

Think Big

By Michael Scimeca, D.C.

Hard to believe that we are facing Fall, which means the fast approaching end of the year is just around the corner. How about this? We are closing out a decade! Time continues to fly by at an amazingly fast pace. How do we close out this decade? Cynicism seems to be commonplace these days with the state of our economy constantly grabbing the headlines. I, however, have a simple suggestion, a big offering for your consideration. Think big. Prepare today for big things in 2010.

I am going to use this space to encourage you to stop living life on automatic pilot. Instead, document some goals for your life. For example, one of my biggest goals is to help people regain control of their health. One of my plans was to become a doctor of chiropractic. I figured if I wanted to focus on health, I should not dedicate my life to the treatment of diseases or sicknesses. My plan required an ambitious approach. I would have to dedicate six years of my life and take an insane amount of courses and pass a plethora of exams, plus pass state and national board exams. My plan required a tremendous amount of action steps.

Once I succeeded, little did I know that my education was only the beginning. I found in practice that I needed to become a life coach to help people regain control of their life. As a natural healthcare provider, I made a chilling discovery. The quality of our health affects the quality of our life and vice versa. In fact, the two are so intimately linked that improving one without the other

usually results in a temporary fix. My ridiculously ambitious goal was more ambitious than I ever could have imagined. That led me to write this article.

Think big is a reminder to use the time here on earth wisely. Base your goals on your values, on things that truly matter. If you do not, 2020 will be here before you know it and you may be looking back at these upcoming years with profound regret. I urge you to regain control of your health and your life right now. And doing so is as easy as writing down your goals, not just health goals, but life goals. And please, think big.

Begin by getting seven pieces of paper. Each piece of paper will have a different heading (Health, Relationship, Family, Friendship, Career, Financial, and Recreational). Immediately under the heading, write down the goals you would like to accomplish before the end of your life. Think big.

Under that paragraph, write down the goals you would like to accomplish in 10 years, one year, one month, one week, and today. For health, consider diet, attitude, and exercise. Do not limit exercise to being physical exertion. Exercising the mind is also extremely important as is gentle stretching and moving. As a chiropractor, I encourage maintaining proper spinal alignment knowing that you can only be as healthy as your spine will allow.

What goals do you have for your relationship? Do you have a partner? Are you a great partner? What

would you like to contribute to your relationship? Do not be a burden on your relationship. Instead of looking to get something from your partner, consider what you can contribute and make incremental improvements.

What are your goals for your family? Again, instead of becoming a burden to your family members, what are you willing to bring to your family? If you are a parent, do you have encouraging goals for your children? Do you have goals for you as a parent that has nothing to do with how your child performs? Are you a son or daughter, brother or sister, uncle or aunt, grandparent or grandchild? What contributions can you make in those roles?

How about your friends? What does it take to maintain a good friendship or number of friendships? Do you enjoy enough quality time with the friends who are closest to you? Would you like to build more friendships, enhance the friendships you have, or both? Do you have specific things you would like to do with specific people?

Would you like to develop yourself professionally? Are you building a solid network of resources? Are you bettering yourself in the areas of customer service, team building, leadership, interpersonal communications, or learning specific skill sets that help you excel in your professional endeavors? Do you have specific career goals?

Financially, do you have a plan? How much money is enough for you? Do you suffer from Moore's Disease? (It's the sickness of always needing more.) Many people have this affliction. A good test for Moore's Disease is looking back on when you were younger. What would you like to do today that you could not do yesterday because you did not have the finances? Do you have enough money today to enjoy the fullness of your life or are you waiting for that mythical "someday" to appear somewhere down the road? By all means, create a sound financial portfolio, but live a great life in the process today!

What about your recreational goals? Do you have hobbies or things you love to do? Are you an artist of some kind? What would you like to do in your free time? Would you like to try something new? Do you enjoy playing cards, a board game, or certain sports? How much time do you spend outdoors? Do you enjoy giving back to your community or doing some form of service work? Your time is very precious, but so is making time to do the things that make you happy.

Goals are powerful tools. They give you the strength to achieve great things, so think big. It will help you develop a solid plan of action that guarantees impressive results. Please, take the necessary time to think big and write it down. It will be a fabulous gift you give to yourself. My hope is that by me writing this article, you see the most intimate obligation you have to yourself, to your health, and to your life.

