

Nutrition from A to Z

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

Let's talk about eating right, from A to Z. I have seen over 30,000 patients during my 24-year career as a chiropractor and nutritionist. My patients understand the importance of a normally functioning nervous system. They understand the importance of a properly functioning digestive system. They even understand the importance of proper nutrition. They get the idea that they shouldn't be eating what I call the seven deadly sins of nutrition—alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. But many of them get stuck there. They say, "Okay, Dr. Joe, what CAN I eat?" There are over 120,000 good, nutritious, Dr. Joe-approved foods out there. I'm will cover about 26 of them in upcoming issues of *The Life Line*.

I'm a realist. I teach nutrition for reality. I understand that most people aren't going to change their diets overnight. They're not going to give up all of the seven deadly sins. And that's fine. I'm okay with that. I'm just asking you to make some small, simple adjustments, because in the long run, the small, simple adjustments stick much better than the quick, sudden adjustments do.

If I were to ask you to write down everything that you ate for an entire year (of course I'm not asking you to do that; this is purely hypothetical), you would see a pattern develop, if you're the average person. You would notice that you eat about the same six things over and over again. It could be chicken and rice, pasta and meatballs, steak and potatoes, you get the idea. There would be about six foods or meals that you eat on a recurring basis. What if you take those six foods and replace them with healthy, less expensive, simpler, and more delicious foods? Why aren't you doing that now? I know why. The reason why you are not eating simpler, healthier, cheaper, and better-tasting foods is because no one has taught you how. Over the years, you've learned to eat easy, quick, conventional, cheap, and junk-filled foods. You simply don't know any better.

If someone taught you how to offer your body a plethora, a cornucopia, of healthy foods that are simple, delicious, and inexpensive, would you do it? Typically, people go for foods that are easily available to them. If you're hungry and a donut is on the kitchen counter, you'll go for the donut. If you're hungry and a loaf of white bread is on the counter, you'll go for the loaf of white bread. Chances are, you'll go for those foods that

are on the kitchen counter because they're in plain view and easily accessible. How about if fruit or mixed nuts are on your counter? Do you think you would reach for those foods when you're hungry? Absolutely! See how easy that is? We haven't even gotten into the heart of A-Z nutrition yet and I've already taught you how you can change your eating habits in a simple and effective way. I'm here to help you make some more simple, easy, and lasting changes that will vastly improve the quality of your life.

What are some things that you CAN eat? Everyone agrees that the foods that are good for you are fruits, vegetables, some grains, nuts, and seeds. No one argues that point. No one! Vegetarians, meat eaters, medical doctors, chiropractors, holistic practitioners, plastic surgeons, cardiologists—everyone agrees that fruits, vegetables, certain grains, nuts, and seeds are the healthiest foods that you could possibly eat. Now, I know what some of you are thinking already. "Dr. Joe, that's boring. I'm going to be eating rabbit food if those are my options and I'm constantly going to be hungry!" Folks, there are over 120,000 different foods that fall into the category of fruits, vegetables, certain grains, nuts, and seeds. If you had a new food every meal of every day, you would die before you tried them all. Not only that, you can make them fun and appetizing for everyone.

So, let's get started on the road to good health and proper nutrition. Let's begin talking about eating right from A to Z. A stands for artichokes. Artichokes are a great healthy food. They are overlooked sometimes, as they are not something we eat or even know how to eat. One artichoke contains about forty calories and five grams of fiber. The American Dietetic Association says you need about 25 grams of fiber a day. One artichoke alone contains about a fifth of your daily requirement for fiber. Fiber is an absolute necessity for your diet. Fiber wraps around sugar while it's in your system and brings the sugar through your digestive system slowly. That way, you get a slow release of sugar into your system. Your blood sugar won't spike, and you won't get that sugar high, which is inevitably followed by a sugar crash.

Fiber also wraps around cholesterol. By wrapping around the cholesterol, it helps to remove it from your digestive system. If cholesterol doesn't have fiber to

help push it through your system, the cholesterol has no choice but to sit in your colon and continually get re-absorbed. Eventually, that cholesterol sticks to the walls of your arteries and you end up with clogged arteries, heart disease, cancer, and heart attacks. By adding something like artichokes to your diet, you're getting that fiber that's so crucial for keeping your cholesterol low and your arteries clean.

Artichokes are also loaded with vitamins and minerals. They're loaded with potassium, folate, and magnesium. Now, I don't recommend you eat dairy. I'm strongly against ALL dairy products. But if you do eat dairy, don't! But if you do, don't! But if you do and you want to absorb the calcium in dairy, you absolutely must have magnesium in your diet. I bet you didn't know that! You need magnesium in order to properly absorb calcium. So if you aren't ready to give up your dairy products yet, adding artichokes to your diet will help you get that needed magnesium for calcium absorption.

There are several things you can do with artichokes when it comes to eating them. Most folks will get artichoke hearts in a jar, called marinated artichokes. You can also get them in a can. They go great in salads. Of course, organic is always best because then you know you aren't ingesting any harmful pesticides. In my book, *Eating Right for the Health of It*, which is available at Life Grocery at a 20% discount, I have the best artichoke recipe for cooking whole, organic artichokes. It is Grandma Esposito's secret recipe. Once you try these, you'll snub your nose at all other artichokes!

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!

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Do Your Priorities Favor Your Health?

By Don Bennett, DAS

Priorities; there are the ones you consciously make and the ones that have developed over the course of your life that you may not even be aware of. But are your priorities allowing you to live to your health potential, or are they getting in the way of your body's efforts to keep you well? We all have an internal list of priorities that are made up of both types mentioned above; they play a major role in our decision-making and actions. If our priorities are in line with what's really important to us, we'll tend to make good decisions. If these good decisions have to do with our health, we'll be the better for it.

But sometimes we lose sight of just what is really important to us. When that happens, certain things can receive a higher priority in our life than we would otherwise want them to have. I've observed that many people place more of an importance on not running out of paper towels than they do on not developing a serious disease. This is partly because it's obvious when we're running out of paper towels, but not so obvious when we're running out of health. This is compounded by the assumption that as we age, illness is just a fact of life. But this is an incorrect assumption; serious illness is not as likely to affect those who practice healthy lifestyle habits as it is those who don't. Often what ends up happening is we reshuffle our priorities to move "health" way up in the list only *after* losing our health. If this happens, there'll be more important things on your mind than running out of paper towels, I assure you.

Generally speaking, if your health is higher on your subconscious list of priorities than self-indulgent-pleasure-seeking-behavior, you'll keep an eye open as to how your habits might affect your health and you'll try to make decisions that are in your best interest health-wise. Most importantly, when presented with information that shows that a habit of yours turns out to be health damaging, you'll look into it and make the appropriate adjustments if it turns out to be true. If however, self-

indulgent-pleasure-seeking-behavior is more important to you than your health, then you'll likely dismiss the information, saying that it's nonsense.

