

Spice Up Your Summer

By Dr. Susan Esposito

In the last issue of *The Life Line*, I shared some of the health benefits of adding spices to your diet. In this article, I will expound on the benefits of several spices and herbs, as well as give you a brief description of each. While there are certainly many more herbs and spices from which you will derive benefits, I have included some of the more commonly used ones below.

Cardamom – A member of the ginger family, native to India. These aromatic seeds contain an oil that helps to stimulate digestion and relieve flatulence.

Cinnamon – Derived from the dried inner bark of a tropical tree to form the cinnamon sticks used in cooking. Cinnamon has health-boosting compounds including eugenol, which is used to relieve pain, and cinnamaldehyde, which has sedative properties. Cinnamon has anti-clotting and anti-inflammatory properties, which reduce clumping of blood platelets. It is suspected that cinnamon boosts brain function. Of all the spices, cinnamon is one of the richest sources of antioxidants. Cinnamon is anti-microbial and can stop the growth of bacteria, fungi, and yeast. Research shows that it may also lower blood sugar, triglycerides, LDL, and total cholesterol in people with type 2 diabetes. Aim for ¼ to ½ teaspoon of cinnamon twice a day.

Cloves – Are the unopened buds of an evergreen tree. Clove oil is well known as a treatment for toothaches; its antiseptic properties make it an excellent mouthwash. The main ingredient in the oil is eugenol, which is anti-inflammatory and can help ease the stiffness and pain associated with arthritis. It can help reduce congestion and stimulate digestion. To drink this spice as a tea, pour a cup of boiling water over 1 teaspoon of cloves and steep for 10 minutes.

Coriander – Is the seed and cilantro is the leaf of the same plant. It is effective against swelling, high cholesterol levels, diarrhea, mouth ulcers, anemia, digestion, menstrual disorders, conjunctivitis, and skin disorders. It is antioxidant rich and contains vitamins A and C, as well as minerals. It is protective of the eye by preventing macular degeneration and soothing the eye against stress. It has a stimulating effect on the endocrine system, which in turn stimulates the production of insulin. This results in increased insulin in the blood which aids in the proper assimilation and absorption of sugar; it also lowers the sugar level in the blood.

Cumin – Is a member of the carrot family and looks and smells like caraway seeds. It is a good source of iron and manganese and is thought to help digestion and bloating.

Garlic – May disrupt the metabolism of tumor cells, says Karen Collins, RD, nutrition advisor to the American Institute for Cancer Research. “Studies suggest that one or two cloves weekly provide cancer-protective benefits.”

Ginger – Contains antioxidants and can help protect against disease. It can help calm spasms and reduce flatulence in the digestive system. It is an excellent treatment for nausea associated with travel sickness, pregnancy, and hangovers. It was found to be twice as effective as Dramamine in preventing motion sickness. Its anti-inflammatory abilities make it useful in fighting heart disease, cancer, Alzheimer’s disease, and arthritis. Doses used in clinical trials range from 500 to 2,000 mg of powdered ginger. (A quarter-size piece of fresh root contains about 1,000 mg.) More than 6,000 mg can cause stomach irritation. Ginger can also hinder blood clotting, so if you’re about to have surgery or are taking blood thinners or aspirin, talk to your doctor first.

Oregano – Has antibacterial properties. It works in the intestinal tract to kill unfriendly bacteria without damage to the friendly bacteria. It is effective against candida albicans overgrowth throughout the body, particularly in the sinus cavities. It has four times the antioxidant activity of blueberries.

Paprika – Contains capsaicin, which has anti-inflammatory and antioxidant effects that may lower the risk of cancer (also found in cayenne and red chili peppers).

Red Chili Pepper – Contains capsaicin, a powerful anti-inflammatory compound that helps relieve pain. It may ease congestion and clear mucus from the lungs and nose, boost immunity, prevent stomach ulcers by killing bacteria, assist in weight loss, reduce blood cholesterol, manage triglyceride levels, and help prevent heart disease.

Rosemary – Reported to stop gene mutations that could lead to cancer and may help prevent damage to the blood vessels that raise heart attack risk.

Sage – Contains flavonoids, phenolic acids, and oxygen handling enzymes. This results in its ability to prevent oxygen-based damage to cells. Sage may fight rheumatoid arthritis, bronchial asthma, and atherosclerosis. It appears to promote better brain function and memory.

Turmeric – Contains curcumin, which can inhibit the growth of cancer cells. Try to have 500 to 800 milligrams a day, says Bharat Aggarwal, PhD, a professor of cancer medicine at the University of Texas, M.D. Anderson Cancer Center.

Suggestions to add some spice to your life:

- Dip berries or bananas in low-fat sour cream (dairy or non-dairy), then add a mix of 1 teaspoon ground cinnamon and ¼ cup brown sugar.
- For an Indian flavor, add ¼ teaspoon turmeric to water when cooking 1-cup rice.
- Make cumin tea by steeping 1 teaspoon of seeds in 1 pint of boiling water.

- Ginger tea can be made by adding a few slices to hot water. Try chewing on a little piece of the root to help with digestive problems.
- For motion sickness, try having one or two pieces of crystallized or candied ginger. Make sure ginger is listed as an ingredient; some candied products or ginger ale contain a small amount or a synthetic form. You can also add ¼ teaspoon ground ginger to vegetables like carrots and sweet potatoes, as well as fresh fruit (especially peaches).
- For a delicious organic chicken or tofu rub, combine 2 teaspoons rosemary leaves with 2 teaspoons seasoning salt and ½ teaspoon thyme leaves.
- Let garlic sit for 10 to 15 minutes after chopping and before cooking so the active form of the protective phytochemicals develops. Sauté fresh garlic over low heat and mix with pasta, red pepper flakes, and Parmesan cheese (dairy or non-dairy).
- Combine 1½ teaspoons paprika, ½ teaspoon ground thyme, and ½ teaspoon ground red pepper to liven up popcorn.
- To spice up tomato soup, add ¾ teaspoon oregano to 1 can; add ½ teaspoon to 2 cups pasta or pizza sauce. Substitute 1 teaspoon dried oregano for 2 teaspoons fresh.
- To help relieve indigestion, mix a handful of crushed cardamom seeds in ½ cup of water with some ginger root. Bring to a simmer, then add a little warm milk (dairy or non-dairy) and honey.

Be sure to check out the Bulk Herb Department at Life Grocery for a full line of bulk herbs and spices. It is more economical and good for the planet, as there is less packaging. Buy a little or buy a lot. It’s a great way to add more herbs into your diet without a big financial investment. Bottled herbs and spices are also available, which make for great containers to fill with bulk herbs and spices once they are empty.

It is said that variety is the spice of life, so try a variety of these and other spices and your life will surely never be bland!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and mother of three children. If you have a question for Dr. Susan, you may e-mail her at susanexposito@gmail.com. Not all questions can be answered in this newsletter.

All Things Considered

By Don Bennett, DAS

We are great at being able to look at things in isolation if it serves us. Whole articles have been written about the beneficial effects of drinking red wine, yet there is hardly any mention of the detrimental effects of the alcohol. On balance, red wine does more harm than good, but the grape growers, wine makers, wine distributors, and wine retailers naturally choose to focus on the pluses. But make no mistake about it, the minuses are still there. And when the evening news spends 98% of the time reporting on the benefits of red wine, and only 2% on the hazards, when the hazards represent 98% and the benefits 2%, I don't call that balanced reporting. That's called "telling the public what the industries involved would like them to hear."