2009 is quickly coming to a close. Plan and act on it! For the sake of your health and your life, do not maintain the status quo, even if you know that your life is a great blessing! Instead, think big. Think really big!

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Health Musings

By Don Bennett, DAS

Here's a maxim (truism) of health: The healthier your meal, the easier your digestion; the easier your digestion, the less nervous system energy (nerve energy) is used; the less nerve energy used for digestion (the biggest consumer of your nerve energy), the more is available for healing. Most people have a good bit of healing to do even though they may not know it.

Your efforts to support good (efficient) digestion by eating mono meals—which are meals made of just one item, eaten as much as you care for until satisfied (without overeating of course)—or a meal of foods that complement each other, digestively speaking, is great for conserving vital nerve energy. But, be sure to pay equal attention to supporting *your* efforts to transition to a healthier way of living. This may and probably should include some supportive like-minded people; it'll be one or more of these folks who help get you through any "tough times" you may encounter. And a tough time may have nothing at all to do with the actual journey from one way of eating to another. You may come upon an emotionally taxing situation which can be potentially derailing of your efforts to make a healthy lifestyle your "default" lifestyle. Once it is your default lifestyle, it's easier to deal with any life crisis that may befall you.

And when you do think about eating, ask yourself "Am I really hungry?" Eating for reasons other than hunger wastes precious nerve energy and interferes with the body's attempts at healing that which ails you. If the answer is "yes," then see if you can discern what

you're hungry for and enjoy! And by the way, eating a lot of mono meals helps reprogram your body's nutritional database so that if you're low on potassium, your body knows that bananas are a good source of potassium—because you've eaten them as a meal—and will therefore give you a craving for bananas when you are hungry; this is why humans eat a varied diet as opposed to univores who only eat one thing.

Lastly, here's a good health tip for the warm weather: Open the windows first after you enter a warm or hot car and wait a few minutes before turning on the A/C. When the car is hot, the dashboard and upholstery emit Benzene, a cancer-causing toxin that affects your liver and kidneys, and which also poisons your bones, causes anemia reducing white blood cells which can contribute to Leukemia. The acceptable indoor Benzene level is 50 milligrams per square foot; a car parked outdoors above 60 degrees can reach 2000-4000 milligrams, 40 times the acceptable level! People who get into a hot car, keeping the windows closed, will quickly inhale large amounts of this toxin.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and teaches Health Creation & Disease Avoidance. Don's book, How to Have the BEST Odds of Avoiding Degenerative Disease is available in our book department. And for some enlightening health information visit health101.org.

Freedom

By Dr. Kimberly Strickland, ND

I've recently returned home after six weeks of travel. My husband and I drove and camped on the way to a wedding in Colorado, in June, with our six and three year old sons. After being home for a week, we all then flew to Europe for a month. We spent a week in London with friends and three weeks in Finland with friends. The impetus for the trip to Finland was the World Masters Track Championships in Lahti, Finland. My husband, Michael, competed and came in 10th in the 5k for the 40-44 year age group.

At home, I seem to have gotten myself in a box regarding food for my family. I've made lots of changes over the last two years because my then one and a half year old was not thriving. I went from a vegan diet after eleven years to The Carbohydrate Specific Diet which included meat, some nuts, non-starchy vegetables, fruit and honey. No grains, no soy, no dairy, no starchy vegetables. Then I introduced some grains and there still seemed to be issues. Then I looked at and did a saliva test for the Blood Type Diet and discovered that my son and I are both non-secretors which means we are in a group of 20% of the population. We are both blood type A non-secretors. So now, I've been following that diet for about a year. For us that means we should avoid wheat, corn, brown rice syrup, potatoes, guar gum, agar among other things. That's all fine and well except that I'd stuck myself in a box and had a difficult time detouring.

Freedom has come for me in a strange and unexpected way. While traveling I had to let go of some of my self-imposed restrictions. This was especially true in Finland where most of the packaging labels did not have English on them. Gluten free products were easy to find and were clearly labeled. Here I have not purchased many of them because they have corn, potato

and lots of gums. In Finland, I could not read the labels so I assumed that my son and I would be fine with the gluten free products and lo and behold we were. We even ate fresh garden potatoes of which the Finnish are so proud with nothing but great health.

