



# Peachtree Natural Foods

## "You Deserve The Best, Naturally!"

Voted In The Top 100 Health Food Stores In The Country

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

Snellville  
Presidential Commons  
(770) 982-4989

Peachtree City  
Peachtree East Center  
(770) 487-8288

Auburn, AL  
University Crossing  
(334) 821-7749

Phenix City  
Stadium Plaza  
(334) 480-0284

Columbus  
The Landings  
(706) 322-3282

Columbus  
Milgen Plaza  
(706) 565-9245

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

www.peachtreenaturalfoods.com

## Our September / October 2008 Newsletter for Healthy Living

### Solid Proof Hormones Cause Cancer



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

Not only do healthy women run the risk of developing breast cancer while taking Hormone Replacement Therapy (HRT), breast cancer survivors who take HRT face a higher risk of recurrence or even a new malignancy developing. This was published in the recent issue of the *Journal of the National Cancer Institute*. Once again researchers conclude that taking HRT does in fact cause breast cancer. The disturbing

conclusion from this study was that the researchers stated that they were not able to determine if HRT increased the risk of dying from breast cancer, they were only able to determine that it gave a person breast cancer.

HRT is given largely to control a woman's frequency of hot flashes. It does not seem a valid exchange: hot flashes for cancer. Instead, **Vita Logic's Women's Balance Pack** offers all the benefits of HRT without any of the risks or side effect. **Women's Balance Pack** contains **Women's Formula** which has four herbs to address the quality of a woman's life. This includes reduction in hot flashes, vaginal dryness, night sweats, and mood swings. It smoothes hair and nails. Lastly, **Vita Logic's Women's Balance Pack** contains natural vitamin E, which has been

shown to be cardio protective. It's a safe, natural solution for all women. \*Keyword: new ma

25% OFF  
Regular Price

Women's  
Balance Pack  
60 packets  
Vita Logic



### FREE Professional Makeovers\*

by Aubrey Organics

Natural Skincare Show  
September | October



Healthy Hair, Skin and Body Care  
for Entire Family

FREE Essential Oils Personal Guide

Natural First Aid and Topical  
Hormonal Relief

\*See Insert for Details!

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

## Noise Raises Blood Pressure Even In Sleep

Hearing a plane fly overhead raises blood pressure. A recent study demonstrated that this happens even while asleep. This occurred with any loud noise and did not necessarily wake the person. Furthermore the key factor in raising blood pressure is how loud a noise is not the source. Of great concern is that diastolic, the bottom number of blood pressure, rose higher than the systolic, top number. An increase in diastolic is associated closely with heart attacks and death while an increased systolic is associated with stroke. This research concludes exposure to loud noise even while sleeping contributes to high blood pressure. Noise control, both during the day and while sleeping should be considered important when evaluating blood pressure.

**Vita Logic's Blood Pressure Formula** is an effective, natural supplement that helps lower blood pressure. Studies have shown that magnesium along with potassium, garlic, hawthorn and the other nutrients in **Blood Pressure Formula** assist in naturally lowering blood pressure. Unlike prescription blood pressure medications which frequently

cause memory loss, fatigue and loss of sex drive, **Blood Pressure Formula** has no known side effects. It is safe to take even for persons already on blood pressure medication. \*Keyword: aircraft



Blood Pressure Formula  
90 & 180 tablets  
Vita Logic



Did you know that the herb Red Raspberry helps to reduce menstrual bleeding and cramping by relaxing and strengthening the uterine wall? It is a great antioxidant and helps to promote healthy bones, nails, skin and teeth. When combined with peppermint it helps to ease morning sickness.

## Low Testosterone Is Associated With Men's Fractures

Low testosterone levels may make men over 60 more likely to suffer an osteoporosis bone fracture. Osteoporosis is common in women as their hormones decline, however, one third of all osteoporotic fractures occur in men. Research has shown that giving women hormone replacement therapy does not protect their bones. Therefore giving men hormone replacement therapy does not seem feasible either.

The concern for osteoporosis is a hip fracture. One out of four people who experience a hip fracture will die from complications of it.