Even hard science falls prey to looking at things in isolation. Recently, scientists discovered how to enhance the anti-cancer properties of broccoli. Broccoli is a good source of sulforaphane (sulfur), which is a natural disinfectant used by the liver to reduce cancer-causing chemicals that enter your body (like from pesticides on non-organically grown food) before they can damage cells. But broccoli also contains a "sulfur-grabbing" protein which inactivates some of the beneficial sulforaphane in the broccoli, so raw broccoli isn't as great as many people think. The answer? Heat the broccoli! Yes, if you cook the broccoli to 140 degrees you damage those naughty sulfur-grabbing proteins, and then all the sulforaphane is available to your body for its battle against cancerous cells.

When people wear blinders, very often something is overlooked; often that something is detrimental to the body. As for broccoli, when you cook it, you not only denature the sulfur-grabbing proteins, but *all* the proteins, even the good ones. After cooking broccoli, it no longer functions as a protein. But we need protein, so the more you cook food, the less bioavailable protein you're getting. However, our protein needs are really very small compared to our need for fuel (simple carbohydrates that our cells require), so the real downside here is not so much the *diminished* protein in cooked/steamed broccoli, but the *damaged* protein in the broccoli.

Denatured protein is seen as a "foreign invader" by the body; the body doesn't even recognize it as protein. In fact, it doesn't recognize it as anything, so it does what it does for all unrecognizable substances: it creates antibodies to eat them up so the body can spit them out. The problem with damaged food proteins is that they are not bad bacteria or viruses or some other harmful pathogen, but the body doesn't know this. And in the process of creating and sending out antibodies to deal with the unrecognizable invader (denatured proteins) those antibodies inadvertently attack healthy tissue. And what do we call it when the body attacks itself? An auto-immune reaction. And when this reaction occurs every day, it can become an auto-immune disease. We are told that it isn't known what causes auto-immune diseases. But that's strange, because I know what causes them and now you know, so how can health professionals charged with protecting the public *not* know?

So this is what can happen when looking at things in isolation. And this practice is used most often by industries that sell products that have negative health aspects. Is it in your best interest to embrace studies that were commissioned by an industry whose job it is to promote that very product (like dairy products)? If the study conclusions were pre-determined (unethical, but done all the time), is that "study" of value to you or to the industry that commissioned it?

No doubt about it, it's in your best interest to look at things on balance, with *all things considered*. This may not result in the answer you'd like to hear, but if your health—both today's health and your future health—is of the utmost importance to you, then it would serve you well to live by this motto: "Give me the truth though the heavens may fall."

Don Bennett is a Disease Avoidance Specialist, lecturer, and author. His book, How to Have the BEST Odds of Avoiding Degenerative Disease, is available in the book department at Life Grocery. Visit health101.org for more inspiring information.

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Hours:	Store	Café	Hot Bar
Monday-Saturday	9am-8pm	9am-8pm	11am-3pm
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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:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
Marietta, GA 30062
770-977-9583

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Kay Bird, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heather Wilmoth

Contributors: Jesse Andersen, Betsy Bearden, Don Bennett, Kay Bird, Brenda Cobb, Dr. Joe Esposito, Dr. Susan Esposito, Ronnie B. Hudson, Brian Murray, Kal Sellers, Dr. Kimberly Strickland, Linda Townsend, Nisla Whetsone, Draya Sioux Woolf-Wilson

Life Grocery Store, Inc.

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

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Saturday, 6/26/10

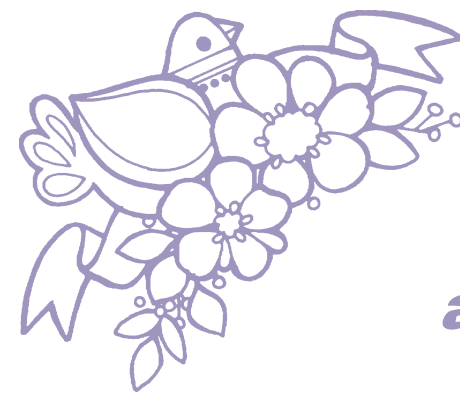
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9 am-8 pm



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Nutrition from “A” to “Z”

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

“U” stands for ugli fruit. It’s a Jamaican fruit that is about as sweet as an orange or a tangerine. It has a really good flavor, is loaded with vitamin C, and is a good replacement for oranges if you’re looking for more variety in your diet.

“V” is for the most important food on the list...vegetables! It doesn’t matter which ones you choose...broccoli, lettuce, artichokes, carrots, tomatoes (well, actually, tomatoes are fruits), cabbage, celery, etc. They are packed with vitamins, minerals, and nutrients, many of which you can’t get anywhere else. They also contain phytonutrients, which have been shown to help reduce the risk of cancer, metabolize fat, fight the aging process, and a host of other good things. Try to eat most, if not all, of your veggies raw. Raw veggies have enzymes in them that help your digestive system work more efficiently, keep your muscles and bones strong, help combat arthritis, and keep the immune system working at its peak. The less you cook the veggies, the better they are for you. The fiber found in veggies is essential for normal bowel function and to detoxify your system. I can go on and on about veggies, but the bottom line is that you must eat them every day if you want to obtain and maintain good health.

“W” stands for water. Water is absolutely the most important thing you could ever put into your body; it’s essential in order to maintain a healthy system. Our body is composed of 75% water. Studies show that if you’re just 10% hydrated, you’re only capable of operating at one-third of your mental capacity. That’s mind-boggling! I would say 99% of us are dehydrated.

In kids, the thirst and hunger centers in our brain are separate. As we get older, the two centers merge together. That’s why our thirst sensation is generally ignored or low. Often, when we think we’re hungry, we’re really just thirsty. Dehydration can cause heartburn and headaches, as well as back and heart pain; it can even contribute to rheumatoid arthritis. Water helps to flush toxins out of the body and stabilize blood pressure. It can help to lower cholesterol. Water can help to keep appetite controlled and, thus, help to stabilize or lower body weight. The benefits of drinking water are enormous and must not be ignored.

How do you know how much water to drink? Take your weight and divide it in half. That’s how many ounces of water you should be drinking. If you weigh 200 pounds, you should drink 100 ounces of water a day. Are you always going to reach that amount of water? Probably not. I don’t always drink as much water as I should, but I strive for it every day. I promise you, once you add more water to your diet, you’ll notice a HUGE difference in your energy, mood, and how you feel in general.

Following is a recipe from my book that combines many healthful ingredients.

Sun Dried Tomato Pesto

1/3 c pine nuts
1 T garlic, chopped
1/3 c cilantro, packed leaves
1/3 c basil, packed leaves
1 T lemon juice

1 c tomato chopped, or sun dried tomatoes in oil
1/2 t sea salt
1/2 c extra virgin olive oil
12-16 oz wheat free pasta or rice

- Put all the ingredients into a food processor, except the tomatoes.
- Pulse chop several times.
- Stop to scrape down the sides and repeat.
- Add the tomatoes and continue to pulse chop until just blended. Do not over process, as it should not be a puree.
- Prepare pasta or rice as directed on the box.
- Chill or serve over pasta or rice, or use as a vegetable dip.
- For a raw dish, julienne 2-3 zucchinis or any root vegetable and use in place of rice or pasta.