How you react to health information that initially rocks your boat of beliefs depends on the importance you place on your health—your present health and most importantly your future health. No one would disagree that investing for your financial future is a good idea, but what about the concept of investing now for your future health? Part of a good health investment strategy is taking a look at your present list of priorities and seeing where "health" ranks. If it's number one (or if not number one, at least there's no unhealthy practices above it) then your chances of being vibrantly healthy are good, as with what's becoming public knowledge today, you're likely to run into some potentially health-enhancing information. With health being at the top of your list of priorities, you'll investigate this information and very likely end up embracing these newly discovered health-building practices. But if "health" is far down on your list, and there are health-robbing things above it, you won't fare as well, even if you weren't aware that some of those things that are high up on your list are leading you down a path to serious illness.

The expression "caveat emptor" (let the buyer beware) also pertains to what lifestyle practices you've bought into. So now may be a good time to give some thought to some of those practices to see whether they should remain on your list or whether they have no place in your life after all.

*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 the Life Grocery book department. For some potentially health-enhancing information or to order his book, visit health101.org.*

Do The Opposite

Is it possible that nearly everything you think you know about exercise is wrong? The "experts" have certainly filled you with information based on myth. They have catered to your desire for a "fantasy" and told you what you want to hear rather than what you need to hear. This has compromised the results you could or should have. I will change that for you right now with a real life example.

Every person who goes through our fat loss program is told, "You are going to do exactly the opposite of everything you have ever been told about exercise and you will have better results for it." I tell people that they will exercise MUCH less (10 minutes or less each week), the only exercise they will do is high intensity strength training (absolutely NO cardio), they will sleep more, take more naps, relax more, and have more fun.

Sounds impossible, right? Well it's not. And, these recommendations will beat anything else, hands down, every time.

One woman who just completed the mBody plan commented that in the beginning of the plan she felt like she wasn't doing enough; that it was just too easy. She felt guilty for not exercising more and felt like a cheater for taking naps and resting more. In just six weeks, she lost 11 pounds of fat while increasing her Lean Body Mass (LBM) by 2%. She lost 4" off her waist, 3" off her hips, and 3" off her thighs. All this, with only 83 minutes of exercise in the six-week period.

Conventional methods rarely produce these kinds of results in such a short amount of time. They also fail

By Brian Murray, Founder of mPower

to increase LBM percent while only body fat is lost and certainly do not allow you to melt away inches while you rest more—because you are exercising everyday! The point I want you to take from this article is that it is possible, and in fact, better for you, to rest your way to success. Why?

Conventional methods are extreme and place too much stress on the body. In order to lose fat efficiently your body needs LESS stress. The more comfortable it is, the greater the chances it will allow fat to be lost. If it is constantly under stress, it will preserve, and possibly increase, fat stores to meet future energy demands.

Basically, you have to trick your body into thinking everything is alright. The secret to better results in less time is maximizing the healing power of your body. You do this by getting the right kind of exercise, in small amounts, and resting to allow the restorative mechanisms to work efficiently. In other words, you do the exact opposite of everything you think you should do.

Lift weights and skip the cardio. Exercise harder, less frequently, and relax more. Your results will be better and the only thing you will regret is that you didn't do it sooner.

Brian Murray is the founder of mPower—home of the once-a-week, no-cardio no-sweat workout that will change your life. To learn more about mPower and the mBody six week fat loss plan, please visit www.strengthforlife.net. Then call 404.459.0270 to schedule your consultation.

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

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The Revitalizing Breath

By David Jockers

“Breathing is the FIRST place, not the LAST place, one should investigate when any disordered energy presents itself.”

Sheldon Saul Hendler, MD Ph.D.,
The Oxygen Breakthrough

Arguably, the most important aspect of mental and physical health and well-being is the respiratory process. This has been known throughout the history of mankind. Consider that during the course of your life you are “inspired” by ideas, “aspire” toward your goals and dreams, and finally “expire” at the end of your life. Many of the ancients developed lifestyles and physical exercises such as yoga and qui-gong that are based around the patterns of breathing and respiratory cycles. So why is breathing so important? It has been suggested that the average individual can survive: *40 days without food; 4 days without water; 4 minutes without oxygen.*

OXYGEN AND LIFE FUNCTION

It is true that oxygen is absolutely essential for all human function. In fact, the primary homeostatic mechanism in the human body is designed around necessitating appropriate cellular oxygenation. The respiratory and cardiovascular systems provide and properly distribute oxygen to the cellular mitochondria where it serves as the terminal electron acceptor in the oxidative phosphorylation process and the formation of cellular ATP. *All human performance, energy, and function is based on appropriate tissue oxygenation.*

Endurance, the ability to sustain vigorous effort, is substantiated by the ability of the heart and lungs to supply oxygen to the working muscles.⁽¹⁾ Although many factors have an impact, endurance and human working capacity end when the cardiovascular and pulmonary systems can no longer keep up with the demands for oxygen. In addition, the structural and functional integrity of brain and viscera are profoundly dependent on regular oxygen supply. Any disturbance of this supply can be life threatening.

OXYGEN AND DISEASE

The world famous Dr. Arthur Guyton theorized that all chronic pain, suffering, and diseases are caused from a lack of oxygen at the cellular level.⁽²⁾ Lack of cellular oxygen is termed hypoxia. Hypoxia has been implicated in central nervous system pathology in a number of disorders including cancer, heart disease, stroke, and various other neurodegenerative diseases.⁽³⁾ Among other diseases, regions of low oxygen tension are commonly found in malignant tumors and are associated with increased frequency of tumor invasion and metastasis.⁽³⁾

Consider that the average human being breathes between 12–18 breaths a minute. That equates to 18,000 to 26,000 breaths every 24 hours. It has been suggested that at rest we should consume six breaths in a minute to supply our needs. The extra activity involved in our short, shallow breathing habits is robbing us of precious energy, producing toxic waste products, and promoting disease in our bodies.

PREDICTING DEATH RATES

In a long-term study, Dr. Schunemann actually found that lung function predicts mortality rates. He explains:

The lung is a primary defense organism against environmental toxins. It could be that impaired pulmonary function could lead to decreased tolerance against these toxins. Researchers also have speculated that decreased pulmonary function could underlie an increase in oxidative stress from free radicals; we know that oxidative stress plays a role in the development of many diseases.⁽⁴⁾

Dr. Wendell Hendricks, two-time Nobel Laureate, winner of the Nobel Prize for Cancer Research, Hendricks Research Foundation, said the following:

Cancer is a condition within the body where the oxidation has become so depleted that the body cells have degenerated beyond physiological control. Similarly, the true cause of allergy is lowered oxidation process within the body, causing the affected individual to be sensitive to foreign substances entering the body. Only when the oxidation mechanism is restored to its original high state of efficiency can the sensitivity be eliminated.⁽⁵⁾