**Osteo Protect** by Vita Logic has been clinically proven to slow and reverse osteoporosis. **Osteo Protect** contains two types of calcium which fortifies bones better than any other type. In addition it contains magnesium and the cofactors

necessary for building strong bones as well as natural vitamin D3 (cholecalciferol).

**Osteo Protect** is the best calcium supplement, doctor recommended, clinically studied and proven to fortify and strengthen bones, thereby reducing the risk of osteoporosis in both men and women alike. \*Keyword: meier



Osteo Protect  
100 & 250 tablets  
Vita Logic

**Our Web Site is Open All Night!**

Visit our virtual store at your convenience! Look up health information you can trust, find natural products, read the latest news about our stores and use our recipes for easy, healthy meals. [www.peachtreenaturalfoods.com](http://www.peachtreenaturalfoods.com)

# ReNew Life 20% Line Drive

Powerful Daily Support from America's #1 Cleansing Company

**CandiGone™**  
A blend of 16 natural ingredients that have been traditionally used to help maintain a healthy balance of intestinal flora. The two-part formula includes vegetable capsules and a tincture\*.

**Ultimate Flora™**  
**Vaginal Support 50 Billion**  
Formulated to help maintain a healthy balance of vaginal and urinary tract bacteria\*.

**CandiZyme™**  
Utilizes enzymes to help balance intestinal flora. It includes protease to help digest protein; cellulase and hemicellulase to help digest cellulose; lactase to help digest milk sugar; and lipase to help digest fats and oils\*.

**RENEW LIFE**  
The Digestive Care Company

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

\*Log onto main site of [dukeandthedoctor.com](http://dukeandthedoctor.com), type in keyword, click 'GO' for complete article.

## How are YOU celebrating Herb Day?

**Herb Day**  
9am - Noon  
The Landings  
Columbus, GA  
(706) 322-3282

**Saturday, October 11**  
**Free Herb Day Demos**

9am - Noon	Noon - 4pm	2 - 5pm
The Landings	Next to Lowe's	Presidential Commons
Columbus, GA	Columbus, GA	Snellville, GA
(706) 322-3282	(706) 649-3071	(770) 982-4989

**Anti-Aging**

**15% OFF**

**CoQ10**  
60 mg  
60 softgels

**Herb Day** is a grass roots effort to involve people, organizations and the world to celebrate herbs and the part they have played in everyday life throughout history.

## All women want to be Beautiful, Strong & Confident!

*In order to stay healthy, you need to take care of yourself from the inside out...  
Come in and check out Michael's Naturopathic Teen & Preteen Multi-Vitamins  
And for the Moms-to-be check out our Female Reproductive Factors.*

**Pre-Teen Girls**  
A daily Multi-Vitamin of specific nutrients for girls ages 9-12

**Teen Girls**  
Multi-Vitamin for teens. Helps with Energy, Athletic & Scholastic performance & Stress support

**Female Reproductive Factory**  
No glandular concentrates. A unique formula of specific nutrients & herbs to help prepare for & support healthy conception

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Michael's Naturopathic Programs

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## Lower Thyroid Activity Tied To Weight Gain

Middle-aged adults whose thyroid gland is mildly underactive, but still functioning in the normal range, may be more prone to weight gain. The TSH level is the measurement of how hard the thyroid is working. In general, the higher the TSH, the more sluggish the thyroid. This study looked at people with normal TSH levels and found that women who had the highest TSH level gained an average of 9.3 pounds while men with the highest TSH levels had gained approximately 4.2 pounds. Researchers were quick to say the thyroid hormone should not be used for weight loss only.

**Vita Logic's Thyroid Formula** nourishes and supports the thyroid gland and contains no hormones. It provides the

thyroid with the nutrients necessary for optimum function. Symptoms of an underactive thyroid include weight gain, hair loss, constipation, depression, mood swings, irritability and inability to concentrate. **Vita Logic's Thyroid Formula** may help with weight loss. \*Keyword: *tsh*



**JOINT PAIN?**  
*Are all joint products the same?*

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

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

Take **15% OFF**

A white plastic bottle and a black cardboard box of FlexNow Joint Formula. The bottle has a white label with the product name. The box is black with white and red text and graphics.