Note: Light or medium toasting of the pine nuts will add much flavor.

Dr. Joe Esposito, chiropractor, author of Eating Right for The Health Of It!, syndicated radio show host of Health Talk Atlanta, and director of Health Plus Wellness Center, is committed to making healthy living commonplace. For info or to speak to him personally, please call 770-427-7387. You can also check out Dr. Joe’s website www.DrJoeEsposito.com. Mention Life Grocery when you call and get a private consultation with the doctor at no charge!

The Cornerstone of Vitality

By Brian Murray, M.Ed.

The amount of exercise that you need to make your body younger and more physically fit is ridiculously small if it’s the right type of exercise. The right type of exercise is high intensity strength training. Does this mean I recommend that you shouldn’t do any other form of activity? Absolutely not.

Over the years, I have worked with many people who are very active prior to entering my program. They regularly participate in jogging, tennis, yoga, spinning, and various other activities several days a week. When I add a brief and infrequent high intensity strength training program to their mix, their performance in all of their other activities quickly improves while their bodies develop a firmness like never before. The interesting thing is that they all seem to develop an urge to become even more active.

On the other hand, I have seen many of these same people significantly decrease or totally eliminate all other activities *except* strength training and continue to enjoy a level of physical fitness far greater than before they started the program. Why?

Strong muscles are the cornerstone of youthful vitality and being active is a natural by-product of having strong muscles. But simply being active does not give you stronger muscles. Therefore, as long as high intensity strength training is part of your life, extra activity becomes something you *choose* to do, not something you have to do. For example, if one weekend you play three sets of tennis on Saturday and do a 15-mile hike on Sunday, and the next weekend you feel like lying on the couch reading a book, that’s great! As long as strength training is a constant in your life, and you

continuously strive to become stronger, your physical fitness will be excellent and you will enjoy a firm and leaner body.

There is absolutely no need to constantly beat up your body with mindless activity just because “they” say you should to be fit and healthy. With the right type of exercise in your life, you have more freedom to do the activities that are really fun for you whenever you want, while being confident that you are doing the right thing for your body.

Being active is necessary, but don’t be active to be stronger. It won’t happen. Get stronger to be active. Strong muscles are your cornerstone of vitality.

Brian Murray is an exercise physiologist, fat loss consultant, and author of Stop Trying to Lose Weight –You’re Making Yourself Fatter. To learn more, please visit www.sttlw.com.

Skin Care

By Dr. Kimberly Strickland, ND

We are quickly approaching the season of fun in the sun. I am currently healing from the effects of too much sun from long ago. I am a light skinned, freckled, blue-eyed girl with reddish hair, so I am predisposed to moles and skin cancer. Add to this, while in high school, I “fried” myself with baby oil during the time of day that the sun was the strongest and during my freshman year of college I spent time at the tanning bed. Both practices were a recipe for future skin problems. Well the future is now.

Recently, I used some bloodroot black salve on four moles. The pain was very intense. The idea is that the

salve extracts abnormal cells to the surface and then the body heals itself and eventually the mass of abnormal cells, called “eschars,” fall off. Black salve is not supposed to attack normal cells. To aid in the healing process, I purchased some neem oil and lavender oil, as well as vitamin E to put on these spots; all available at Life Grocery.

According to the National Cancer Institute, there were more than one million new cases of nonmelanoma skin cancer in 2009 in the US. There were less than 1,000 deaths. I strongly suggest that everyone take care of their skin. Sunscreen that is leftover from last year

should be thrown away, as it loses its potency over time. Life Grocery currently has several brands of natural sunscreen for adults and children. There are also facial products with SPF in them for everyday use. Remember to avoid the sun during the most intense part of the day usually from 11 am to 3 pm.

Dr. Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys. Skyler Wynter was born on March 3, 2010.

Does America Have a Shortage of Doctors ... or Just an Excess of Disease?

By Jesse Andersen

Did you know that the state of Georgia has fewer doctors per thousand people than most of the states in our country? Here are a few examples: California, Colorado, Ohio, and Virginia have 1.5 primary care physicians per thousand; Arizona, Kansas, and Tennessee average 1.2 per thousand; and Nevada, Utah, Alabama, and Georgia have less than 1.0 per thousand. Some of you may be saying, "So what?" What does that really mean to us. Let's take a look.

Do you think we should (a) encourage more allopathic doctors to continue to wrap us up in the cycle of pharmaceutical dependence, nutritional ignorance, and accelerated disease or (b) invest in health through nutrition, by teaching people the value of eating *real* food, by encouraging our children to fuel their bodies with food that balances and heals, and adding superfoods, sunshine, and exercise to our lifestyle?

I don't know about you, but I like option "b." As a matter of fact, I've been practicing that option for about four years now.

Prevention is one of the buzzwords of today amongst the alternative/holistic medical community. They are the standard bearers of encouragement for proper diet, supplements, herbal and homeopathic remedies, nutritional therapies, and common sense lifestyles. Keep in mind, if you are already in the midst of illness or disease, there is still much hope for you. When your cells get satiated with good nutrition, they start to rejuvenate ... so it's never too late.

In the manual that I provide each student with at the end of the "Raw Food Nutrition for Health and

Weight Loss," class that I teach, I've included a list called, "The Three Words." It's a holistic lifestyle list, if you will; a list of possible lifestyle encouragements to consider adding to your daily, weekly, or monthly "to do" lists.

The Three Words

- *Get Some Sun*
- *Breathe Deep & Fresh*
- *Drink Great Water*
- *Eat Real Food*
- *Raise Your Vibration*
- *Move Your Body*
- *Heal Your Emotions*
- *Align Your Structure*
- *Be Quiet, Meditate*
- *Balance Your Hormones*
- *Wisely Choose Supplements*
- *Occasional Fasting & Detox*
- *Repair – Rethink – Re-do*
- *Be Very Grateful*

I would encourage you to contemplate the above list. Add your own "three words." Prevention through healthy living really is key. And just for the record, the above list is in no particular order.

Mike the Health Ranger, of www.naturalnews.com, says, "How do we solve the doctor shortage? The answer is quite simple: Unleash the power of nutrition to prevent and reverse disease." Ditto. Even though you and I both know that nutrition is not the *only* answer,

we also know that it can quite easily start with nutrition then progress to other areas of benefit for your life.

Better nutrition can start simply by adding or subtracting one, two, or three things from your diet. Subtract meat or dairy or both. Subtract processed sugars and processed carbohydrates or both. Add fresh, organic fruits and vegetables. Add green smoothies, juices, probiotics, superfoods, and digestive enzymes. Keep it simple. You can do it!

By the way, Life Grocery offers all of the above; fresh organic fruits, vegetables, and greens, as well as a knowledgeable staff in the supplement department to help you find exactly what you're looking for. They also offer free lectures on many topics related to health, along with classes and workshops. Life Grocery has been rockin' it for over 30 years. They're not doctors, but I'm so grateful that we have them nearby as a partner in health!