CHEST VS. ABDOMINAL BREATHING

Effective and efficient oxygenation of the cells, tissues, and organs of our body is an absolute energy necessity. Our respiration cycles are governed by the autonomic nervous system. When your body is under stress you tend to take short, shallow breaths. Because these breaths only penetrate into the upper portion of the chest and lungs they are called “chest breaths.” This reduces your bodies’ ability to effectively oxygenate. This is appropriate in order to increase respiratory rate when you are under truly stressful situations, like being chased by a lion or sprinting on a track. However, when it continues for an extended period of time, it sets up the pathological processes described earlier.⁽⁶⁾

Several studies have shown that heart disease, depression, anxiety, and chronic pain patients have an intimate relationship with persistent shallow, chest breathing behaviors. Several researchers have suggested maintenance of posture and breathing habits to be the most important factor in health and energy promotion.⁽⁷⁾⁽⁸⁾

HEART FUNCTION

Diaphragmatic or abdominal breathing is the proper way to respire. Taking deep, diaphragmatic breaths is necessary to get the oxygen-rich air deep into the base of the lungs, where three times as many blood vessels are available for respiratory exchange compared to the upper lung region.⁽⁹⁾ Amazingly, when we are taking deep breaths, our diaphragm, which is attached to the heart, is able to pull the heart down and massage it with each breath. This process optimizes the body’s natural ability to pump fluid and nutrients into the heart vasculature and suck out the wastes. In the absence of diaphragmatic breathing, the body is unable to adequately deliver nutrients and eliminate wastes from the heart.

Dr. Guy Hendricks says:

Healthy breathing should be the first thing taught to a heart patient. A Dutch Study conducted by a Dr. Dixhoorn, compared two groups of heart attack patients. The first group was taught simple diaphragmatic breathing, while the second group was given no training in breathing. The breathing group had no further heart attacks, while 7 of the 12 members of the second group had second heart attacks over the next 2 years.⁽⁵⁾

CHRONIC PAIN AND DEPRESSION

The diaphragm is also attached to the lumbar spine and produces a natural rhythm of movement that stretches the back and pumps fluid and essential nutrients into the avascular soft tissue structures like the intervertebral disc and ligaments preventing and possibly correcting spinal degeneration and chronic pain syndromes. The effects continue in that proper diaphragmatic movement pumps cerebrospinal fluid (the fluid around the spinal cord), which results in an increase in brain metabolism and the resulting feelings of physical and mental well-being and enhanced mental alertness.⁽⁸⁾

It is essential to focus on your breathing throughout the day. Take pauses in your activities to correct your posture and take long, deep breaths from the belly. The body responds to this stimulus by relaxing, understanding that it is not in a life-threatening situation. (Obviously if you are breathing long, slow, deep breaths you are not

being chased by a lion.) The parasympathetic nervous system is activated, calming stress hormones and decreasing heart rate and blood pressure. As you consume more oxygen and release metabolic waste products like carbon dioxide, you will improve your mood and energy levels.

Steps to Transform Your Breathing Habits:*

1. Be awareness of your breath.
2. Roll your shoulders back and slightly tip your head back.
3. Put your hand about an inch away from your navel.
4. As you take a deep inhalation, your navel should expand out and hit your hand.
5. As you exhale, your abdomen should sink back in.

*If you notice your chest moving a lot as you breathe—you guessed it—you’re a chest breather. The good news is that you can change that today and experience a new life of energy and “inspiration.”

To Optimize Breathing Habits for Life

1. Continual awareness and practice of correct breathing mechanics
2. Chiropractic care and specific posture and neurological rehabilitation exercises.
3. Regular practice of yoga, pilates, and spinal hygiene exercise program.
4. Regular aerobic exercise program.

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Peace, Love, and Watermelon

By Jesse Andersen

Well, here we are in July and August, the two HOTTEST months of the year. And I'm not talking "hot," like Paris Hilton says HOT. I'm talkin' HOT, as in sweat, heat, perspiration, underarm deodorant not cutting it, bare feet burning on the pavement, butt cheeks burning on the seat of the car, air so thick it's harder to breathe, and men who would never wear lotion—putting sunblock on their bald spots so they don't blister, HOT.

So, why do we look forward to the middle of summer? One word: WATERMELON. Beautiful, sweet, delicious, delectable, melt-in-your-mouth, watermelon. Well O.K., that's not the ONLY reason we look forward to summer, but I'll bet that it's high on your list too. I remember as a kid, we would sit outside on the picnic table, and my Mom would bring out the watermelon. By the time we were done, there were seeds (yes, seeds), juice, and rinds all over the table and all over us. But, the telltale smile was evidence of one of nature's true delights.

Then the watermelon kicked in. You know how it works. Within 15 minutes, that wonderful watermelon works its way through. And when ya gotta go, ya gotta go. If you and the neighborhood kids were playing freeze tag, battle ball, or jump rope . . . everything stopped, for just a few minutes.

Fast forward to 2008. Where do you buy your watermelons today? Are they organic? Do they have seeds in them? Or do you buy the seedless kind? I want to share a few things with you about seeded and seedless watermelon; really seeded and seedless anything.

Many of you know that I have been a raw vegan since May of 2006. And, on my journey to eat the best food that Mother Earth has to offer, I have often wondered about seedless fruits and vegetables. When I was a kid back in 1958, the only watermelon you could buy had seeds. But, oh boy, aren't we fancy today? We have figured out how to get our watermelons not to produce seeds. In fact, we've figured out how to get most all of our fruits and vegetables not to produce seeds. (Just as a side note: if we de-seed all of our fruits and vegetables, how can we grow more fruits

and vegetables if we don't have any seeds? I just hope somebody is paying attention.)

Instead of me standing on my proverbial soapbox, I've decided to give you an excerpt from one of my favorite raw food authors, Victoria Boutenko. Her book *Greens for Life* (available at Life Grocery), is not only packed full of fabulous research and stories about greens, but in chapter 15, "The Wisdom of Plants," Victoria explains beautifully WHY seedless fruits and veggies are probably not our best choice.

Here's what she has to say:

. . . *the goal of all plants is the continuation of their species and providing adequate living conditions for them. . . for the very same reason plants have learned to make their fruit colorful, palatable, and nutritious to ensure that its consumers not only eat one fruit but continue to return for more. This strategy works very well and all fruit gets eaten. Have you ever noticed how thoroughly birds "clean" cherry trees or how squirrels keep working on an oak tree until there are no more acorns left? What happens next? The "eaters" digest their food and leave bowel movements far away from the mother plant and the seeds are covered with nice "organic fertilizer." The seeds get a perfect start. Inside the fruit, the seeds are wisely protected from being digested with hardy shells and inhibitors. Note that the plant keeps its fruit extremely un-tasteful, colorless, and without attractive fragrance all the way until the seeds are ripe, so that nobody wastes them before the seeds have matured. . . . when a plant is genetically altered, it does not produce seeds on purpose. Such a plant makes itself infertile to prevent future unhealthy generations. Seedless watermelons are usually odorless and tasteless, because an upset plant has no motivation to make its fruit sweet, fragrant, or attractive in any other way. I am sure that it is not healthy to eat seedless plants,*

because their entire chemistry, electromagnetic charge, and who knows what else has been altered. In my own life, I prefer to pay double for an organic seeded watermelon or tomato.