Because I could not read the labels and assumed that we would be healthy and nourished and we were, I have since allowed myself a greater freedom here at home. I'm no longer stuck in a box. I've now tried gluten free pizza crusts and crackers and I'm enjoying the wider variety of foods. Life Grocery has such a variety of foods for anyone interested in health. Throughout all of my diet changes over the last 15 years, Life Grocery has been a wonderful resource. Whether eating meat, vegan, gluten free, preservative free, yeast free, or grain free my needs have always been met.

I'm also reading a book called *The Biology of Belief*, by Dr. Bruce Lipton, PhD, which confirms what I've experienced. He describes how our cells are primarily shaped by their environment rather than their genetic code. This field is called epigenetics and in the last decade it has been shown that genes are NOT our destiny! What we think and what we feel affects our genes and now it's been scientifically proven. So if you're not all you want to be, it is not your genes. For some that's the good news and for others perhaps that's bad news. It's great news to me!

Kim Strickland earned a Doctorate degree in Natural Health from Clayton College of Health. She is a stay-at-home mother homeschooling her two children. She owns Inspired Living, LLC, a business whose purpose is to inspire people to live their best lives. She facilitates workshops to help people realize their dreams. Visit www.naturallivingresource.com and www.inspirationboards.naturallivingresource.com.

The Life Line
is a bi-monthly
publication of



Hours:
Monday-Saturday 9 am-8 pm
Sunday 11 am-6 pm

Store Café
11 am-7:30 pm
12-5 pm

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

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

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Nutrition from A to Z

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

“N” is for nuts. Nuts are great! They are considered to be a highly prized food and energy source. There are almonds, Brazil nuts, cashews, chestnuts, macadamia nuts, pine nuts, pistachios; I could go on and on. Some of my favorite nuts are almonds, walnuts, and pecans. Almonds have all kinds of health benefits. They contain a high amount of fiber, which helps to move food through the colon and ease constipation. Almonds have been shown to lower cholesterol and prevent cancer. They’re associated with increased longevity and brain function. Studies have shown that almonds have anti-inflammatory, immunity-boosting, and anti-toxic effects. Almonds are most often eaten raw or toasted, but also have other culinary uses, such as in desserts. Almond butter is great and tastes a lot better than peanut butter. Peanuts, by the way, are not nuts. They’re actually legumes and a member of the pea family. Peanuts grow underground and they can grow a toxin called a micotoxin, which can cause serious allergic reactions if it enters our system. I avoid peanuts if I can help it because I have horrible reactions to them, which is why I stick to other nuts, especially almonds. Almonds are also great because they help to alkalize your system. Most people, if not all, consume way too many acidic foods. What are the most acidic foods? It’s not much of a surprise here—alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. By eating alkalizing foods like almonds, you’re helping to lower the amount of acid in your body; acid is the starting point for diseases to develop.

Walnuts are great, too. They’re high in omega-3 fatty acids and are the only nut that contain that essential ingredient. They’re effective at lowering cholesterol. If you eat a meal high in unhealthy fats (which I definitely don’t recommend that you do, but again, I’m teaching nutrition for reality) and then eat walnuts afterwards, walnuts actually reduce the damaging effects of the bad fats on your blood vessels. There aren’t many foods that can do that! Walnuts help blood vessels to maintain their elasticity and flexibility, which is essential if you want to keep your arteries from getting blocked up with plaque and blood clots. Studies also show that walnuts may reduce or delay the onset of Alzheimer’s disease by breaking down the plaques that are found when this disease is present. Walnuts are found to be beneficial for the brain, back, and skin, and are also considered a tonic for the kidneys. The sooner you incorporate walnuts into your diet, the better!

Pecans are another great nut choice. They are a great source of protein and healthy fats. They can lower the risk of gallstones in women. They’re rich in antioxidants, which help to lower cholesterol, and can also lower your risk of heart disease. They’re loaded with fiber, iron, and calcium.

You can also try sesame seeds. Sesame seeds contain vitamin T, which helps you deal with mental and physical stress. You can try sesame nut butter, which is known as tahini. Tahini by itself is bitter, but you can add it to hummus or salad dressing. You can also add

tahini to foods like stuffed shells, lasagna, or baked macaroni. It gives it a nice, thick, heavy flavor.