References: www.naturalnews.com, and "Medical Schools Can't Keep Up," by Suzzane Sataline and Shirley S. Wang for *The Wall Street Journal*

Jesse is the Director of the Raw Food Resource Center and teaches several classes at Life Grocery, including the very popular: "Raw Food Nutrition for Health & Weight Loss." She also presents a free one hour lecture weekly and shopping tour at Life every Thursday at 6:30 pm. For more info on her classes, or if you would like Jesse to email you her *Before and After weight loss photos*, email her at RawFoodResourceCenter@gmail.com.

RAWexist with Draya: All About Water

By Draya Sioux Wolf-Wilson

It seems an obvious phenomenon since Spring 2000, when political rap group, Dead Prez, wrote about vegetarianism and water on their album "Let's Get Free." Now it's 2010, and we're still wondering what the deal with food and water is, or at least some of us are. With the new healthcare bill recently passing, it strikes an even more ominous chord. So what's the deal?

I am a seeker of truth, which led me to raw foods just over two years ago and alkaline water a year ago. Recently, in living a magical life, I ended up at a raw food seminar with raw food mentors and elders, Gabriel Cousens and David Wolfe. Many topics were discussed as will unfold in upcoming articles. However, the one topic that permeated the walls more than any other was water. As the topic of water arose, it seems as though almost every hand flew up in a room of over 130 people, sitting almost sardine like on the floor of the small event studio. The speakers quickly answered each question about water that the audience asked until there was no more time left for questions. So with no further ado, this is my take of what was said by our raw elders and mentors about water.

Initially, the main problems or culprits in our public water system were discussed, with the focus being calcium, chlorine, fluoride, lithium, and birth control drugs. Chlorine, as most of us know, can be filtered out, but others need to be distilled out especially fluoride, which disrupts metabolism, speeds the aging process, and causes bones to be brittle. Those are just the main physical effects, that's not to mention the mental and psychological effects of fluoride. Many people don't

realize that fluoride is the same size as the water molecule itself and, therefore, can't be filtered. It can however be distilled. However, distilled water has its own issues, which we will get into quickly.

With just these top few problematic water culprits, it is enough to get the picture. However, allow me to add a few personal experiences at this point. About five years ago, I worked for a government wastewater facility. We cleaned lines, storage areas, and other hidden places of fecal matter. After awhile I was promoted to the environmental side, where we would test the water leaving the plant to make sure it was within the legal regulations. Right here, let me tell you that they are very relaxed, not to mention that if a fecal (pooh) matter test came back over the limit, they could (and would) appeal it. The appeal would give them 24 hours to correct the situation and then the site would be retested, *but only* for the test in appeal. I personally know and saw chlorine used at unbelievable limits to clear it up. However, the chlorine was not the source of appeal, and, therefore would not be tested at that time. Not to mention, the Wastewater Department paid the bill for the Environmental Department, so if the tests came back too often and appeals were getting out of hand, there was pressure to "re-check" the tests without appeals, usually hours later. Why would environmental pressure its own workers to retest? There are other testing facilities and quite simply, they didn't want to lose their pay day. It is a serious conflict of interest to have the regulator paid by the one regulated, in my opinion, as I saw it *not* working.

I don't know if many of you watch, *Myth Busters*, but there was an episode where they showed that flushing a toilet with the lid down would still produce fecal matter on a toothbrush. I think one thing that may not be known is that there is a legal amount of fecal matter in all public water. I'm very sorry to tell, but your toothbrush can have fecal matter on it just from rinsing it in the sink or shower!

Okay, so the municipal water is crap, literally. Now what? Distilled is good, but it's *just* a water molecule. What a human really needs is more than that. It's like food and shelter, but no love. So here is a list of the best water options based on the David Wolfe and Gabriel Cousens seminar:

Spring water is numero uno for drinking! However, there are three different kinds of springs, some more preferable than others. The water should be fresh and collected within 10 feet of the original source. The best has a pH of just under 7, so neutral or very slightly acidic. It's best if it is out of the sunlight and a cellar-like temperature at 60 degrees. There is a natural vortex in water that dissipates over time and, thus, needs to be replenished frequently, daily according to Wolfe. So the old days of walking down to the well and collecting water for the day was actually very healthy, especially when considering that there was exercise and probably sunlight exposure involved in the process. Oh, did I mention, that water should always be collected in glass bottles? I am going

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Fast Health

By Kal Sellers, MH

Fasting is perhaps the widest used and oldest single remedy for healing still in use today. It is found in Eastern cultures, Native and Aboriginal cultures, and in the Essene Gospels as a fundamental method for healing both body and life. Fasting can bring about the most rapid change of health possible. A few aids will render it safe and effective for the person anxious to benefit from its power. [Editor's Note: Be sure to check with your healthcare practitioner, especially if you are under medical treatment, before beginning a fast.]

How Fasting Works

Fasting immediately stops the powerful pull of energy to the digestive tract. Most people store far more in calories and nutrition than is needed for healthful survival for several days to a few weeks. When fasting begins, the body immediately devotes all resources to matters that have been neglected. Most notably, this includes detoxification, elimination, repair, balance, energy flow, restoration, and fluid maintenance in the body.

Fasting also has a remarkable affect on life overall. When a person eats anything, the state of mind upon them at that time is somehow sealed in. It becomes a lock that keeps the person perpetuating that state of being. When one fasts, though, the person soon enters a state of dynamic flux, where life can be reset and brought back to a state that is more ideal. The person can make more and easier conscious movements toward the life he/she seeks.

In various ways, many natural healers have expressed one consistent sentiment: fasting can heal many things far faster than any other method of healing and fasting can heal some problems that cannot be healed in any other way.

The Issues with Fasting

It follows that in order for the operations of fasting (cleansing/repair/etc., and opening life to dynamic flux) to freely occur, there must not be any blockage at a physiological level. For this reason, colon hydrotherapy of some kind has been recommended and is widely used around the world in connection with fasting.

When there is blockage, the toxins released by fasting, which are primarily stored in fat cells, are a real threat. The body deals with this threat by not burning fat, but by burning protein. Even though this is also somewhat toxic, it is predictable and constant. The body can plan for it and redirect resources for that purpose. Even so, when a person's body is not ready for a fast due to toxic and/or constipated conditions, a fast can be very harmful and dangerous. The person may feel very poorly and liver malfunction has been known to occur.

Further, the body that is cluttered with wastes and toxins may really struggle moving resources around; real deficiencies and imbalances may occur.

How to Get Ready

We want to make sure that the colon is free and the liver is working well and unblocked. For this reason, we generally make some preparations for fasting. It is wise

to use a good lower bowel formula for several weeks before attempting a fast. There are many such good formulas, but there are a few rules to follow to make them effective: First, the one used should contain a spectrum of cathartic herbs. It should contain at least three different ones. Examples of cathartic herbs are buckthorn, cascara sagrada, senna, cape aloe, Turkish rhubarb, and yellow dock root. Second, it should contain herbs that improve bile flow (barberry, ginger, fennel, Oregon grape). Third, it should contain something to ease the action of the whole formula (ginger, fennel, catnip, wild yam). Fourth, it should contain something to disinfect (golden seal, garlic). Fifth, it should contain something to improve circulation to the colon (cayenne pepper, ginger, garlic). Notice several herbs overlap and none of these represent the only herbs in each category, but are samples of what might be found in herbal bowel formulas that may reliably be used to clean, rebuild, and strengthen the colon.