Hmmmmmm . . . gives you a lot to think about doesn't it?

Now many of you are looking at the price of a seeded, organic watermelon and saying to yourself, "They're a little on the pricey side." However, before I was a raw vegan, back when I was still eating the "standard American diet," I wouldn't think twice about an occasional Flo's filet from Longhorn Steakhouse, which would cost you just about the same amount.

Do yourself a favor. While they are in the prime of their season, go ahead and enjoy . . . I mean REALLY enjoy, a beautiful, sweet, delicious, delectable, melt in your mouth, organic watermelon. (Life Grocery has those, too!)

I must end by telling you something very interesting, as it relates to the hot, hot summers in Georgia. Ever since becoming a 100% raw vegan in May of 2006, the HOT in Georgia doesn't bother me, really. I used to RUN from my house to the air-conditioned car, and from my car to the air-conditioned house every summer since moving to Atlanta. Tolerance to heat is just another of the many benefits waiting for those who wish to explore the abundance and joy of a raw vegan diet. O.K . . . gotta run, as there is a watermelon waiting with my name on it!

Jesse Andersen, director of the Raw Food Resource Center, presents free lectures and all day seminars several times monthly at Life Grocery. For more information or to see her "before & after" weight loss photos (she lost 80 pounds in six months!), contact her at 770-606-0353 or RawFoodResourceCenter@gmail.com. Check the Life Grocery calendar for Jesse's lectures and all day seminar, Raw Food Nutrition for Health & Weight Loss.

The Frightening Phenomenon

By Linda Townsend

While watching the movie *Phenomenon* some years ago, I was gripped by a tender moment when one character, George Malley, philosophically explained his impending death to two children. He took an apple and said, ". . . if we take a bite of it like this . . . it becomes part of us forever. . . ."

The philosophy of an eaten apple becoming part of us is both wondrous and quite frightening. In reality, the apple gets digested, so the body will use it for fuel and to heal at the cellular level. Some of the less digestible parts will pass out of the body. This is the natural process for all foods we eat. The question is whether the food works with or against this natural process.

Tampering with Nature's Blueprint

There are several impressive scientific names involved: genetically modified (GM), genetically modified organism (GMO), genetically engineered (GE), green biotechnology, agricultural biotechnology, transgenic crop plants, and, my personal favorite, although not one of the scientific names, frankenfood. I have heard about all these things for years, but it just seemed too much like science fiction than real science. However, recently I watched a documentary on how they do this slicing of DNA and use a machine that acts like a "gene gun" to literally shoot DNA fragments into the cell nucleus. These fragments can combine with the plant's own genome with the use of "promoters" that some argue could also promote undesirable dormant genes. (This is no longer sci-fi; this is reality!)

The really disturbing part, well, there are two things, actually, that are equally disturbing. First, the DNA fragment selected may not be of a similar plant or even any plant. It seems that scientists can use any DNA fragment from any source producing recombinant DNA. Think about that for a moment. Vegans could be eating plants altered with animal DNA. Those who follow religious dietary laws could be eating DNA fragments of prohibited foods. We could be eating foods that have even been altered with human DNA one day!

Second, the enthusiastic scientist interviewed on the documentary believed that she could isolate DNA fragments, add them to a plant, and get the precise results she wanted without any concerns about potential side effects in the short or long term!

Does this sound incredibly presumptuous or is it just me? If there is anything we have learned in the recent years, with FDA recalls of medications, it is that long term side effects on human beings never really seem to be discovered in the confines of medical science labs. The real test for long-term side effects occur when they have been released to the general public and have been in use for at least a few years; even then, specific medical problems may not be linked to the source for many more years or decades.

Science Reining Nature?

Scientists in favor of genetic engineering claim it is a "natural extension of traditional breeding," the main difference being that it allows access to a broader range

of genes even from unlike organisms to produce desirable results. The skeptics argue that extracting the specific gene is highly precise, but the insertion of the gene is uncontrolled and highly unpredictable. Should the desired result be achieved, we still don't know what affects it will have on the animals and humans eating the foods. In addition, inserted genetic material is still subject to genetic nature, such as the natural occurring genetic drift, evident in each generation that is also rather unpredictable.

You may have heard of the StarLink corn controversy eight years ago. StarLink corn was genetically engineered with a particular strain of Bt pesticide, called the Cry9C protein. It was produced and purified from a bacterial host in hopes that the corn plant would be resistant to the European corn borer, a very destructive pest. Although the FDA banned StarLink for direct human consumption, Cry9C was approved for livestock feed. However, in the year 2000, Cry9C was also found in taco shells by an independent laboratory. Although recalled, even today some measure of Cry9C is still found in corn products made for human consumption. Corn readily cross-pollinates, as do some other plants. This may be why organic farmers continue to report problems with "genetic trespass" from genetically modified crops—a poignant reminder that *nature will not be contained or restrained!*

continued on page 6

The Symbolology of Food

By Traci and Kal Sellers, MH

The idea that something might have a symbolic message is not new. In fact, the use of symbols to empower the mind is at least as old as Egyptian tombs and pyramids; even the language of the ancient Egyptians itself is rich with symbolism that goes beyond mere communication.

This idea cannot have possibly escaped the note of even the most casual and uninterested observer. Our own country has symbolism from end to end, full of the symbolism of timelessness, liberty, judgment, and (later) ruling, dominating elitist control of wealth.

One would surely be blind not to see the symbolic gestures we give to each other that communicate more than our words do. We call this non-verbal communication, including tonality that we share with each other in our interactions. These provide the essence (positive or negative) or lack thereof in every interaction with another person. These are symbols of closeness, sensitivity, consideration, peace, strength, beauty, etc.

The fact that we can apply this symbolism to food should therefore come as no great shock.

Today, when I was listening to David Wolfe on tape, he was quoting a colleague who explained that cooked food is somehow in the past, while raw food is in the present and that eating either will tend to bring the consciousness into the corresponding state. In other words, a raw food eater will tend to cling to the moment, while the cooked food eater will always be dragging the past into the present and will make judgments about the present, based on the experience of the past. Past energy and choices will dictate the present and the future for the cooked food eater.

This is simply an example of symbolism, nothing more. The raw plant food is alive in the moment you eat it, thus suggesting to the mind an interest and focus on what is, right now.

Cooked and dead food is, contrariwise, something that *used to be* alive, but is not now. Its life energy existed in the past and does not exist in the present.

The eater of it correspondingly gets the suggestion, from the symbolism that their interest is in what used to be, not in what is now.

For humans, there is another dimension to this symbolism that can be discussed. That symbolism comes from the attitude we put on our food by our thoughts and beliefs.

This has been highlighted recently by Masaru Emoto's work and his book *Hidden Messages in Water*. What might be considered a very ethereal, energetic, and non-substantial impact on our environment has been reduced to human visual capacity and measurable physical change.

