can feel and act like a kid again. You are only as old as your genes.

Reference:

Melov S, Tarnopolsky MA, Beckman K, Felkey K, Hubbard A (2007) Resistance Exercise Reverses Aging in Human Skeletal Muscle. PloS ONE 2(5): e465.

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

Touch the Future (ReBoot™)

By Bob Rust

Do you know someone with a disability? Do you or an organization you belong to have computer equipment that you no longer need? If so, you need to know about *Touch the Future, Inc.*, a nonprofit organization serving metropolitan Atlanta and surrounding areas. Our products and services range from low tech to high tech and are tailored to meet the needs of the individual, including:

- Refurbishment of donated computer equipment for use by individuals with disabilities, individuals in disadvantaged communities, or seniors
- Expert personalized assessment of needs and training to match clients' needs with available assistive technology devices

- Certified recycling of outdated computer hardware
- A product store for one-stop assistive technology shopping
- An assistive technology demonstration and loan library with over 1,000 “try-before-you-buy” devices
- Certified and licensed occupational therapists to help healthy seniors and individuals with disabilities remain at home

Touch the Future, Inc. began in 1994 and now provides services to over 200 individuals and groups each month, making it possible for people with disabilities to live independently and productively with their own families and communities. We are a 501-C3 nonprofit

organization, thanks to federal and state grants through the Rehabilitation Services Administration (RSA) and Tools for Life (Georgia's AT Act Program). The majority of our Board of Directors consists of people with disabilities or family members of people with disabilities.

Volunteers are essential to what we do; approximately 50% of our activities are performed by volunteers.

Spread the word about *Touch the Future, Inc.* Increased donations and innovative partnerships will enable us to expand our refurbishment process, distribution network, and assistive technology services, and perhaps enrich the life of someone you know.

Contact *Touch the Future, Inc.* at 770-934-8432 or email info@touchthefuture.us.

Produce of Life

By Dr. Kimberly Strickland

Unsweetened cranberries inhibit bacteria from attaching to the bladder. They are also a good source of vitamin C and calcium. Pumpkin and other winter squashes are high in vitamin A, potassium, sulfur, and calcium. They are also high in carbohydrates and have a high fiber content. There are a wide variety of squashes now in season including delicata, acorn, kabocha, red kuri, butternut, spaghetti, and pumpkin. Try them all!

To cook, cut the squash in half and place face down in a casserole dish, with about ¼ inch of water, and bake for about 30 minutes at 350° F. Delicata squash has a buttery, creamy texture and is extremely sweet unadorned. Run a fork through a spaghetti squash after it has been baked and you've got yourself noodles! For a quick meal, put pasta sauce over them and serve with a salad. Also, try it with vegan margarine and salt and pepper to taste. Try some of the other varieties with a touch of maple syrup and cinnamon.

'Tis the season of sharing and plenty. Are you wanting to make something nutritious and delicious for a special gathering, but don't know what to do with cranberries or squash? Here are some recipes to whet your appetite. The pumpkin bread makes a nice gift.

Pumpkin Cranberry Bread

1¾-2 c pureed pumpkin
¾ c maple syrup
3 T flax seed, ground
¾ c water
½ c canola oil

1½ t baking soda
2 t non-aluminum baking powder
2 t cinnamon
1½ t nutmeg
¼ t sea salt
1¼ c spelt flour

1 c barley flour
½ walnuts, chopped
2 c whole cranberries

- Bake pumpkin and puree enough to yield 1¾-2 cups.
- Mix the first 5 ingredients together in a large bowl.
- Mix the dry ingredients in a large bowl.
- Add the wet ingredients to the dry ingredients and stir until blended.
- Spray a loaf pan with canola spray and pour in batter.
- Bake at 350° F for 45-55 minutes.
- Check the center with a toothpick.
- Let cool in pan for about 5 minutes, then run a knife around the edge and remove bread from pan.
- Completely cool on a cooling rack.