I recommend that you eat nuts raw and uncooked. Once you cook them, you destroy the nutrients. However, cooked nuts are a lot better than a hamburger or a piece of cheese pizza. Nuts are also great if you’re headed to a party or a get-together. If you eat a couple of handfuls of nuts before heading out, their high healthy fat and fiber content will help you to keep your hunger and appetite under control. Nuts are also a great mid-morning snack. If you have your fruit for breakfast (which you should be doing), and you get hungry around 10:00 a.m. or so, you can have a couple of handfuls of nuts. I have my smoothie for breakfast, and then around 10:00 a.m. I have two or three handfuls of raw mixed nuts. It really helps to give me energy for a couple of hours and keep my appetite controlled. Please begin to add nuts to your diet. You’ll be glad that you did.

Dr. Joe Esposito, chiropractor, author of Eating Right For The Health of It!, syndicated radio show host of Heath Talk Atlanta, and director of Health Plus Wellness Center, is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, call 770-427-7387 or visit www.DrJoeEsposito.com. Mention Life Grocery when you call, and get an exam, consultation, x-rays, and doctor’s report of findings for only \$50!

Guaranteed Fat Loss

By Brian Murray, M. Ed.

Do you even need exercise to lose weight? No. If you want to lose a lot of weight, it is best to eat nothing and *not* exercise. But that would be a huge mistake. Why?

You don’t need to lose “weight.” For a striking appearance, one that you can maintain forever, you need to lose fat *and* gain muscle. To diet without the right type of exercise leads to the exact opposite of what you need. Most of the weight you lose will come from the more dense vital fluids and muscle and very little will come from excess fat. If this happens you will be smaller, but your health and appearance will not be better.

You may think exercise is important because it burns off fat. It does not. But it may surprise you to learn that the reason exercise is important is not because of the effect it has on your fat cells, but because of the effect it has on your muscle cells.

The truth is your fat and muscle cells do not communicate through exercise, yet the best exercise for increasing the size of your muscle cells is also the best exercise for decreasing the size of your fat cells.

In 1975, a study published in *Medicine and Science in Sports and Exercise* gave all of us the perfect blueprint for losing fat. Dr. Alfred Goldberg and associates performed a study with rats proving that muscle subjected to intense exercise would grow despite a starvation diet. Why?

It’s simply biology. Movement is essential for survival. Movement is made possible by muscles. Heavily challenge the muscles and they will grow despite tremendous adversity and at the expense of the rest of the body. Basically, if a body is not strong enough to move to acquire food or avoid becoming food, death is

coming soon anyway, so muscle becomes the priority. If you are going to go down you might as well go down swinging. Makes sense, right?

So what does a starving rat with bigger muscles have to do with you losing fat and reshaping your body?

You can add muscle to your body and guarantee that all of your weight loss is fat loss with high intensity exercise. After eleven years of clinical observation, I can say with complete certainty that the best exercise for losing fat is high intensity strength training. There is simply NOTHING safer, more time-efficient, or productive. Yet, the exercise has no direct effect on your fat cells.

When you go on a diet and consistently eat less than you are used to your body thinks “starvation.” This is what your fat cells respond to—calorie deficit or calorie surplus. The calorie deficit kicks in ancient response systems developed for survival. Now your body must decide how to allocate resources. In the face of starvation, subjecting your muscles to intense exercise means your muscles become priority number one; they will be saved at the expense of fat. The energy from excess fat will be used to “feed” and develop more muscle to ensure survival.

This is a good thing for your hips, thighs, and self-esteem. People will notice.

It’s such a simple concept, but all you are doing is using your body’s survival machinery to your advantage, and it works beautifully. This is why the pounds of fat you lose may exceed the pounds of “weight” you lose. And don’t expect a large drop in body weight. Why?

Muscle and fluid is more dense than fat. These are the things that make you look young and attractive.

These are the things you are keeping. Fat—the stuff that makes you occupy more space and miserable—is what you are losing. You don’t need to drop a lot of weight when you are losing only fat, but you will notice a big difference in the amount of space you occupy.

Brian Murray is an exercise physiologist, weight loss consultant, and creator of mbody®, a six-week fat loss plan that will change your life. To learn more about mbody™ visit www.mbodytransformation.com.