Next, it is a good idea to do some liver and gall bladder cleansing in preparation for the fast. On the newsletters pages of www.KalsSchool.com there are instructions for doing both long-term and intensive liver and gall bladder cleansing. The stone flushes are highly helpful prior to fasting.

Finally, the skin should be kept eliminating at optimum in preparation for and during a fast. This means dry skin brushing. There are many instructions for this, but the most important one is put the brush on your skin and get brushing. Brush everywhere. Learn the finer points after you get going.

What a Fast Should Look Like

Fasting should actually start well in advance of the actual fast. This means the person should go on just raw foods, or perhaps just juices, for several days prior to the fast. It is a good idea to eat plenty, but just fruits and vegetables or fresh juices. This is very effective. At some point prior to taking the next step, it is important to see a professional or an appropriately trained chiropractor who can test for and correct any hiatal hernia or upwardly displaced stomach.

Some type of professional or home administered colon hydrotherapy (water washing out the lower colon) should be used from the very first day and used every day on the fast, even from the beginning of raw foods or juices. This will ensure that the rapid breakdown of wastes do not clog the sewer lines. If a person has only just begun on bowel herbs a few weeks ago, I always have them continue with those throughout the fast in addition to the colon hydrotherapy.

When the person is ready, he or she may begin weaning off nourishment over a couple days, during which time nourishing and helpful herbal teas may be drunk. Because of my recent experiences finding a sharp increase over the last year in hypersensitivity reactions, I like to nourish the adrenal glands and the stomach. The stomach tea I make is equal parts of comfrey leaf or root, fennel, and peppermint. This is

sweetened with honey (not just for taste, but as part of the medicine) and drunk freely, a minimum of 2 cups daily. I also put the person on some liquid adrenal tincture that will rebuild the adrenal glands. Licorice root should be a component of that formula.

When ready, the person can transition to just water with a little sea salt in it and then to just water. This is typically done for 1-5 days and then 1-2 days of complete fasting is done where no water is drunk either.

This last stage—the dry fast—is where adrenal and stomach herbs come in very helpful. The person will not dry out and become imbalanced in fluids if there is good endocrine and stomach health. Those herbs are taken during the preparatory stage and help with the whole process. Occasionally, thyroid maintenance is also needed to be comfortable on a fast, but this usually requires help from a professional guide for that purpose.

Hidden in this last point is something important: fasting should not be miserable or difficult. If someone gets really weak or tired, cranky or sick on a fast, something is wrong. The fast should be discontinued and an appropriate health professional should be contacted and the issues addressed. Healthy fasting feels amazing! It is not uncomfortable or unpleasant or harmful in any way; it is deeply healing and abundantly helpful.

How to Break the Fast

When the person has completed the fast (in our practice, this is a 7 day fast, 5 days of water and 2 days of dry fasting—remember colon hydrotherapy happens every day, maybe twice daily), it is important to basically reverse the process to come back to solid food. First a couple days of herbal teas, then a couple days of just juices, fresh fruit, and raw vegetables. Then the person may transition to a hopefully inherently healthy baseline diet. Maybe the person will go raw or go to an ideal diet. In any event, the diet should be free of high residue foods. High residue foods are all processed foods, starches, dairy, and meat. Meals containing any high residue foods should consist of very simple combinations. At least 75% of each plate should be raw vegetables; meals may also consist of just ripe fruit.

Those who wish to take the fast track to health may find that there is no faster track than fasting! If fasting is done correctly, it is a very healthful, and in no way harmful, experience. Fasting should not be a terrible experience if everything is done correctly. If problems persist, professional help is encouraged to sort out the problems beforehand so that the experience can be optimal.

Kal has practiced herbology since 1998 and several healing arts since early adolescence. He is a full time chiropractic student, teaches bi-monthly teleclasses on herbal medicine through KalsSchool.com, maintains a private practice, and is the father to six daughters. You may reach him at 706-473-4375.



NEW CAFE LIFE HOURS

AS OF MONDAY MAY 10, 2010

Salad Bar, Juice Bar, & Kitchen: 9am-6pm Monday-Saturday
12-5pm Sunday

To place your order for pick up after café closing, call 770-977-9583 ext. 248
30 minutes prior to café closing or choose from the large selection of Café Life's Grab & Go items



Hot Bar: 11am-3pm Monday-Saturday
12-5pm Sunday

Herb Power

By Brenda Cobb

From the dawn of civilization, herbs have been used to bring flavor to food and medicinal healing to the body. Herbs have played an important role in religious life and have been used as ingredients in anointing oils and incense. The name “herb” comes from the Latin word “herba,” meaning grass or herbage, and technically refers only to those plants that do not have a wood stem, or a plant or plant part that is used for medicinal purposes.

During the Dark Ages, the accumulated knowledge of the Persian, Greek, and Roman herbalists was nearly lost to humanity. In the sixth century, the community of Benedictine Monks at Monte Cassino, in Italy, was one of the very few that owned a library of herbal manuscripts or cultivated an herb and vegetable garden in all of Europe. These monks copied the gardening and agricultural books in their possession time and again for other monasteries, and thus kept the ancient science of the medicinal and nutritional values of plants alive. Years later, it became a rule in every monastery that at least one of the monks acquire a thorough knowledge of plants, their use, and cultivation.

Herbs and spices can be very beneficial, but as a word of warning, conventionally grown and produced herbs and spices, may contain fillers, anti-caking agents, artificial colorings, preservatives, monosodium glutamate (MSG), and pesticide residues. Reactions to these various extraneous substances may occur. Look for organically, non-irradiated herbs in your local natural foods and grocery stores. Life Grocery carries a wide variety of organic herbs and spices in their Grocery Department, as well as their Bulk Herb Department, where you can bag up the amount that you would like. The possible price difference is well worth it.

Basil improves digestion and circulation, especially benefiting the lungs, stomach, spleen, and large intestine. This herb is traditionally used in Italian cuisine and adds a delicious flavor to any salad, tomato sauce, or dressing.

Cilantro is considered to be a blood purifier and digestive aid and can also be of benefit to women suffering from bloating and cramps. Typically used in Mexican-style cuisine, cilantro adds great flavor to guacamole and salsa and can also be a healthful addition to your green smoothies.

Dill is most noted for its ability to aid in digestion and has even been said to give some relief to colicky babies. Wonderfully flavorful, dill gives a regular salad a Greek twist, and combines very well with Mediterranean ingredients like tomatoes and cucumbers.

Oregano is another herb traditionally used in Italian cuisine. It is valued as an antioxidant and is noted for aiding in bronchial problems, headaches, indigestion, and nausea. Use fresh oregano as you would basil, in salads, tomato dishes, and sauces.

Rosemary is a natural antioxidant that can aid in digestion, freshen the breath, relieve anxiety, improve mental alertness, and relieve headaches. Rosemary is a very hardy herb that will hold on even as the rest of your herb garden is dying. Use it to flavor spreads and salads of any kind.

An easy and delicious way to benefit from herbs is to use them in salads, dressings, and soups. Not only will you get the benefits of the healing properties of herbs, you’ll love the exciting taste herbs give most any recipe.