Acorn Jubilee

2 acorn squash
1 large onion, diced
2 garlic cloves, minced
2 leeks, diced
3 stalks of celery, diced
2 small zucchini, diced
1 c frozen green peas
½ c raisins
½ c chopped pecans
2 t ground sage
2 t oregano
1½ t sea salt

- Cut the acorn squash in half and bake face down in ¼ inch of water for 45 minutes at 350° F.
- While the squash is baking, sauté the

vegetables until soft, adding the peas last.

- Mix in the raisins, nuts, and seasoning.
- Keep warm until squash is done baking.
- When the squash is finished baking, remove from the oven and top them with the vegetable mixture.
- Serve immediately.

Spaghetti Squash and Meatballs

Meatballs

1 lb of organic turkey
1 egg
½ c breadcrumbs of your choice
½ t oregano
¼ t garlic powder
salt and pepper to taste

Spaghetti squash – steamed until soft

Sauce

1 small onion, diced
1 T olive oil
1 jar of marinara sauce of your choice
1 c spinach chopped finely

- Combine meatball ingredients and form into balls.
- Broil for about 5-7 minutes per side.
- Sauté onion in oil. Add sauce and heat.
- Add spinach and turn off heat.
- Take a fork and rake it through the spaghetti squash.
- Top it with sauce and meatballs.

Dr. Kimberly Strickland earned a doctorate degree in natural health from Clayton College of Natural Health in 2005. In 2007, she started Inspired Living with a partner. They created www.naturallivingresources.com, as well as www.inspirationboards.com, as a way to help people live healthy physical and mental lives. She is a stay-at-home mother to two boys.

Holiday Merry or Holiday Weary?

Holidays give us a wonderful reason to get together with family and friends. These festivities range from quiet, intimate dinners to joyous parties with music, dancing, and people trying to talk over the noise. While attending these multifarious holiday functions, I have noticed something that always fascinates me about people. There is no other time to so easily observe the keen difference between those who seem to be energized by being with people and those who seem to be drained in the same environment.

Once I met a couple of entertainers who were extremes of these two contrary types. Both were very friendly and talented people. On stage, they both displayed a lot of energy. Off stage was a different story: Both recharged after a performance in extremely opposite ways.

The husband would walk into a crowded room and he was nearly like static electricity! He beamed as he greeted a roomful of people, he walked lively, he tried to talk to everyone. He just could not sit down; he enjoyed the general chaos. Alone, this man was bored and would quickly doze off in a chair.

When the wife entered the same room, she seemed even more tired by greeting the crowd. She tried to get away from the mainstream areas to sit down as soon as she could. I could tell that she would rather have been alone and that her smile was a bit of an effort, but her quiet corner also offered a few people the opportunity to become more acquainted with each other. After a little while, it was obvious that she was getting recharged.

Her eyes sparkled and her smile was genuine. She was obviously stimulated by a good one-on-one conversation.

Holidays are always a time of obligations and even emotional turmoil, but if you know what helps you to recharge, you can use it to your advantage. If you feel overwhelmed at a large party, don't worry so much about social pressures, just find a quieter spot. Most likely you will find a few others who are doing the same and would like to talk to just one or two people at a time.

If you are energized by large parties, go to them and have fun, but remember that not everyone you know will enjoy them on the same level, so let your friends and family members have their space, too. What you see as boring, they may see as the most enjoyable part of the party.

Even if you feel weary and not too merry, you can still be cheery. A simple holiday greeting with a smile can do wonders; people customarily rather enjoy themselves with other people. There will always be something to laugh at or about when you get a group of people together. According to one study, just *expecting* laughter can boost your endorphin levels. (Psst! When you are even expecting to laugh, you are going to be smiling!)

It is suggested that even a forced smile can have the same effect as a genuine smile and everyone knows how contagious smiles can be! You could be cheering up and even energizing someone

By Linda Townsend

with just a smile. You might be surprised to find that someone is you.

