



Peachtree Natural Foods

"You Deserve The Best, Naturally!"

Voted In The Top 100 Health Food Stores In The Country

Store Hours: Monday-Friday 10-7 Saturday 10-5 Closed Sunday

Snellville
Presidential Commons
(770) 982-4989

Peachtree City
Peachtree East Center
(770) 487-8288

Auburn, AL
University Crossing
(334) 821-7749

Phenix City
Stadium Plaza
(334) 480-0284

Columbus
The Landings
(706) 322-3282

Columbus
Milgen Plaza
(706) 565-9245

Columbus
Next to Lowe's
(706) 649-3071

www.peachtreenaturalfoods.com

Our May / June 2008 Newsletter for Healthy Living

Win The Battle Over Prostate Cancer



Jan McBarron, M.D. is Board Certified and specializes in Preventive and Nutritional Medicine

Prostate cancer is the second most common cancer among men. This walnut size gland is important for sexual as well as urinary function. More than 230,000 cases of prostate cancer are diagnosed every year. The best way to ensure survival against prostate cancer is early detection.

The PSA blood test detects prostate specific antigen that increases when the prostate is inflamed and predisposes men

to cancer. Traditionally, doctors biopsy the prostate when the PSA is above 4.

Research indicates the rate of PSA increase is more important than the level of PSA. *The New England Journal of Medicine* states doctors should focus on how fast the PSA rises rather than just the level of PSA. In other words a man may have **prostate cancer** even if his PSA is normal.

It is startling to think that many men are diagnosed with **cancer** and then treated with surgery, chemotherapy and radiation who were diagnosed incorrectly as having **prostate cancer**. Equally concerning is men who have been told they have normal PSA levels but have **prostate cancer** and do not receive treatment.

Vita Logic's Prostate Formula is a blend of natural nutrients

including Zinc, Saw Palmetto, Nettle and Pumpkin Seed that according to scientific studies nourishes and supports good prostate health. It also contains nutrients such as Vitamin B-6, Mushroom Complex, Juniper Berry Extract and more that supports overall prostate health which leads to improved sexual and urinary function.

*Keyword: Taxotere



Prostate Formula
60 & 120 capsules
Vita Logic



Free Vita Logic Seminar MEN'S TOTAL BODY TUNE-UP

Thursday, June 12, 6pm
The Landings, Columbus, GA

Friday, June 27, 6:30 CT
University Crossing, Auburn, AL

See insert for details.

*Log onto main site of dukeandthedoctor.com, type in keyword, click 'GO' for complete article.

Arthritis Means Inflammation of the Joints

Arthritis is the most common cause of disability in the United States affecting 46 million people or more than 21% of the adult population. It is anticipated that by 2030, 40% of the population will have **arthritis**.

There are many types of **arthritis** but the two most common are Degenerative and Rheumatoid. Degenerative is more common and was formerly called Osteoarthritis to mean "bone on bone" or "wear and tear" or the "aging" arthritis. Simply stated it means that our joints wear out over time. The classic symptom is stiffness upon movement especially after being sedentary; for example, early morning stiffness that improves after several minutes of moving around.

The second type **arthritis** is Rheumatoid. It can occur at any age, even in children and is an autoimmune disease. The immune system attacks the joints causing pain which is not relieved by movement. Also it can cause joint deformities severe enough to warrant surgical correction.

In all cases of **arthritis** the underlying cause is **inflammation**. Rather than simply taking something for pain, con-

trolling **inflammation** daily is the best treatment to slow down the progression of **arthritis**.

Vita Logic's Anti-Inflammatory Formula contains more than nine herbs plus enzymes shown to reduce **inflammation**. When taken daily it helps reduce **inflammation**, pain and joint deformity. **Keyword: osteoarthritis*



Shop our Mother's and Father's Day events!
Gift certificates and custom gift baskets
available. See insert for details.

Garlic Is Good For The Heart

Recent research has finally demonstrated how **garlic** imparts its cardiovascular benefits. The compounds in **garlic** cause tissues and blood vessels to release hydrogen sulfide. This essential molecule naturally produced by the body causes blood vessels to relax and reduces inflammation.

It has long been recognized that when blood vessels constrict, it results in **high blood pressure** and increased risk of **stroke** and **heart attack**. Also, the more inflammation present in the blood vessels, the greater the risk of all cardiovascular events.

Studies seem to indicate that to achieve benefits from **garlic**, a person must eat more than 10 cloves every day. Eating **garlic** is encouraged but daily supplementation seems more feasible.