Herbal Delight Dressing

1 T garlic, chopped
1 T fresh basil
1 T fresh dill
1 T fresh rosemary
1 T fresh cilantro
½ c flax seed oil
1 c fresh lemon juice
½ t Himalayan salt
½ t dried mustard

- Mince the garlic and all of the herbs.
- Combine the oil, lemon juice, salt, and dried mustard in a glass jar and shake well.
- Toss with your favorite greens for a refreshing, healthy, and savory salad.

Tomato Pepper Herb Soup

1 red, yellow, or orange bell pepper
4 c of very ripe tomato
4 stalks celery
1 c water
½ t Himalayan salt
1 T fresh oregano
1 T fresh basil
pinch cayenne pepper (optional)

- Blend all ingredients in the Vita-Mix.
- If you would like warm soup, place your hand on the bottom of the container (above the base) while blending to determine when it gets warm.
- Turn the blender off as soon as it is warm to the touch. Don’t let it run any longer, as the Vita-Mix can actually boil the contents! You may want to use a thermometer to check the temperature.
- Use more water if you want a thinner soup or less water if you want a thicker soup.

Brenda Cobb is author of [The Living Foods Lifestyle](#)® and Founder of Living Foods Institute. Hands-on recipe classes and a healthy lifestyle program including cleansing, emotional healing, herbs, superfoods, and essential oils are offered monthly. For more info call 404-524-4488 or visit www.livingfoodsinstitute.com. Scholarships may be available to help with tuition costs for those in need.

Primary Health Care

By Linda Townsend

While politicians have been raging on about health care, I have been reflecting on the subject from a different perspective. Although primary health care is described as that which is provided by a health care professional in the first contact of a patient, to me that is *secondary* health care. That is not to say that it is inferior, just second in sequence when primary health care is not sufficient alone.

What did people use as primary health care, for centuries upon centuries, before we had the advantages of modern medicine? Yes, many died of things that are now treatable. Unfortunately, today people die of both incurable and curable diseases, even when the best of health care is available; some even die due to medical errors in treatment. The history of medicine has had its treatment horrors, but medical science has built on its successes. Before prescription drugs came in pills, capsules, shots, and skin patches, people used herbs, food, plants, tree barks, mud, bugs, and nearly anything nature provided; some treatments have proven themselves to be quite successful.

Advances in medicine began to replace some of those age old treatments, not because the previous treatments suddenly became less effective, but because, in comparison, many of the newer applications were more efficient and more convenient. It is far easier on the patient to go about his daily business by taking a few pills rather than preparing and wearing a poultice for many hours, for instance.

Even today, though, much in the art of healing was and still is an art. We can have the latest technology,

the best pharmaceuticals, and the highest trained medical professionals at our disposal, but still two people with the same ailment often respond to the same treatment quite differently. A good practitioner adjusts treatment in an attempt to get the best response. The best medical professionals, most likely, will advise a patient what he needs to change in his lifestyle, but cannot regulate the lifestyle choices of the patient.

So, there it is, *primary health care* is you. It is your body. It is your choice what you eat, how much you eat, how often you eat, how often you drink water, how much water you drink, how you exercise, when you exercise, how you treat a minor wound, and on and on it goes. Every choice you make will likely do one of two things: Improve or worsen the condition of your body. Some things may *seem* to do neither, but really it is quite rare to find a completely neutral reaction.

When a person is younger and in good health, the body seems to be able to manage many abuses and yet maintain generally good health. However, there are usually some too-easily-ignorable signals along the way. As one ages those once seemingly harmless abuses begin to build upon each other and health deteriorates. This is a very slow and subtle process for most people, however at some point the person realizes he has become more limited in what he can do and what his body can withstand.

One of the questions I ask myself is how is a prescription going to truly correct a degenerative ailment when I have not corrected my lifestyle so it is no longer fostering the illness? Let’s look at one very obvious cause

of illness: smoking. When a person breathes in that very first puff of smoke, the lungs automatically try to eject it and coughing follows. Now this is an obvious signal that smoking is not a good thing to do, but as one ignores this and continues to smoke, eventually that signal is suppressed. The person will not become noticeably ill, perhaps for decades, when the signal returns, this time as a symptom of a manifested illness. While a doctor could have been advising the person to stop smoking all along, no doctor can give true primary health care to another person.

I am thankful there are medical professionals to provide excellent care as needed. But, I am also saddened that so many people cause, and even continue to cultivate, their own illnesses while using medical care as a crutch. They feel that they can continue doing the same things that they have been doing without being inconvenienced with lifestyle changes. What can be done to change this? We can educate ourselves and pass on our knowledge to our children and to others. We can live, with conviction, the lifestyle that reflects what we know to be supportive of good health. (Having the knowledge about how to exercise and the benefits of exercise without application is not exercising.) However, we cannot do any of this if we don’t first recognize our role in our own primary health care and see all other health care as secondary. Care for yourself well today.

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

The Walls Have Eyes

By Betsy Bearden

If you frequently dine at restaurants where the walls are lined with taxidermy... you might be a redneck. (Sorry, I couldn't resist.)

The other day, a friend of mine called and wanted to have lunch at this great new restaurant she had discovered. Now, anyone who knows me knows that I embrace the opportunity of dining at new restaurants. It's always bound to be an adventure and I love adventures! My articles written for Life Grocery over the years prove it: "In Search of Tofu," "Bacon, Bacon, Who's got the Bacon," and "Tofu, Thirty-Years Ago."

When she told me the name of the restaurant, it pretty much summed up what the specialty of the house was going to be, but it did not deter me. After all, I once went to a restaurant with the word "tofu" in it, and guess what, there was no tofu! In all fairness, I think they may have waved a hunk of it over the top of the small "cauldrons" that were laced with some kind of mystery meat and stuff that wasn't even identifiable. So, what do I know?

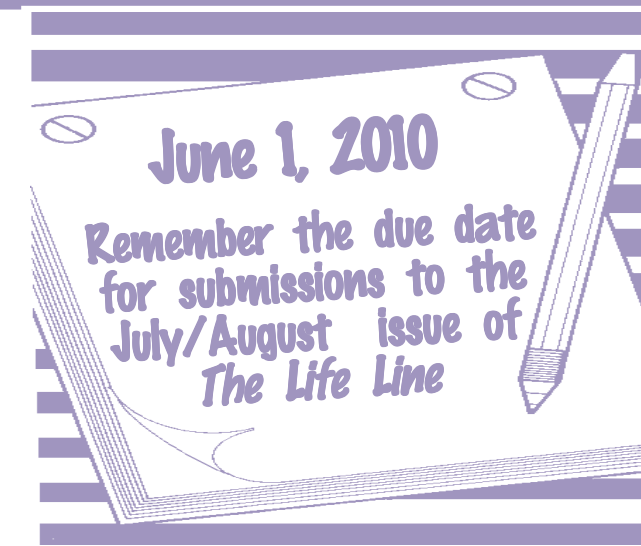
But she assured me that the great fresh veggie "side dishes" were just like down-home Southern cooking; with me being a down-home Southern girl, what's not to like? You can't beat a great meal of fried okra, mac and cheese, hush puppies, corn, and home-made coleslaw, so it sounded like a great place to meet!

We met at the restaurant around 11:30 that day. One of the first things I noticed was that the vehicles in the parking lot were service, utility, and construction related. That was a good sign, because it's usually an indication that the locals were on to something good. So, we made our way into the restaurant.