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

Holiday Gift Giving Ideas

Chakra Selenite Crystal with Colored Base

..... \$21.99

Himalayan Salt Lamp \$21.99

Manicure & Pedicure Grooming Set

..... \$21.99

Vanilla Sugar Foam Soap \$6.49

Cranberry Spice Foam Soap ... \$6.49

Vanilla Sugar Gift Set \$11.99

Cranberry Spice Gift Set \$11.99

Sugar & Spice Frosted Lip Gloss Set

..... \$6.99

Cinnamon & Honey Gift Set ... \$10.99

Orange & Cranberry Gift Set .. \$10.99

Lotus Flower Gift Set \$8.99

Vanilla Bean Gift Set \$8.99

Many More Ideas

Throughout the Store . . .

Cast YOUR VOTE for Organics this Holiday Season

By Jesse Andersen

By the time you read this article, we'll have already chosen our next President of the United States of America for the next four years.

On my mind lately, and just as important, is what we choose to put on our plate for the next four years. We are what we eat. You know that. Way in the back of my mind, deep in my subconscious, I've known that for many years, although based on my food choices, you'd have thought otherwise. How about you?

Because I teach classes on the Raw and Living Foods Lifestyle and Diet, many people ask me, "What are some simple things I can do to get started eating healthier right away?" My answer is always the same: "Add fresh organic fruits, vegetables, greens, nuts, and seeds to your diet." Now I happen to know that your body loves to receive these foods into it, especially in the raw and uncooked form, but that's another story for another day. For now, let's talk about why those foods should be organic.

Really, it's easy to add organics into your diet. You don't need any special equipment; you don't need a prescription from your doctor. In fact, most grocery stores have a few organic choices mixed in with their regular produce. However, we are so fortunate to have a wonderful Natural Food Co-op like Life Grocery, right in the neighborhood, that has a wide selection of nearly ALL ORGANIC produce available to us. The produce is not 100% organic because some of the items that customers (including myself) desire are not available organically grown through their current distributors. There are other distributors who ship some of these items, such as Thai Young Coconuts, on a limited basis, but they are exhorbitantly expensive. However, as a convenience to their customers, Life Grocery carries some of these items, including Thai Young Coconuts.

The Organic Consumers Association tells us even as economic issues are on our minds, with money being a little tighter, 72% of most people who usually buy organics are continuing to do so, as they are not willing to compromise their family's health. So if the budget is a little tight, how can we "choose wisely" if the dollars

don't stretch far enough to buy all organic produce? Here is some research that the good folks at *FoodNews.org* share with us about which fruits and vegetables have the MOST and LEAST amounts of pesticides sprayed on them.

12 Most Contaminated Produce Items

Highest in Pesticides

- Apples
- Bell Peppers
- Celery
- Cherries
- Grapes (imported)
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

"These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides. Buy these organic."

12 Least Contaminated Produce Items

Lowest in Pesticides

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (sweet)
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapples
- Peas (sweet)

"These 12 popular fresh fruits and vegetables consistently have the lowest levels of pesticides." So, if you have to slip and go non-organic for a bit, these items will be your best bet.

Although organics are the healthiest, if your budget dictates that you have to make a choice, use the above lists to guide you.

Something else worthy of consideration is the difference in the amount of minerals we get from organic vs. conventional produce. In her book *Green for Life*, Victoria Boutenko beautifully and simply lays out for

us, in table form, the astonishing differences in nutritional content. Here is one example:

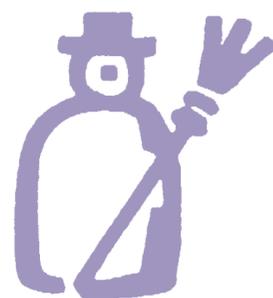
Spinach, when broken down scientifically in trace amount parts per million, dry matter, has 49.0 mg of iron in commercially grown, conventional spinach. In contrast, the iron measurement is 1584.0 mg, if it is organic. WOW, that's HUGE! Based on Victoria's research, someone who is iron deficient should start ingesting wonderful, raw, organic spinach. It's easy to throw on your salad. It not only adds nice flavor and texture, it also adds a huge amount of iron. By the way, Life Grocery carries *Green for Life* at a 20% discount; it's a fascinating read.