Vita Logic's Garlic supplement does not produce **garlic** breath, burp or aftertaste. Taken daily, it may normalize blood pressure and protect against **heart attack** and **stroke**. Unlike taking an aspirin once a day which can cause internal hemorrhage, **Vita Logic Garlic** has no known side effects. **Keyword: sulfide*



An Inexpensive Way To Cut Health Care Costs

With the soaring cost of health care, it's simply too expensive to get sick. A consumer health care group concluded the way to cut costs is to prevent people from getting sick in the first place. Their method of prevention is to give everyone a daily **multi-vitamin and mineral supplement**.

The study showed the benefits of preventing disease and cutting health care cost by taking a **multi-vitamin supplement** on five diseases: **heart disease, diabetes, osteoporosis, prostate cancer, and colon cancer**.

Vita Logic Master Vite is the best **multi-vitamin and mineral supplement** for several reasons. It is one, easy to swallow, small capsule per meal that allows for better absorption and utilization which results nutrients being spread

throughout the day. It is a **multi-vitamin plus minerals, antioxidants, enzymes for digestion, herbs for memory and nutrients for the immune system**. **Vita Logic's Master Vite** will help save money by preventing many diseases and keeping the immune system healthy. **Keyword: Lewin*



America's #1 Cleansing Company ReNew Life Formulas
offers a full line of natural internal cleansing formulas,
plus beneficial enzymes, oils, probiotics
and other digestive care products.

CleanseSMART
America's #1 cleanser!

First Cleanse
Made just for first-time cleansers

The Detox Strategy:
Vibrant Health in 5 Easy Steps
• NEW from Certified Nutritionist Brenda Watson
• Learn the simple, 5-step plan for healthy detoxification!

OilSMART
A patented, advanced Omega-3•6•9 formula

Organic Triple Fiber
100% organic fiber helps absorb and eliminate toxins*

RENEW LIFE
The Digestive Care Company

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*Log onto main site of dukeandthedoctor.com, type in keyword, click 'GO' for complete article.

Helping you take better *care* of your family...
Come in and try one of Michael's formulas for the following:
Men's Health & Teen Health

Michael's Naturopathic Programs

Male Reproductive Factors
Ideal for men seeking to support reproductive efforts. Contains essential nutrients for sperm production & active motility.

Teen Boys
A Multi-Vitamin for teen boys. Provides nutrients to support ENERGY, ATHLETIC & SCHOLASTIC PERFORMANCE AND STRESS SUPPORT

Pre-Teen Boys
A daily Multi-Vitamin of specific nutrients for boys 9-12

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Osteoporosis Is Preventable

Osteopenia means less bone mass. **Osteoporosis** means so much bone mass has been lost that on X-ray, the bones appear as if there are "holes" or it appears porous. **Osteoporosis** leads to fractures, especially of the hip which can be fatal in 25% of the cases. **Osteoporosis** is not inevitable and can be prevented and treated.

A person can change their risk of **osteoporosis** by increasing exercise and calcium intake. Think of bone as a bank account, where a person is continually making deposits and withdrawals. By age 24, bone deposits are at an all time high and withdrawals begin. By age 35, withdrawals surpass deposits and osteopenia develops. This will lead to **osteoporosis** unless corrective measures such as calcium supplementation and exercise occur.

Vita Logic Osteo Protect is an excellent calcium supplement because it contains the two most readily available calcium sources including calcium citrate and hydroxyapatite. Also, the addition of magnesium with cofactors including vitamin D, C, E, B-6 and more helps fortify bones. Clinical reports demonstrate **Vita Logic Osteo Protect** reverses both osteopenia and **osteoporosis** as documented by bone density evaluation. **Keyword: Andariese*

25% OFF
Regular Price

Osteo Protect
100 & 250 tablets
Vita Logic



JOINT PAIN? Are all joint products the same?

New **FlexNow® Joint Formula** is the only product with the unique shea extract, **SheaFlex75™**, one of the most powerful inflammation fighters of any botanical.*

FlexNow will give you complete relief in 30 to 60 days or a complete refund. Try FlexNow today, you have nothing to lose but your joint pain!



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Peachtree Natural Foods Welcomes Back Herbal Educator Kelly Clonts!

Kelly has studied holistic health, clinical herbalism and aromatherapy with great teachers, such as Jan McBarron, M.D., herbalist Christopher Hobbs, AHG, Gabriel Mojay and Patricia Howell, AHG.