The protocol is that you walk up to the service counter, read the menu items on the chalkboard, and then place your order. Nothing unusual there, but upon reading the menu, it occurred to me that I was deep into enemy territory. It's sad when you have to ask about the veggies. "Yes, I would like to order the fried okra, hush puppies, corn, and coleslaw, but there's no meat in them, right? You see, I'm a *vegetarian*." Oops, there is that word again. The more things change, the more they seem to stay the same.

"No," she hissed, as she handed us two Styrofoam cups for our drinks. You know, you have never lived until you walk over to a beverage dispensing area, and right next to the iced tea is a huge old alligator head, with teeth intact, looking back at you. Awesome. After the shock wore off from seeing that, we sat down at our table. Everywhere I looked was taxidermy, mainly fish, on plaques looking back at me. I thought at first they might be the novelties that flap around, sing, and play music, but no... they were the real deal. Geez, I started to wonder where the rest of the alligator was, but then our ticket number was called and we got our meals. The veggies were good, but just between you and me—it's kind of hard to eat your meal with brown, beady eyes staring at you.

Being a vegetarian is a lifestyle choice. It's the choice I made in my late teens, but it finally became a way of life for me in my early twenties. These days there are so many great restaurants that will "cater" to vegetarian's needs, but every now and then I will encounter that discerning glare from the carnivores and those who just don't get it. It's like a scene from the



movie, "My Big Fat Greek Wedding." Toula tells her Aunt Voula that her fiancée is a vegetarian and that he doesn't eat meat. Aunt Voula is shocked and says, "What do you mean, he don't eat no meat? Okay—we'll have lamb!"

Some people just don't get it. But, I will tell you who *does* get it: Life Grocery and Café Life. Each visit there is a fun adventure! No taxidermy, although, come to think of it, walls lined with veggies on a plaque might be a nice touch!

Betsy Bearden is a certified and published writer, and the author of a self-published cookbook, Normal People Eat Tofu, Too. She has worked as a volunteer chef and cooking class instructor at Kroger's School of Cooking in Alpharetta, Georgia, 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.

Have You Seen Avatar?

By Kay Bird

Do you realize that in reality Avatar is being played out right now in the Amazon? Shortly after seeing Avatar, I read about a real Avatar situation—happening right now! If you have not seen Avatar, see it first—it is a powerful movie—and then read this article. You will be glad to know you can support the struggle of the people represented in Avatar—by buying peanuts at Life Grocery.

If you hang around Life Grocery, you have most likely heard of David Wolfe and have seen his line of raw *Sunfood* products. In the raw food section, you will find wild jungle peanuts, the world's original heirloom peanut, which are also 100% certified organic, totally raw, and delicious!

The sale of these exotic and outstanding peanuts directly helps indigenous farmers in South America protect their native rainforests from loggers, the petroleum industry, the cattle industry, and mono-crop farming. The story of this great discovery, as well as the following information, can be found at www.Sunfood.com.

Nutritional content of Wild Jungle Peanuts:

- Over 40% of beautifying oleic acid. This makes it truly "heart healthy."
- All 8 essential amino acids, plus some like methionine that are difficult to find in other foods.
- A whopping 14% protein! That's more than hemp or flax seeds. (So the next time someone asks, and you can be certain they will, "Where do you get your protein," you can say "Wild Jungle Peanuts! Haven't you tried them?")

But that is just the nutrition - it's even more fun discovering what you can do with them.

- Finally you can make truly raw peanut butter and jelly! Simply process the peanuts in your blender, juicer, or food processor and put them on raw Essene bread or flax crackers. Then add your own homemade fresh fruit jelly (dried figs work great!) and you've got that familiar flavor you grew up with—only now it's 100 times healthier!
- You can mix them with cacao nibs to make the best raw treat ever!
- You can add them to sauces, dressings, smoothies, etc., for an exotic, nutty flavor!
- Best of all, Wild Jungle Peanuts are incredibly stable and taste wonderful straight out of the bag as a quick and healthy snack. You'll may actually find it hard to put them down!

Wait—There's A Catch

One thing that's important to mention is that the land of the Shuar Indians is in jeopardy, due to the oil potential beneath the surface of the jungle. Their group of approximately 4,300 Shuar people has title to roughly two million acres of primary forest. The Shuar are one of an increasing number of Amazonian indigenous groups who are organizing against oil exploration activities.

The Shuar have demanded that no oil development occur on their land, although

ARCO has the exploration rights to two areas in their territory that encompass 2.5 million acres. The Shuar are putting pressure on ARCO and the Ecuadorian government to recognize their rights. But it's hard for a small group to go up against such large and powerful companies. Unfortunately this means we don't know how long we'll be able to get these wonderful Wild Jungle Peanuts.

The good thing is that if you buy them today, you help the Shuar to fight back. Every little bit helps, and each purchase contributes to the Shuar's sustainability. Also, the more their foods are recognized and appreciated by the US market, the more help and support they'll get from the Ecuador government, as well as non-profit groups.

*So if you are at all interested in trying the world's cleanest, purest, best-tasting, and Original Ancient Peanut, we suggest you get some right away. Remember, you're only a short drive away from making healthy raw peanut butter and jelly treats, amazing peanut-chocolate candies and so much more. **This is your chance to help!***

You can help the Shuar people by buying a bag of peanuts or jar of peanut butter at Life Grocery. Buy them as gifts and include this information. Send this article to others or email me (KayLBird@msn.com) for an attachment you can forward to family and friends. Let your world know what is happening. Tell everyone one about Avatar! Long live Avatar!

Clearing the Fog without Gluten

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

The longer I am on this gluten free journey, the more I learn about myself and about nutrition and health. They say that truth is stranger than fiction; I am finding that to be more true than I ever could have imagined. The more people I meet that have gone gluten free for various reasons, the more pieces of the puzzle are coming together. I'm finding common links with people who struggled all their lives to lose weight and all of a sudden are dropping weight without even trying, just because they are avoiding gluten. I talk to people who tell me that once they put their child on a gluten free diet, their behavior issues went away, they were able to concentrate better in school, they no longer had stinky gas, or all of the above. I have seen the very same results with my own child!

The most amazing thing to me is just how many people tell me that the "fog has lifted." The term "brain fog" describes it the best, but what appears to happen when people get gluten out of their diet, is they suddenly find themselves able to think more clearly and concentrate more easily. They also start to notice other things in their diet and environment that are toxic to them, that they never paid any attention to before. They

were always toxic, it's just when the fog is gone they can see what is really going on.

I've been fascinated with the different movements like Food, Inc. and Jamie Oliver's Food Revolution. These movements are raising awareness of a much bigger problem with our food supply and what we as a society accept or tolerate because of convenience or cost. But the overwhelming fact is we, as a society, have been slowly killing ourselves with our forks. (Thanks to Dr. Joe Esposito for sharing that little tidbit.) If we make just one small change in the way we look at food, our whole viewpoint begins to shift.

I used to believe that it was just about providing gluten free recipes that replaced your gluten-filled favorites. But since I have been working with Dr. Joe, I have learned that it is so much more important to educate people on *why* we need to avoid things like gluten, even if we don't have Celiac Disease, Chron's, or Diabetes. (If you have any of those conditions you *must* be on a gluten free diet.)