Karen Calabrese, a long time raw-food restaurateur in Chicago says, "If you don't take care of this body, where are you going to live?" So cast your vote this holiday season for organics. It's good for your body and it's good for the planet.

Jesse is the Director of the Raw Food Resource Center and teaches two classes at Life Grocery on an ongoing basis: Raw Food Nutrition for Health & Weight Loss and 20 Recipes in 5 Hours-Natures Delicious Raw Food. She also presents free lectures weekly on Thursdays at 6:00 pm. For more information on her classes, or if you would like Jesse to email you her "before and after" weight loss photos, you can email her at: RawFoodResourceCenter@gmail.com.

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Fall Life Fest & Annual Meeting

Saturday, 12/13/08

Annual Meeting
10:00 am

Festival
12:00-4:00 pm

members receive 10% off
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De-Stress with Raw Foods

By Dr. Brenda Cobb

Stress can be brought on by illness, pain, emotional conflicts, death in the family, financial problems, divorce, allergic reactions, poor diet, nutritional deficiencies, substance abuse, or biochemical imbalances. Some stress is normal, but prolonged bouts can lead to exhaustion and serious health problems. Repeated stress interferes with digestion, alters brain chemistry, and increases heart rate and blood pressure, thus affecting metabolic and immune functions. Stress is a killer and, according to statistics, between 70 and 80 percent of all visits to physicians are for stress-related disorders. Chronic stress directly affects the immune system.

Everyone reacts differently to stress. The degree of anxiety a person experiences indicates how well he or she is coping with stress. Common symptoms of anxiety are excessive or unwarranted worrying, a rising sense of panic, restlessness, insomnia, trembling, feeling shaky, muscle tension, fatigue, shortness of breath, heart palpitations, sweatiness, clammy hands, hot flashes, chills, dizziness, irritability, and difficulty concentrating.

In a clinical study on the relationship between stress and the probability of viral infection, people who were stressed out were more likely to get sick. Tension and anger make people four times more likely to develop a bacterial infection. Allergies, Candida overgrowth, and chronic fatigue syndrome are just a few of the problems triggered by stress.

Many times anxiety, depression, allergic-like reactions, food and chemical intolerances, and hyperactivity can be explained by careful examination of diet. Stress impacts negatively on digestion and absorption, thus causing vitamin and mineral deficiencies in many individuals. If you are stressed out, it is wise to avoid caffeine, food additives, preservatives, and chemicals. Stick to fresh, whole foods like vegetables and fruits. Learn about good nutrition and what foods best serve you.

Organic raw and living (sprouted) foods are excellent for combating stress and for restoring the immune system. Cooking food destroys the life-giving properties. Eat more raw vegetables and fruits,

sunflower sprouts, buckwheat sprouts, sprouted mung beans, and sprouted lentils.

The right foods can help you to combat stress. Keep recipes easy, quick and simple and you can certainly reduce your stress. Blended foods in the form of smoothies are easy to prepare and easy to carry with you in a portable cooler. You can drink these on the go and get all the nutrition you need. Add a tablespoon of a good raw food green powder and ramp up the nutrition even more. Blended smoothies are easy-to-digest because they are already broken down into the smallest particles possible.

Lower your stress with organic raw fruits and vegetables and increase your quality of life. Try these easy to prepare recipes in the Vita-Mix or other high speed blender. Place all the ingredients in the Vita-Mix, add some pure, filtered alkaline water, and blend for 30-60 seconds. It can't get much easier than this!