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Living the Long Life

By Linda Townsend

We have heard all sorts of “anti-aging” claims in the form of vitamins, natural extracts, and supplements over the years. I personally have experimented with quite a few of them, but now it has come full circle for me. I have a renewed enthusiasm for a very simple practice largely ignored by medical science, until it found an explanation to support the claims: the longevity gene or SIRT1.

There are certain factors that activate this precious gene. Advertised the most is an extract called resveratrol found in red wine, berries, beans, and peanuts, with the rather invasive and edible Japanese Knotweed, *Polygonum Cuspidatum*, having the greatest amount (although I found one study that indicated ingesting *resveratrol* was not as efficient as sublingual delivery). The other lesser known “on” switch for this gene is something that cannot be found in any garden or store; it is simply going hungry.

While it is drilled into our minds we must have three square meals a day and not skip meals, going hungry is actually very natural. It has been practiced, whether purposely or unavoidably, since man has walked the earth. Perhaps this is why we have this particular famine-related survival gene, because it responds to the stress of undernourishment by fortifying the body for survival of such a crisis. A study published in the *International Journal of Obesity*, August 2008, revealed nine human volunteers more than doubled SIRT1 expression in body fat by fasting six days.

Obviously, with certain health conditions, eating disorders, and while taking medications, fasting may not be advisable, but I must say that I am biased on the side of it being health-promoting when practiced responsibly. I have been fasting in various ways for twenty years and strongly agree with these claims about fasting:

- promotes detoxification
- speeds physical healing while supporting emotional and spiritual healing
- increases life span
- decreases cravings and even breaks addictions
- reduces weight and helps maintain healthy weight

- minimizes signs of aging and many degenerative conditions associated with aging
- improves digestive processes

We have heard medical experts speaking against fasting as a method to lose weight, warning that our bodies will go into starvation mode, thus causing muscle loss during the fast, as well as fat gain when eating commences. However, SIRT1 studies regarding the reduction of caloric intake support opposite results; fasting can promote fat burning while maintaining muscle mass, and even encourage muscle building once eating commences.

There are many forms of fasting, ranging from refraining from eating certain foods or forms of foods to juice only to water only; they can range from just one meal to many weeks. There are also variations in fasting intervals. Intermittent fasting (IR), when one regularly (or irregularly) alternates between fasting and non-fasting, like every other day or fasting a few days each week. Some people purposely practiced IR in an irregular way, so the body does not become accustomed to a fasting routine, believing it is more stressing to the body and keeps the SIRT1 gene activated, although I am not aware of any studies proving this theory.

Another alternative that research has proven to activate SIRT1 is caloric restriction (CR). This is something between fasting and normal eating, but it may include fasting. When practicing CR, one eats highly nutritious food, but fewer calories, much like a very strict diet one might use to lose weight, but it is a lifestyle rather than a short duration. People who rigorously practice CR usually have a goal of maintaining a weight that would be under average, a rather controversial ambition.

For the last 18 months, I resumed a one-day-a-week fast that I practiced for a few years when I was younger. Now, as then, I will also fast three to seven days at times and fast for longer durations less often. I did not notice any particular benefits when I was younger, other than maintaining my weight and reducing cravings.

However, since I have resumed fasting regularly, I have had healing of joint pain; even the pain of a knee injury that persisted for well over two years has been completely relieved for nearly a year. Telltale wrinkles around my eyes have diminished noticeably. I crave chocolate and ice cream—*my addictions*—less and healthier, raw foods more. I feel less tired, generally healthier, and even younger than I did two years ago.

Maybe it is because food is in abundance year around now that in our society obesity has become an epidemic. Think about that! Over one-third of women between the ages of 20 and 74 are obese. Do you think this could happen if our food supplies could not be transported great distances, refrigerated, processed, and packaged as it is today? That SIRT1 gene is there because throughout prior ages, food was not readily available all the time as it is now and the choice of foods were seasonal.

One other benefit to stimulating SIRT1 is frugality. While so many households are struggling financially with the economic downturn, many people are buying lower quality foods, still eating too much, and overloading their bodies. To me, it just seems logical to be very prudent in planning meals balancing the quantity and quality of food for the entire family. The combination of fasting and making every calorie count nutritiously helps with my budget. I can better afford highly nourishing, organic food for my family not only because I am eating less, but because my body becomes more efficient at utilizing the nutrition it gets, so I actually *need* less as well.

In closing, medical science has now proven we can go without food now and then, and live a longer, healthier life.