I have learned that it's best to avoid processed junk foods wherever possible. Eat foods that are naturally gluten free, like clean meats (if you eat meat), fruits,

vegetables, nuts and seeds, and gluten free grains like quinoa, brown rice, and buckwheat. There are so many options out there, don't limit yourself to recipes. Learn to cook without following a recipe. Learn to experiment in the kitchen with fresh ingredients. Stay out of fast food restaurants and those places where they have all you can eat buffets. Eat at places like Café Life where you can find fresh healthy selections and daily gluten free offerings. If you go out to restaurants, learn to ask questions about ingredients and food preparation. Don't be afraid to speak up.

The bottom line is that if everybody started to eliminate gluten from their diet, I believe that they would experience amazing changes in so many aspects of their lives. We might even begin to see that when people think more clearly, society as a whole will improve. I have high hopes I know, but why not?

Nisla Whetstone is a Gluten Free Lifestyle Coach in private practice. She also works closely with Dr. Joe Esposito and facilitates a monthly gluten free support group at his office on the third Tuesday of every month, at 6 pm. For more information call 770-653-6017 or e-mail magickhand@gmail.com.

All About Water

continued from page 4

to quote something shocking that David said: "I would rather go without water than use plastic or municipal water, even for brushing my teeth." Wow!

The second best is distilled water. However distilled, water is pure water that has no minerals, no vortex, just plain H₂O. The body prefers more. There is a way to add to distilled water, though. Adding a little Himalayan salt and a quartz crystal for energy was suggested. It was also suggested that you stir the distilled water clockwise and then counter clockwise for a period of time to create a vortex. Another suggestion for all water, especially distilled, was to meditate on, over, or with it. Basically, to give it love.

The next recommendation was reverse osmosis. However, it has not been consistently proven that there are any on the market that can get rid of fluoride and some other small particles that are harmful.

I know that many of you are asking, "What about alkaline water?" That was my next question after hearing the other options since that is what my family had been drinking. This is my take of their basic response. First of all, it depends on the source before alkalizing. Then the universe is in constant flux. The only constant is change, therefore, if you make a change in a positive way it will affect you in a positive way, for a while.

This is basically the same thing Matt Monarch said when he lectured at Life Grocery and Café last year, and what I have been saying for years about everything. According to the elders, and as I have found out more myself, alkaline water is only needed for acidic people. Acidity is of a great concern right now. If you eat a bunch of animal products, there is a build up of acidity in the tissues. However, a person on a plant-based diet is probably not going to have that problem.

The alkaline and acid issue is much more in depth than people think. There are several things to consider when dealing with body pH. Everything is so much more than we can conceive of. However, it seems and appears that the overall consensus is that the best water for the human body is fresh collected spring water from a forest source spring, as opposed to a seepage or primary spring source. It should have a pH between 5 and 7.2, a cellar temperature, TDS level of under 50, and be untouched by the sun (therefore defying gravity according to Wolfe,

which has some other amazing and magical healing benefits).

I am sure this sounds a little overwhelming for many of you, as it was for me. My family has been drinking Cha Alkaline water for over a year. I didn't know what my next step was. I have since checked into Cha and according to their website (I guess I have to take their word for it) found that it is spring sourced from a fresh spring. However, what about the vortex? When is it bottled? How long does it sit? And worse, it only comes in plastic. Arrghhh! What to do? I was overwhelmed. I wanted to write about the information on water. I wanted everyone to have the news. I came back ready to inform, but felt like there was something missing.

When I returned, I got busy publishing two books I had been waiting on for half a decade, so I didn't have the time or energy at that time to get into "fixing" my water situation or sharing my new information with the world. However, recently something completely amazing happened that made me realize why it took so long to sit down and write this article. I was missing a big link. Not everyone can make the entire change right now, but what if you could? What if you were ready to get fresh spring water from a local source? I had no knowledge in this area. But living a truly magical life, as I said before, the universe brought into my life an amazing person who has been collecting his own water from local springs quite near my house, and possibly yours. I didn't have to do anything because just knowing and wanting to make the change brought it to my life. Wouldn't it be great if everything came that easy? That's another story, for another time.

This young man, picked up my entire family, our (sad to say) four plastic five-gallon bottles and four (happy to say) glass one-gallon bottles and drove us out to a spring not too far away. During the car ride I learned a few things about water that weren't discussed at the seminar. I learned that the expiration date on bottled water from some of the major bottled water companies is the date that the water's level of plastic leeching has reached the legal limit, making it essentially, plastic tea. (Leaving bottled water in your car when it is hot is even worse!) Since the companies don't want to be liable they use an expiration date. Gross, not to mention *toxic!*

I also learned that there are about a dozen fresh springs within an hour or two from Atlanta. You can buy 5 gallon glass bottles, which range between \$15-\$55, just make sure they are food grade.

If you are still feeling overwhelmed, I will tell you the true end of all things. Don't stress out about it. Put it out into the universe and an answer will come. Small steps. Do what you can with what you have. Then make another small step when you are ready. Do everything in your life with love, passion, and no regrets, *ever!* Everyone's path is unique to them. You have to do what is right for you. Take the steps you can, live well, and prosper.

Draya Sioux Woolf-Wilson, author, illustrator, artist, raw foods instructor, and life coach teaches raw foods classes at Life Grocery and Café and around the Atlanta area. She has published four books (children's and poetry), and teaches the writing process through schools and libraries all over. And now, Draya thankfully collects her own spring water. You can contact her at www.thedraya.com.

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**Whey
Factors
Protein**

- **Vanilla**
 - **Unflavored**
 - **Chocolate**
 - **Strawberry**
- 2 lbs **\$35.99**



- Cherry Chocolate Bliss
- Daily Mocha Mantra
- Goji Mate Firecracker
- Enlightened Pumpkin Seed

50 g **\$2.69**


Organic D'Noir Prunes

7 oz **\$2.49**


All Wildwood Products

15% off



- Split Pea Soup
- Black Bean Soup

4.6-5.0 oz **\$2.79**



All Organic India Tulsi Tea

15% off


Snikiddy Corn Puffs

Fries 4-4.5 oz **\$1.99**

Chocolate Chip Cookies .85 oz **59¢**


ImmuProbio 50 Billion

30 vcaps **\$26.99**

KidzProbio 5 Billion

70 grams **\$19.99**


Alkaline & Electrolyte Enhanced Water

1.5 liter **\$2.49**


All Products

20% off


All Products

20% off

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NATURAL MEDICINES®

- **Rhodiola Energy**
40 caps \$9.99
- **Holy Basil**
60 soft gels ... \$17.99
- **Adrenal Stress End**
60 caps \$17.99

GAIA HERBS

- **Male Libido**
60 vcaps \$16.99
- **Female Libido**
60 vcaps \$16.99
- **Rhodiola**
60 vcaps \$17.99

Jarrow FORMULAS

- **Alpha Lipoic Acid 300 mg**
60 tabs. 19.99
- **L Carnitine**
16 oz \$15.99
- **Vision Optimizer**
90 caps. \$24.99

VITANICA®

- **Women's Symmetry**
90 vcaps \$13.99
- **Women's Symmetry**
180 vcaps ... \$23.99

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30% off

National Pregnancy Awareness Month

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