Super Power Cleanser Smoothie

- 3 apples (seeded)
- 2 stalks celery
- 1 c sunflower sprouts
- 1 t raw coconut oil
- 1 t lemon juice
- 1 t fresh ginger
- 2 c filtered alkaline water

Green Clean Smoothie

- 3 stalks celery
- 1 cucumber
- 1 c parsley
- 3 c kale
- 1 t kelp powder or dulse flakes
- ½ lemon, juiced
- 2 apples
- 2 c buckwheat sprouts
- 2-3 c filtered alkaline water

Vitality 10 Smoothie

- 1 tomato
- 1 zucchini

- 1 stalk celery
- 1 cucumber
- 1 c parsley
- 1 carrot
- 1 c sunflower sprouts
- 1 red pepper
- 1 clove garlic
- ½ lemon, juiced
- 2 c filtered alkaline water

Ginger Enzyme Zing Smoothie

- 1 T fresh ginger
- 1 c fresh pineapple
- 1 c papaya
- 2 c sunflower sprouts
- ½ lemon, juiced
- 2-3 c filtered alkaline water

Berries Are Good

- 1 c fresh blueberries
- 1 c fresh raspberries
- 1 c fresh strawberries
- 1 c sunflower sprouts
- ½ lemon, juiced
- 2 c filtered alkaline water

Resources:

Keep Your Cool! What You Should Know About Stress by Sandy Donovan and Jack Desrocher
The Sprouting Book by Ann Wigmore
Alternative Medicine by Burton Goldberg

Brenda Cobb is founder of *The Living Foods Institute* and author of *The Living Foods Lifestyle®* and *101 Raw and Living Food Recipes* and several other books on health and healing naturally with organic raw and living foods. She teaches a 10 and 12 Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute, 1530 Dekalb Ave., Atlanta, Ga. 30307. Call 404-524-4488 or visit www.livingfoodsinstitute.com for upcoming classes, graduation feasts, seminars and demonstrations.

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SHIKAI

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SOUTH OF FRANCE

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Fall Life Fest & Annual Meeting Saturday

12/13/08
Annual Meeting

10:00 am
Festival
12:00-4:00 pm
members receive

10% off
all in-stock purchases
9 am-8 pm

Holiday Memories

By Betsy Bearden

"T was the night before Christmas, now what do I do, I have searched the fridge over, but where's the tofu . . ."

The holidays are a time for family gatherings, good food, and packing on the pounds. Then there's shopping, decorating, shopping, eating, shopping, getting the spare room ready for guests and praying Cousin Eddie doesn't park his R.V. in front of your house again this year. "Yep, that there's an Rrrrrr V, Clark, and we'll be taking it with us when we leave here—next month."

Aside from all the magic of the season, one of my favorite things to look forward to is catching up with family and friends and re-telling favorite stories throughout the years. No matter how many times you have heard them, they're worth hearing again. Of course, it seems when it comes to yours truly, most of the stories revolve around food.

Before I became *famous* for my tofu stuff, I was famous for pumpkin pie. Coming from a large family, I usually made between four and six pumpkin pies each Thanksgiving and Christmas, all from scratch, or "scraps" as my son called it when he was around three-years-old. Let me tell you, once you have finished the pies and stand there beaming over them as they sit on the countertop cooling off, it's never good if a sudden nagging feeling hits you—a feeling like, *I think I forgot to put the sugar in the mixture.*

It's too late; it's 1982 and nothing stayed open on any Eve of anything in that day in time. Well, I am sort of resourceful, and came up with the bright idea that I could poke holes in the pies with the tip of a wooden spoon, pour molasses in each hole, and then cover it with whipped cream. If you are thinking that was a pretty good idea—it wasn't. Mistake: Numero-uno.

Fast forward about ten years: Now we are getting into the time that I decided to start sharing healthier eating alternatives and recipes with my family during the holidays. I had a diabetic aunt, Paula, and I wanted to try a pumpkin pie recipe for her that called for silken tofu and a sugar substitute (no, not molasses). I made two of the tofu pies with the new recipe, and the rest with the usual. Paula made such a fuss over how good the pie was so everyone else wanted to try a piece. It was a big hit until someone said, "This is really good, but what's in it?" Dum da dum dum . . .