In Dr. Emoto's book, he takes real photographs of crystallized water (ice) to determine if it has any ability to form hexagonal crystals and how perfectly. He has shown real changes that occur due to attitude and thought from the nearby people. For him and those who read his book, prayer and spiritual supplication for food and drink (and even for large bodies of water) are a measurable, photographable physical phenomena.

In the Hindu belief system, all food is graciously consecrated to God. If it is not, it is believed that any food, no matter how high quality, is poison to the consumer.

For the person who offers his/her food to God with gratitude, digestion is easier, the food tastes better, and health is supported/created. Positive attitudes, meditation, gratitude, love, and good company around food certainly affect the food in a healing way, as well.

This all has to do with symbolism. In the case of Dr. Emoto's work, that symbolism, which is microscopic when the actual change takes place, is not visible, but it is nevertheless real and, presumably, measurable by our body's innate intelligence.

When we eat, the symbolism of that food is pivotal to our experiencing either a healthy or a pathological relationship to that food. Regardless of food quality, attitude can determine the ultimate relationship to food.

Of course, I am not recommending that you just develop a good relationship with fast food. Indeed, I am suggesting that the symbolism of our food is profound and that anything we do to enrich that symbolism with as pure of energy as possible will pay off immediately. Eating food that is alive (which also suggests gratitude for what nature offers) and unaltered when you eat it is profoundly important, especially if you have basically lost the ability to have a healthy relationship with food from the inside out. Then you really need raw, live plant food that grows in the sun.

Gratitude Salad

1 pt grape tomatoes, halved
1 orange or yellow bell pepper, diced
2 avocados, diced
¼ c finely diced red onion
4 oz baby spinach, finely chopped
½ c coarsely chopped sunflower sprouts
juice of one lemon
2 T raw red wine vinegar (Eden brand)
2 T raw agave nectar or honey
2 T olive oil
1 t poppy seeds
pinch of sea salt (optional, if desired)

- Mix everything in a large bowl (wooden or ceramic is best).
- Let sit a few minutes to allow flavors to mingle.
- Eat with gratitude.

Kal and Traci Sellers team teach eight healing and "cooking" classes that are a compliment to their co-authored books: [Traci's Transformational Health Principles](#) and [Traci's Transformational Kitchen Recipe Collection](#). Check the [Life Grocery calendar](#) for their upcoming classes and lectures, or contact them at www.bestfoodist.com, or 706-473-4375.

Ask Dr. Susan: Sweet Summer Snackin'

By Dr. Susan Esposito

Dear Dr. Susan,

What do you recommend I give my children for snacks instead of all the ice cream and candy that they like to eat in the summer? I know that fruit is a good option, but I'm worried about all the pesticides that I hear are sprayed on them. - Kim

Dear Kim,

As a mother of three growing children, I too, struggle with providing them with healthy snacks. If it's sweets they crave, you are correct in choosing fruit as a healthier substitute.

The natural forms of sugars that are present in fruit are converted to energy in your child's body in an efficient manner. The fiber that is contained in the fruit allows for a slow absorption of the fruit sugars from the gut into the bloodstream. This slow absorption prevents the spike of blood sugar that we see when consuming the refined sugars found in ice cream and candy. This spike is then inevitably followed by a crash in blood sugar. As you can imagine, the roller coaster ride of sugar levels in your child's system creates mental, emotional, and physical instability, as well as decreased immunity for several hours after the sugar's ingestion.

You are also correct that there are many chemicals and pesticides sprayed on conventionally grown fruit, not only here in the US, but all over the world. We get a lot of fruit imported from other countries that do not have laws regulating the spraying of pesticides, so it can be a little scary handing your child a "healthy" piece of fresh

fruit, not knowing what kinds of toxins and poisons (because that's what these pesticides really are) have been sprayed on it.

So here are some suggestions to ease your mind:

- Buy organic fruit from a vendor, such as Life Grocery, that you can trust. Some vendors advertise produce as organic, however when it was tested in an independent lab, the produce was found to not be organic after all.
- Make sure you wash all produce off with water and soap. You can use those products that are marketed for cleaning pesticides off produce, but good old soap and water has been found to work as well. Unfortunately, just washing the skin of a piece of non-organic fruit doesn't protect you from ingesting all the chemicals, if the fruit is not organic, because the chemicals are frequently absorbed through the skin of the fruit into the flesh.
- If you're going to eat some non-organic fruit, stay away from "the Dirty Dozen." Eating the top 12 most contaminated fruits and vegetables will expose you, on average, to 14 different pesticides per day. Of the top 12 most contaminated produce, 7 are fruits and 5 are vegetables. In order of contamination, the most highly contaminated fruits are peaches, which are the most likely to have multiple pesticides on any single piece of fruit.

Next in order of most highly contaminated are apples. Peaches and apples are found to have up to 9 different pesticides on a single piece of fruit. They are followed by strawberries, which have up to 8 different pesticides on a single sample. These are followed by nectarines, cherries, imported grapes, and pears. Just in case you're wondering, the vegetables that are most highly contaminated by pesticides are: sweet bell peppers and celery, which have the highest likelihood of multiple pesticides found on a single sample, followed by lettuce, spinach, and potatoes.

Fruit is such a sweet, easy to prepare, and yummy snack. Take advantage of this summer season, when fresh fruit is most plentiful, to indulge in all your favorites and remember to expose your children to some of the more exotic fruits. Studies have shown that children, who are exposed to a wider variety of foods at an early age, will have a more greatly diversified diet when they are older and will be more inclined to try new foods later on. Just remember to try to purchase fruit that is organic, especially if it's one of the fruit included in the "dirty dozen" mentioned above.

Dr. Susan Esposito is a nutritional advisor, chiropractor, and vegan mother of three children. E-mail her at susanesposito@gmail.com for questions you would like her to answer in [The Life Line](#). She will respond to questions as space permits.

The Incredible Raw Avocado

By Dr. Brenda Cobb

Avocados have an image problem. Everybody knows they taste good, but most weight-conscious people say, “No thanks” to the avocado because they have a lot of calories and fat. They are not as bad as you might think, as you can get a lot of nutrition for those calories. A one-pound avocado supplies 70% of an average adult’s daily needs for vitamin C; a fifth of needed vitamins A, B1, B2; a third of the daily vitamin B3 requirements; and generous portions of such minerals as phosphorus and magnesium.

The avocado’s makeup, which is about 12% fat and 8% carbohydrate, is more like a nut than a fruit. However, as far as food goes, the calories of avocados are relatively “clean.” The fats occur in simple, easily assimilated molecules that are cholesterol free and low in sodium—beneficial factors for persons with circulatory problems.

Avocados are among the most ideal between-meal snacks for dieters, because most people eat them fresh and raw. The essential fatty acids in the avocado remain unrefined. They retain the nitrogen compounds that act as chemical tags to let the liver know how to break them down and use them. The fats in avocados will not be turned into bulge. They become energy reserves and help form the lining of the membranes for the nerves.