FREE Health Seminar by Vita Logic

Women's Hormonal Health

Feel Uplifted! Refreshed! Energized! Herbal Educator, Kelly Clonts, will discuss hormonal changes at menopause and menopause, overcoming sleep challenges, cyclic discomforts and metabolism challenges. Vita Logic product giveaways. Reservations requested.

Stadium Plaza, Phenix City, AL

Thursday, May 8, 6pm (334) 480-0284

Peachtree E Shopping Ctr, Peachtree City, GA

Tuesday, May 20, 6:30pm (770) 487-8288

Veteran's Pkwy, Next to Lowe's, Columbus, GA

Thursday, May 22, 7pm (706) 649-3071

Presidential Commons, Snellville, GA

Friday, June 20, 6pm (770) 982-4989

Milgen Plaza, Columbus, GA

Thursday, June 26, 5:30pm (706) 565-9245

Mother's Day Special

FREE Event All Stores

Saturday, May 10,
10-5pm



Express gratitude and honor to the mother in your life with custom gift baskets, gift certificates, beauty products, aromatherapy and massage therapy!

- Double punches on VIP Cards
- Goody bags filled with great products for women

Armed Forces Day

FREE Event All Stores

Saturday, May 17
10-5pm



We salute the men and women of all branches of the armed forces who protect our country! Show your military I.D. and receive 10% off non-sale items.

- Register to win a free gift basket

Celiac Awareness

FREE Event All Stores

Saturday, May 31
10-5pm



Celiac disease is an autoimmune digestive disease that damages the villi of the small intestine and interferes with absorption of nutrients from food. It is triggered by consumption of the protein gluten, which is found in wheat, barley and rye.

Treatment for celiac disease is a well-balanced, gluten-free/wheat-free diet. Try our delicious selections: frozen entrees, pasta, sliced breads, cookies, soups, crackers, chips, baking mixes, breakfast foods, juices, teas, snacks and more!

- Save 10% on all wheat-free/gluten-free products.

FREE Health Seminar by Vita Logic

Men's Total Body Tune-up!

Herbal Educator, Kelly Clonts, will discuss how to maintain prostate health, reduce cardio concerns, improve digestion, immune function and energy. Vita Logic product giveaways. Reservations requested.

The Landings, Columbus, GA

Thursday, June 12, 6pm (706) 322-3282

University Crossing, Auburn, AL

Friday, June 27, 6:30pm CT (334) 821-7749

Father's Day Special

FREE Event All Stores

Saturday, June 14
10-5pm



Give the father in your life the gift of health with custom gift baskets, gift certificates, sports nutrition, personal care products and more!

- Double punches on VIP Cards
- Goody bags filled with great products for men

IHL Essentials Line Drive

FREE Event All Stores

June 23-28
M-F 10-7, Sat 10-5pm



Save 25% off entire IHL Essentials supplement line this week only.

Heartfelt Hero

Agatha Noveille loves taking care of others and is a dedicated manager of Peachtree Natural Foods in Snellville, Georgia. Her care and compassion was put to the test when an employee complained of chest pain and not feeling well. Agatha knew she had to act quickly. She secured her store and drove the employee to the hospital herself. Doctors determined the employee had an 80% blockage in her artery and needed immediate action to prevent further damage.

Agatha's cool head and speedy response helped her employee receive the care she needed and will make a full recovery. We are honored and privileged to have such a wonderful, warm and caring young woman working for our company.



Peachtree Natural Foods

25%
OFF



Concentrated Omega-3

Sourced from fresh, cold water sources and includes all natural Florida orange oil for an aesthetically pleasing softgel
60, 120 softgels

25%
OFF



Glucosamine Sulfate 500mg

Helps the body manufacture substances necessary for healthy joints. Its potassium level helps support nerve and muscle health, as well as cell fluid balance.
60 tablets

25%
OFF



Inflatrol™

Contains plant compounds, plant enzymes and specialty antioxidants to support a healthy inflammation response.
60 tablets

25%
OFF



Pomegranate Extract 200mg

Supports prostate and cardiovascular health. Promotes overall cellular wellness and potent antioxidant benefits.
60 capsules

Our *
Web Site
is
Open
All Night! *

Visit our virtual store at your convenience! Look up health information you can trust, find natural products, read the latest news about our stores and use our recipes for easy, healthy meals.



peachtree
naturalfoods
.com

Anti-Aging

new

15%
OFF

Alpha
Lipoic Acid
250 mg