"Oh, artificial sweetener, cinnamon, nutmeg . . . tofu." Mistake: Numero-dos.

I am banned from bringing pumpkin pies anymore. But that's okay, because now I can bring safe stuff. Safe things like Macaroni and Cheese, Sweet Potato Casserole, Pineapple and Cheese Casserole. You know—safe stuff. "Hey, she can't get tofu in that can she?"

Fast forward another ten years: I finally stopped trying to convince everyone that (Heaven Forbid!) tofu is good for you. Smooth sailing prevailed, but from time to time that illustrious question comes up and someone wants to know, "But what's in it?"

Let's take a look at last year. You know those cute little noodles you can buy around the holidays, with the red, green, orange, and yellow noodles in shapes of Santas, Christmas trees, and bow ties? I wanted to make my safe Macaroni and Cheese a little more festive, so I boiled the noodles and they were so cute. But, once I added them to the casserole dish and baked them in the gooey cheese mixture, they sort of lost their shape. I didn't think about it anymore, but was sort of disappointed when I realized that you couldn't make out the shapes of the noodles anymore.

Once everyone arrived, we found our seats and sat down to enjoy our meals. As the guests began to serve themselves, I noticed that things got uncomfortably quiet. There was a lot of whispering going on and I heard someone say, "I don't know what's in it. Why don't you ask her?" I saw probing forks, poking fingers, raised eyebrows, flared nostrils, and heard a lot more whispering. Mistake: Numero-tres!

Anyway, so much for the cute little noodles. Even though they lost their shape, the colors weren't really so bad, except for the green ones. Why is it the green ones stood out the most, and seemed to glob out more than the other colors? It's a mystery.

But there is no mystery to what my husband and I like to do on New Year's Eve. It has become a tradition for us to shop at Life Grocery during the holidays for something über special—Tofurkey! Yes, Tofurkey with all the trimmings. I highly recommend it; if you have not tried it yet, you will thank me for pointing you in the right direction.

I am sure you won't procrastinate, as I sometimes do, and find yourself on the night before Christmas without all those holiday staples. Just remember that Life Grocery has everything you need for the holiday. You won't want to miss out on all the specials they have

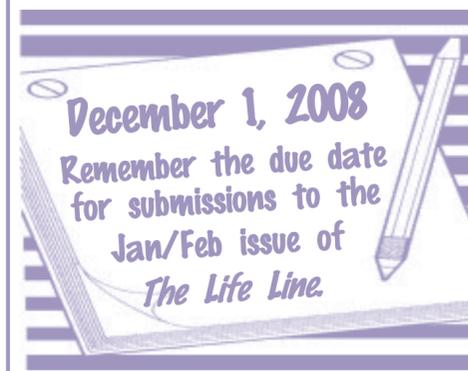
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throughout the holidays, as well as throughout the year. So dash away, dash away, dash away all, to Life Grocery. Happy Christmas and peace on earth to each and every one of you.

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

Life Bits: New Light on an Old Subject

By Kay Bird

Compact fluorescent bulbs save money and energy, but what about the mercury content? Recycling is one important solution; you can drop off CFL's for recycling at any HOME DEPOT customer service desk. Thanks a million to Home Depot!

Why should people use CFL bulbs?

If every home in America replaced just one incandescent light bulb with an ENERGY STAR qualified CFL, in one year it would save enough energy to light more than 3 million homes. That would prevent the release of greenhouse gas emissions equal to that of about 800,000 cars.

Lighting accounts for close to 20% of the average home's electric bill. ENERGY STAR qualified CFLs use up to 75% less electricity than incandescent light bulbs, last up to 10 times longer, and cost a bit more up front, while providing a quick return on investment.

What about the mercury?