The same goes for the carbohydrates in the avocado. These are complex carbohydrates, the type that everybody needs. The body knows what to do with them. Avocados have a perfectly balanced pH so they are easily digested and very rich in mineral elements which regulate body functions and stimulate growth.

Especially noteworthy is the iron and copper content, which aides in red blood regeneration and the prevention of nutritional anemia. Avocados are one of the most

valuable sources of organic fat and protein. They improve hair and skin quality as well as soothe the digestive tract. Avocados are an ideal food for most everyone because they are a completely nutritious food.

Chunky Guacamole

3 ripe large avocados
3 Roma tomatoes
3 green onions, including the tops
1 large clove garlic
1 t cumin powder
1 c fresh cilantro
2 T fresh lime juice
1 t Celtic or Himalayan salt

- Cut avocados in half and remove the seed.
- Scoop the avocado out with a spoon and mash with a fork until creamy.
- Chop the tomatoes, green onions, cilantro, and garlic. Combine with the lime juice, cumin powder, and salt.
- Serve with fresh raw vegetables like celery, carrots, and zucchini.

Avocado Applesauce

3 apples, peeled and cored
1 avocado
½ c raisins (soaked 1 hour)
½ t cinnamon (optional)

- Put the apples and avocado in the food processor and blend until creamy.
- Stir in the raisins and cinnamon and enjoy a great treat.

Avocado Tomato Dressing

1 avocado
2 c tomato
2 stalks celery
2 t cumin
pinch sea salt
½ c water

- Blend all ingredients in the Vita-Mix.
- Add more water as needed to make a creamy, easy to pour dressing.

Carob Mousse With Strawberries

4 avocados, very ripe
2 c medjool dates, pitted (DON’T soak the dates)
1 t vanilla extract
¼ c raw carob powder
strawberries, for dipping

- Blend all ingredients in the food processor until creamy.
- Dip fresh strawberries in the mousse and indulge.

*Brenda Cobb, founder of The Living Foods Institute and author of **The Living Foods Lifestyle®**, **101 Raw and Living Food Recipes**, and six other books on health and healing naturally with organic raw and living foods, teaches a Healthy Lifestyle Raw and Living Food Course at Living Foods Institute, 1530 Dekalb Avenue, Atlanta, Georgia. Join her for free seminars, recipe demos, banquet feasts, and graduation parties at Living Foods Institute nine times a year. For exact dates visit www.livingfoodsinstitute.com or call 404-524-4488.*

Adrenals

By Dr. Kimberly Strickland

What do women on a North Georgia homebirther email group and a 41-year-old male runner who qualified to compete at the Olympic Trials have in common? If you guessed low functioning adrenals, you are correct. While most of us can appreciate the effort an athlete must make at the Olympic level, how often do we consider the strain of everyday life? Several recent posts from the homebirth moms discussed adrenal insufficiency and its impact on their health and ability to “go for the gold” for all they do. I am a stay-at-home mother who also works part-time in the evenings and volunteers quite a bit locally. I can tell you it takes a vast amount of energy to raise my children and fulfill the vast array of other jobs I have taken on. I also live with a man who has pushed himself athletically for most of his life.

My husband, Michael, was privileged to compete in an exhibition race at the Olympic Trials on July 3rd in Eugene, Oregon. He qualified as the 9th seeded time in the country for a 3k. Sixteen athletes were invited to compete. Michael worked with a coach and trained in the weeks leading up to the event. He was excited and nervous about competing in the biggest, most prestigious event of his life thus far. If you are a runner, you will also know that Eugene, Oregon is the Mecca of running.

All the training, proper eating, and visualization Michael did prior to the event left him unprepared for and disappointed in his performance. I looked on the internet at 2 am on July 4th and saw he had finished 15th with a time of 9:33 which was 33 seconds slower than his seeded time. When he called, his message sounded so sad. I wondered what had happened. He said, “I had nothing. Almost from the beginning of the race, I knew I had nothing in reserve. I did the best I could and didn’t know what was going on.” When he told his coach, he

immediately suggested Michael get his blood checked. He went for a biofeedback session and learned that he was anemic and suffered from low adrenal function.

Adrenal insufficiency is rising every year, mainly due to nutritional deficiencies from over-processed foods and chronic mental and emotional strain. The adrenal glands sit on top of the kidneys and are our primary organs for combating stress. Emotional stress, particularly anger, causes significant disruption of adrenal function. Almost all people with adrenal insufficiency suffer from allergies. It’s also associated with hypoglycemia and diabetes. Other symptoms include fatigue, loss of energy, mental depression and anxiety, a decrease in hydrochloric acid production and other digestive symptoms, loss of appetite, nausea, vomiting, diarrhea, abdominal pain, weight loss, muscle weakness, dizziness when standing, dehydration, and the heels are usually cracked and extremely dry.

Adrenal steroid synthesis requires a variety of nutrients including essential fatty acids, amino acids, vitamins A, B (in particular pantothenic acid, which is B-5), C with bioflavonoids, E, zinc, selenium, potassium, manganese, chromium, and magnesium. There are also products that contain glandulars from animals that can be helpful. There are many herbs that also aid the adrenals in their function. Life Grocery has several products specifically for adrenal support in the supplement department. With improved nutrition and a reduction of stress, the adrenals can regenerate and return to normal functioning.

Pay attention to the signs your body is giving you. If diet, supplements, and stressors are ignored the adrenal glands can shrink and atrophy. If you think you are suffering from adrenal insufficiency, consider seeing a health care provider to check for this.

Resources:

Haas, Elson M, M.D. [Staying Healthy with Nutrition](#). Celestial Arts, 1992.

Page, Linda Rector, N.D., Ph.D. [Healthy Healing](#). Healthy Healing Publications, 1998.

Dr. Kimberly Strickland earned a doctorate in natural health from Clayton College of Natural Health in 2005. She started [Inspired Living with a partner](#). Together they created www.naturallivingresources.com and www.inspirationboards.com, as a way to help people live healthy physical and mental lives. She is also a stay-at-home mother to two boys. She has been a volunteer at Life Grocery for 11 years.

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The Frightening Phenomenon

Going Where No Gene Slice Has Gone Before

In our enthusiasm to improve one thing “for the good of mankind,” science and technology often take a great leap forward into a new frontier, but it often costs us in ways we cannot foresee. About 100 years ago, a seemingly innocent process for altering natural vegetable oils was thought to be harmless, but now we know that trans fats build up contributing to arterial plague and heart disease—they become part of us. People once thought that pesticides were harmless and, at first, farmers did not even wear any protective gear during application, but now we know that these chemicals cause a wide range of diseases, including cancer—pesticides become part of us.

Presently, we are on that familiar threshold of another technology, one that we may be even more helpless to hold in check, beckoned for its promises in food production improvements. How can we possibly foresee what we are risking *before* transgenetic foods become a part of us?

Contact Linda Townsend of BioHarmonics at ceisa@bellsouth.net for further information.