\*Log onto main site of [dukeandthedoctor.com](http://dukeandthedoctor.com), type in keyword, click 'GO' for complete article.

Natural Skincare Show  
September | October

# FREE Professional Makeovers\*

by Aubrey Organics

Makeup Session Reservations &  
Event Details at Front Counter



**AUBREY**  
ORGANICS

100% All Natural  
Cosmetics

**Healthy Hair, Skin and Body Care for Entire Family**  
Natural Shampoos, Moisturizers, Skin Protectants & More!

**FREE Essential Oils Personal Guide**  
with Aromatherapist for Natural Skincare

**Natural First Aid and Topical Hormonal Relief**  
by Clinical Herbalist and Holistic Practitioner for  
Women's Health

**VITA-LOGIC**  
VITAMINS THAT MAKE SENSE!



**HUGO**  
NATURALS

**men's  
stock**

MicrodermaMitt

Smooth & Healthy Skin for Life

**Aura Cacia.**



**Friday, September 12**  
Peachtree City, GA  
**Noon-3pm**  
(770) 487-8288

Auburn, AL  
**4-6pm CT**  
(334) 821-7749  
\*Makeovers not available

**Saturday, September 13**  
Next to Lowe's, Columbus, GA  
**9am-Noon**  
(706) 649-3071

Phenix City, AL  
**1-4pm**  
(334) 480-0284  
\*Makeovers not available

**Saturday, October 4**  
Snellville, GA  
**Noon-3pm**  
(770) 982-4989

**Friday, October 10**  
Milgen Plaza, Columbus, GA  
**3:30-6:30pm**  
(706) 565-9245

**Saturday, October 11**  
The Landings, Columbus, GA  
**9am-Noon**  
(706) 322-3282

Sponsored by  
 **Peachtree Natural Foods**  
"You Deserve The Best, Naturally!"



Heather Vick, Manager  
Auburn, Alabama

## Welcome to the Team - Heather Vick

We would like to introduce you to our new Auburn Store Manager, Heather Vick. Heather moved to Auburn with her husband a few months ago from Savannah, GA. She brings over five years of experience and knowledge in the health food and supplement industry. We are extremely happy to have such a caring and knowledgeable person working at Peachtree Natural Foods. We invite you to stop by and say hello!

Blunts the  
Effects of  
Calories

### Peachtree Natural Foods Calorie Quencher



Provides a stimulant-free, natural edge you need to support your weight loss efforts. Contains both starch and fat binding ingredients.

**25% OFF** 90 capsules

High  
Potency

### Peachtree Natural Foods Folic Acid



Assists in healthy red blood cell formation, cardiovascular health, and protein synthesis. It is also a crucial nutrient for healthy fetal development prior to and during the first trimester of pregnancy.

**25% OFF** 100, 250 tablets

Citrus  
Flavor!

### Peachtree Natural Foods Chewable Calcium



Provides 1,000 mg of elemental calcium in four great tasting tablets. Also includes magnesium, vitamin D, silicon, and boron – all crucial nutrients for bone health.

**25% OFF** 120 tablets

Added  
Nutrients

### Peachtree Natural Foods Hair, Skin & Nails Multi



Contains antioxidants to fight free radical damage that causes wrinkles. Biotin, silica, MSM and sulfur-containing amino acids support hair and nail strength.

**25% OFF** 60 tablets



### IHL Essentials EPO

Helps reduce inflammation, such as rheumatoid arthritis as well as conditions affecting women's health: breast pain associated with the menstrual cycle, menopausal symptoms, and PMS.

**25% OFF** 30, 90 softgels



### IHL Essentials Sleep

A sublingual tablet that quickly releases melatonin for a full night's rest. It dissolves under your tongue allowing melatonin to be absorbed into the bloodstream faster.

**25% OFF** 60, 120 sub-lingual tablets