CFLs contain a very small amount of mercury sealed within the glass tubing, an average of 4 milligrams, about the amount that would cover the tip of a ballpoint pen. By comparison, older thermometers contain about 500 milligrams of mercury, an amount equal to the

mercury in 125 CFLs. Mercury is an essential part of CFLs, allowing the bulb to be an efficient light source. No mercury is released while the bulbs are in use or remain intact (not broken).

Most makers of light bulbs have now reduced mercury in their fluorescent lighting products. Thanks to technology advances and a commitment from members of the National Electrical Manufacturers Association, the average mercury content in CFLs has dropped at least 20% in the past year. Some manufacturers have even made further reductions, dropping mercury content to 1.4–2.5 milligrams per light bulb.

What are the main sources of mercury?

EPA estimates the U.S. is responsible for the release of 104 metric tons of mercury emissions each year. Most of these emissions come from coal-fired electrical power. Mercury released into the air is the main way that mercury gets into water and bio-accumulates in fish. (Eating fish contaminated with mercury is the primary way humans are exposed.)

Most mercury vapor inside fluorescent light bulbs becomes bound to the inside of the light bulb as it is

used. The EPA estimates that the rest of the mercury within a CFL, about 11 percent, is released into the air or water when it is sent to a landfill, assuming the light bulb is broken. Therefore, if all 290 million CFLs sold in 2007 were sent to a landfill (versus recycled), they would add 0.13 metric tons, or 0.1 percent, to U.S. mercury emissions caused by humans.

For clean-up recommendations of a broken CFL, go to www.energystar.gov

Do CFL's result in less mercury pollution?

Yes. Electricity production is the main source of mercury emissions in the U.S. CFLs use less electricity than incandescent lights, meaning CFLs reduce the amount of mercury released into the environment. A 13-watt, 8,000-rated-hour-life CFL (60-watt equivalent) will save 376 kWh over its lifetime, thus avoiding 4.5 mg of mercury.

Because CFL bulbs last longer, other pollutants associated with electricity production are reduced. They are the clear environmental winner when compared to traditional incandescent light bulbs.

—from www.energystar.gov

Holiday Favorites with a Gluten Free and Vegetarian Twist

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

This year all of my traditional family recipes will have to be seriously altered. Not only am I having to make sure that everything is gluten free, but this year I also decided to become a vegetarian. Tricky, tricky this one will be . . . I make a passable tofu turkey, but it almost isn't worth the effort! I'd rather pile my table high with a feast of harvest fresh produce than a substitute meat dish that no one but me is going to eat anyway! So, as I'm planning my holiday menus, I will share with you what I've come up with so far. Mashed potatoes (easy enough, just boil potatoes until tender, then drain, mash, and season however you like) and corn on the cob are always holiday favorites. Of course, plenty of desserts are standard fare that is enjoyed by all. I'll focus on vegetarian sides and main dishes. I hope that you enjoy these suggestions and can incorporate them into your holiday menus.

Cornbread Stuffing

(this is my Grammy's recipe and I bring it out every year!)

3 T butter
1 c finely chopped organic celery
¼ c chopped onion
3 c soft gluten free bread crumbs
3 c crumbled cornbread (The Gluten Free Pantry's Yankee Cornbread is perfect—follow directions on bag)
3 c vegetable broth
1 apple cut up into very small pieces
2 large eggs (or gluten free egg substitute)
1 t gluten free poultry seasoning
1 t salt
½ t ground black pepper
½ t ground sage

- Preheat oven to 350° F.
- Heat butter in a skillet over medium-high heat.
- Add celery and onion; cook, stirring, until tender, about 5 minutes. Remove from heat.
- Combine celery mixture with bread crumbs and cornbread; mix well.
- Add broth, apple, eggs, poultry seasoning, salt, pepper and sage; mix well.
- Spoon into a 13x9-inch baking dish.
- Bake until light brown and crisp around the edges, about 20 minutes, or stuff it into a turkey or chicken for roasting.