The Other Side of Vegetarianism

By Betsy Bearden

Do you remember what prompted you to take on a vegetarian lifestyle (if you are a vegetarian, that is) and then face the family with the news? I do. It's the kind of moment when everyone is sitting at the dinner table, and you are looking at the huge platter of beef liver smothered in onions thinking, "I just can't do this anymore." As the plate is being passed to you, you finally find the courage and blurt it out, "I can't eat that anymore. I've decided to become a vegetarian!" At that moment someone gasps and snorts milk out their nose, a fork drops and bounces off the floor, and the room gets totally silent for what seems an eternity—then all heck breaks loose.

It was way back in the '70s for me, when I visited a cattle farm. I was about 12 or so. (Ok, those of you who know me can add a few more years to that.) Given the fact that vegetarianism has been around since the beginning of time, even in the '70s it was still a little hard to come forth with it.

Siblings turn their backs on you, and your mother starts walking around, wringing her hands and asking, "What are we going to do? What did I ever do to deserve this?" Your father blames it on the "Hippie Movement," and your grandparents are convinced it is just some passing phase: "She will come to her senses and grow out of it." But then someone asks the big question, "You want to be a vegetarian? Just what are you going to eat?"

That is so funny! I can't believe how many times throughout the years I have been asked that question: *What do vegetarians eat?* Oh ... we eat vinyl, rocks, socks—hemp. What do people *think* vegetarians eat? I guess that is a legitimate question. See, vegetarians have a network of inside information that non-vegetarians are not privy to. We know stuff—stuff like tofu, TVP, tempeh, and how to grill a mean slab of tofu and make it taste like a pork chop ... well, almost. Yes, our society has come so far since 1971. It is more widely acceptable to be a vegetarian these days; or is it?

Let's fast forward to 2008. My friend's daughter recently turned 18, and she dropped the "V" bomb on her mother the other day. Same scenario at the dinner table I have described above, but with a different focus. The focus is not that of embarrassment and what will we tell the family, but more on how will you get the proper nutrition you need, such as the proper amount of protein from a vegetarian diet.

We have become as a nation, more health conscious than ever, yet we the people of the United States of America are among the most obese people due to sedentary and fast-food-based lifestyles. Not to mention that many prepared foods contain high fructose corn syrup. What's up with that? There are healthy alternatives and safer alternatives. My friend's daughter chose to become vegetarian because all the meat and poultry recalls of late are frightening. She is also appalled with the inhumane way in which the animals are treated. But that's enough about that.

So now that we've come clean with it, where does that leave the *other side*? We have made the decision to change our lifestyle, but how does that affect the people around us? A main staple of my diet is soy and tofu is a great source of protein. I have a nephew (who shall remain nameless, but you know who you are!) who is terrified of tofu. I honestly believe he thinks if he ingests ½ an ounce of tofu, that he will turn green and begin speaking in tongues or something. I am not kidding, he is mortally afraid of it!

And then we have my brothers ... bless their hearts. One of them has stated that he had rather eat toe-gum than to-fu. So there you have it. I am practically banned

from bringing a covered dish to any special occasion. "That looks good, but what's in it?"

Once people work through the acronym SARA, (shock, anger, rejection, acceptance) things settle down. Both my mother and mother-in-law send me vegetarian recipes they clip from magazines. They have catered to our needs with delicious casseroles and veggie side dishes, and in the interim, they have acquired a healthier diet themselves.

It's funny—I have found that there are two types of people: Those who will accept that you are vegetarian and those who won't. When I was working as a reporter in a small town, the owner of a local sporting goods store was standing in line behind me at a popular diner. While I was placing my order, he realized I didn't eat meat. His reaction was extremely interesting, as if I was on some covert operation and would be bringing in the PETA militia to shut his store down because he was pro-meat and definitely anti-vegetarian!

On the other hand, I have an elderly neighbor who asked for a copy of my vegetarian cookbook. She was so sweet and sincere when she looked me straight in the eyes and said, "You know, I don't eat a lot of meat anymore because I know it's not good for you. I have practically become a 'vastatarian' myself." I love it!

My mother and one of my nieces, Michelle, have "converted" but you will have to overlook the bacon and pepperoni pizza in Mama's freezer. She's 84, so I guess there are some things a person just won't give up. But it really must be challenging for the die-hard, non-converts who invite us to dinner, because they really don't know what vegetarians eat or what to feed us. Throughout the years, Steven and I have never walked away from any of our family or friends table unsatisfied, even if we just ate a potato salad sandwich and potato chips.

So please don't apologize if you sit across the table from us enjoying your burgers, ham, or turkey. We honestly don't care. But just as my friend worries about her daughter's nutrition, our friends and relatives worry about us. There *is* the issue of proper nutrition, and getting the proper nutrition is certainly an area of concern.

A 4 oz. hamburger patty has 200 calories, 13.5 g fat, 70 mg. cholesterol, and 22 g protein. Firm tofu at 4 oz. has 88 calories, 5.3 g fat, and 10 g protein. When you combine the tofu with 4 oz. of brown rice, you are not only getting "complete" protein, but you have bumped it up to 13 g protein. And just to take this a step further, if you add cheese to the tofu and rice combination, you have boosted your protein intake to almost 20-25 grams! And if you really want to get serious, 4 oz. of tofu is not really that much, so you can double that portion and still come out better than you would have with the hamburger! I hate to say this, but it's really not rocket science.

It is very easy to get the proper amount of protein from a vegetarian diet. Just drop a handful of edamame into a spinach salad, and top it off with chopped walnuts, or chop up an egg and add that to the salad. *Any* bean and rice combination will do. A glass of soymilk with a peanut butter and jelly sandwich hits the spot every time. And there is always cheese! The possibilities are endless, so I say: An abundance of great vegetarian cookbooks+ fresh organic veggies+ endless sources of vegetarian protein=Life Grocery.

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.

Classifieds

PART-TIME HELP WANTED AT LIFE GROCERY AND CAFÉ LIFE. Applications for are being accepted for customer-service oriented individuals. Shifts include days, nights, and weekends. Reliable transportation required. Experience and flexible availability a plus. Apply at Life Grocery or call 770-977-9583, ext. 216.

RAWFOOD RESOURCE CENTER. Ancient & modern nutrition, where health & beauty are predictable results. Teaching raw foods seminars and classes each month. Contact Jesse Andersen at RawFoodResourceCenter@gmail.com.

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Life Bits: Want to Keep Interiors Cooler?

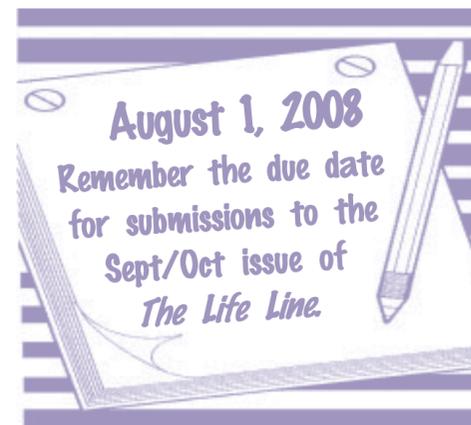
By Kay Byrd

Blocking the sun from shining directly into your house or car can substantially reduce the demand on your AC, thus reducing energy and gasoline usage.

Simply closing your curtains or blinds during the day, especially when not at home, can noticeably reduce interior heat. Test it out by leaving them closed during the time of most intense sun exposure, then slide your hand behind the curtains or blinds and feel the extra heat.

Using window tint/sun block film on your windows reflects away even more heat. It can be purchased and applied yourself. A product and research website to begin with is www.windowtint.com. If you are serious about doing it right and making it look good, for either home or car, they have video guides, a state by state guide to car window tinting regulations, and a large variety of products. Prices for a 25" roll for residential use begin around \$100.

OR ... you can go the really cheap route, like me. Go to a camping or military surplus store and get those little silver emergency heat-reflecting blankets to hang up over your windows during the day. Are they pretty? NO. ...but they do the job and one measuring about 4 ft. by 6½" usually costs less than \$3.00. They can be cut to any size and draped over an adjustable tension curtain rod or shower rod. And, as opposed to curtains and blinds, you can see out, but no one can see in during the day, much like the silver lens sun glasses.



Gluten Free Summer Fare

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

It's hot outside and summer activities are in full swing. Whether you are at a cookout, picnic, or are looking for easy cool snacks to go along with outings to the park, lake, or beach, there are a multitude of gluten free choices available. You don't need to be concerned with what everyone else is eating, With a little bit of planning, you will find so many summer foods that are naturally gluten free like watermelon, homemade potato salad, and cole slaw (again, please verify all ingredients).

You can easily make fresh homemade gluten free ice creams, with or without an ice cream maker. Simply mix your favorite blends of creams, milks, and flavorings together and follow the directions that come with your ice cream maker. For those without an ice cream maker, take one quart sized heavy-duty freezer bag and put your mixture inside and seal tightly. Then, put the bag inside a heavy-duty gallon-sized freezer bag with a 50-50 mixture of ice and rock salt. Next, seal the gallon bag tightly and shake vigorously until the ice cream mixture inside begins to freeze. This is tons of fun for kids and grown-ups alike. You can eat your fresh ice cream right out of the bag too!

Traditional fare for cookouts like hot dogs, grilled chicken, hamburgers, or veggie burgers can be easily converted to a safe gluten free meal by going without a bun or by making a gluten free one. You can either make homemade gluten free buns using *The Gluten Free Pantry's Delicious Slicing Bread Mix* and bun molds made out of aluminum foil or use *Kimmikinick* or *Ener-G's* gluten free hot dog buns. Both are delicious.

For a safe hot dog, Applegate Farms claims that all of their meat products are gluten free; we really like their chicken hot dogs. Oscar Meyer Hot Dogs are gluten free as well, but always read all ingredient statements, as ingredients can change. Be careful with vegetarian versions of hot dogs and hamburgers, most of them do contain gluten.

Another fun thing to do is grill fresh sliced organic vegetables such as zucchini, yellow squash, carrots, bell peppers, Vidalia onions, or any other vegetable that you can think of. Simply lay vegetables out on a sheet of aluminum foil, brush with olive oil, sprinkle on some of your favorite gluten free seasonings, fold foil over to make a "packet," and grill over a medium heat for approximately 10 minutes or until done.

Below are some summer recipes for you to enjoy:

Gluten Free Burger & Hot Dog Buns

Delicious Slicing Bread by *The Gluten Free Pantry*, entire bag

2 t active dry yeast (*Red Star*)

Combine:

1 1/3 c lukewarm water

3 T melted butter or vegetable oil

1 large egg and 1 egg white (or equivalent substitute)

- Preheat oven to 375° F.
- Lightly oil a metal mixing bowl or loaf pan.
- Pour mix and yeast into another large bowl. Add liquids and beat three minutes on medium speed.
- Scrape dough into pan and cover with plastic wrap.
- Let sit in a warm place for approximately 30 minutes.
- Make bread molds by folding a foot long sheet of aluminum foil into a 1' x 1" strip, then shape into a circle or oval for buns.
- Place molds on cookie sheet and lightly spray them with gluten free cooking oil.
- Shape dough into buns, place in molds, and cover with plastic wrap again and continue to let rise for 45 minutes to an hour.
- Bake 20-30 minutes or until brown and hollow sounding when bread is tapped.

Note: Basic dough directions are on bag of mix.

Fruit Salad

assorted fresh organic fruits such as oranges, grapes, pineapple, watermelon, honeydew melon, apples, bananas; cubed or sliced, as desired

¼ c fresh orange juice

1-2 c organic raisins

½ c shredded coconut

sliced almonds

- Place fruit in large bowl.
- Squeeze lemon over fruit.
- Add raisins, coconut, and almonds, if desired.
- Mix thoroughly and cover.
- Refrigerate for at least one hour before serving.

Smoothies

You can get really creative with these wonderful treats for a hot day. Here are a few suggestions:

- Fill blender with 2 cups ice and 1 cup fresh apple juice.
- Add 1 fresh peeled banana, 2 tablespoons Stonyfield Farms vanilla yogurt, 1 cup strawberries and ¼ cup honey.
- Blend until smooth.
- Fill blender with 2 cups ice, ½ cup fresh orange juice, ½ cup fresh apple juice, 2 peeled bananas, 2 tablespoons of Stonyfield Farms vanilla yogurt, ½ cup strawberries, ½ cup blueberries, and ¼ cup honey.
- Blend until smooth.

Balsamic Stuffed Round Zucchini

This recipe uses one round zucchini, but the recipe multiplies easily. You can also use the mixture to stuff narrow or thin zucchini.

8 cherry tomatoes, quartered

1 large mushroom, chopped into small chunks

1 small garlic clove, crushed

1 T white onions, finely diced

1 T dried oregano

4 t balsamic vinegar

1 T olive oil

2 T parmesan cheese, finely grated

salt and pepper, as desired

1 zucchini, round (about the size of a softball)

- Heat the oven to 180° F.
- Put the tomatoes, chopped mushroom, garlic, onion, and oregano into a bowl.
- Add the balsamic vinegar, mixing until well combined.
- Let stand for 30 minutes.
- Cut zucchini in half, length ways. Using a teaspoon, scoop out and discard pulp.
- Heap the tomato mixture into the scooped out zucchini shells.
- Sprinkle with salt and pepper to taste,
- Drizzle with the olive oil and top with the parmesan cheese.
- Bake for 45 minutes or until the shell just starts to go soft.

Carrot Raisin Salad

2 c shredded carrot

1 c canned crushed pineapple in juice, drained

½ c raisins

1-8-oz carton plain nonfat yogurt

- Combine carrots, pineapple, and raisins.
- Stir in yogurt until well mixed.

Use these ideas as a "jumping off" point for your creative ideas! Have fun, eat well, and stay cool!

Nisla Whetstone is a 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.

New Products

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