Baked Garlic Squash

3 or 4 sliced organic yellow squash and/or zucchini
2-3 t of minced garlic
1 T olive oil
½ c Parmesan cheese, optional

- Preheat oven to 375° F.
- Place squash and/or zucchini in steamer and steam for approximately 3 minutes.
- In a casserole pan combine lightly steamed squash with garlic and optional Parmesan cheese.
- Drizzle olive oil over the top.
- Place in oven and bake at 375° F for approximately 20 minutes.

Harvest Pumpkin Soup

Adapted from *Spirit of the Harvest, North American Indian Cooking*, by Beverly Cox and Martin Jacobs

Pumpkins are one of the oldest harvest crops in the Americas. Serve this Northeastern Woodland Indian

pumpkin soup recipe the traditional way, in a bowl made out of a pumpkin that has had the top cut off and the seeds cleaned out.

(1) 29-ounce can organic pumpkin or 1 small (12 inch) pumpkin
1 to 2 T vegetable oil
1 to 3 T maple syrup or honey
¼ to ½ t ground dried spicebush berry or allspice
3 to 4 c vegetable broth
salt and pepper to taste

- Combine all ingredients except the broth, in a large saucepan, and heat slowly.
- Gradually stir in the broth to reach the desired consistency. Simmer until hot.
- Garnish with nuts, seeds, and scallions.

If using fresh pumpkin:

- Preheat oven to 350° F, place the pumpkin in a baking pan and bake for one hour or until the skin of the pumpkin is easily pierced with a knife.
- Remove the pumpkin from the oven and cool.
- Cut the pumpkin in half and scrape off the seeds. (Save the seeds to make slow roasted pumpkin seeds.)
- Scrape the pumpkin flesh from the shell and mash or puree in a blender.

Candied Yams

(1) 28 oz canned yams
½ to ¾ c maple syrup
4 to 6 T brown sugar
2 to 3 t cinnamon
Earth Balance vegan spread, optional

- Drain the yams. Mix together syrup, sugar, and cinnamon.
- Pour mixture over yams, folding until the yams have a semi-chunky texture.
- Place in casserole dish and dot top with Earth Balance spread, if using, and cover.
- Bake at 325° F for 30 minutes.

Corn Pudding

1 can of corn
1 can of creamed corn
½ c Earth Balance
8 oz Sour Supreme (non-dairy sour cream)
1/3 c sugar
½ c corn meal
½ c gluten free flour

- Mix all ingredients together.
- Pour into a 9" x 9" greased pan.
- Bake at 350° F for one hour.

Slow Roasted Vegetables

Fill your home with the aroma or slow-roasting harvest vegetables that have cooked for hours in a low oven. Anything goes in this recipe; choose vegetables you love and the amount you desire. Choose organic vegetables for the best flavor and nourishment.

root vegetables, such as beets, carrots, parsnips, and sweet potatoes
other vegetables, such as celery, leek, onion, and tomatoes
tart vinaigrette (made with cold pressed olive oil, balsamic vinegar, apple cider vinegar, garlic, salt, and pepper; all mixed to taste)

- Wash, peel, and cut the vegetables.

- Place in a large roasting pan and drizzle with the vinaigrette. Toss.
- Place the pan in a low oven, 250-300° F.
- Cook for approximately three hours, until golden brown.

Nisla Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or magickhand@gmail.com.

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90 tabs. \$9.99



- Wheat Grass
3.5 oz. \$12.99
- Wheat Grass
250 tabs. \$13.99
- Barley Grass
3.5 oz. \$12.99
- Wheat Grass
500 tabs. \$23.99



- Sambu Guard for Kids
5.9 oz \$15.99
- Sambu Guard Original
5.9 oz \$12.99
- Sambu
5.9 oz \$14.99



All Products

20% off



- Colon Care Original
12 oz \$7.99
- Colon Care
180 caps \$8.99
- Bentonite Detox
16 oz \$6.99



ImmPower

30 caps

\$36.99



All Products

20% off