[NOTE: Be sure to check with your health care practitioner prior to fasting, especially if you are on medication or have any medical conditions.]

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

Life Bits: Fall is the Best Time to Plant Trees

By Kay Bird

Just three trees, properly placed around a house, can save between \$100 and \$250 annually in cooling and heating costs. Daytime air temperatures can be 3° to 6° cooler in tree-shaded neighborhoods.

Planting trees for energy conservation requires the right tree in the right place. In addition to shade, cooler air, and wind protection, trees add beauty, privacy, value, and wildlife habitat to the landscape now and for many generations to come.

The Right Tree: Deciduous trees (trees that lose all of their leaves each fall) save energy in summer by shading houses, paved areas, and air conditioners. Un-shaded cement or asphalt driveways absorb heat from the sun and radiate it back to the house, even after the sun has set. An air-conditioning unit that operates in the shade uses less electricity. Prune branches to allow at least several feet clearance around the air conditioning equipment to encourage air flow. (Shrubs planted near the air conditioner will reduce air flow and cooling efficiency.) Large and small evergreen trees also provide shade and, along with evergreen shrubs, save energy by slowing cold winds in the winter. All trees save energy in summer by directly cooling the air. This cooling happens as water evaporates from the leaf surfaces, much as our skin is cooled when we perspire. All trees also filter the air of pollutants; evergreens do it all year long.

The Right Place: Plant deciduous trees so they will shade east/southeast walls and windows from 7:00 a.m. to 11:00 a.m. and west/southwest surfaces from 3:00 p.m. to 7:00 p.m. during June, July, and August. Trees with mature heights of at least 25 feet should be planted 10 to 20 feet east and west of the house. Trees planted to the south will only shade a building in the summer if they extend out over the roof. In the winter, when maximum sun is desired, trees near the south wall will provide too much shade. Even deciduous trees that have dropped their leaves cast quite a bit of shade in the winter. To avoid winter shading, locate trees no closer than 2-1/2 times their mature height to the south of a building.

Placement Precautions: Avoid creating future problems when planting trees. A tree that is 4 foot tall by 2 foot wide might end up being 60 feet tall and 30 feet across. Learn the mature size and crown characteristics of any tree you buy and plant accordingly. Plant trees far enough away from sidewalks, driveways, and buildings so the top has room to develop and the roots do not damage a structure. Full-crowned trees that naturally keep their branches all the way to the ground should be planted at least one-half of their mature crown width from any obstruction. Trees that can readily be pruned as they grow, like most deciduous trees, can be planted closer and allowed to overhang low obstructions. Trees that grow into power lines cause electrical outages and

increased line maintenance costs. They also can end up in poor health because of the severe pruning that is sometimes necessary.

For Assistance: For additional information on tree selection, planting, and care, contact your County Extension office or local nursery. For more information about trees and power lines or buried cables, contact your local power provider.

Declare your faith in the future and plant a tree. If you see a tree somewhere that you really like, check with the homeowner for information about the tree. People love to talk about their yards and plants. You might even receive a seedling as a gift as a result of your inquiry. I have given away Dogwood and Japanese Red Maple seedlings to neighbors who are thrilled to have that personal connection with me growing in their yard. Together, we watch them grow a bit taller each year. When I was a caretaker for a woman in her nineties, we walked through her yard and she would tell me which friend had given her which flowers, bushes, and trees from their yards. She cherished the fact that she had a yard full of her friends, reminding her of their shared lives over many years. Each one held a special story.

References:
www.ndo.org
<http://extension.usu.edu/forestry/>

Recycle, America!

By Betsy Bearden

It's not easy being green: it takes commitment, it's time consuming, and it's not cheap, either. So, is it even worth the effort?

I believe it is. If each person would take the time to recycle a little more here and there each day, we could save our environment one day at a time. This concept is not new. The first big push that I can remember was in the early '70s with Woodsy Owl and the "Give a Hoot, Don't Pollute" campaign, which some of you may remember. I think I was around 11 or 12 or so (ahem!).

Our landfills are loaded at the rate of 100 billion polyethylene plastic bags per year that can take up to one thousand years to degrade.* *One thousand years!* Do you understand what that means? All those bags are toxic, and the residual chemicals seep into our soil and waterways via rainwater runoff. Over one trillion of these plastic shopping bags per year are generated, and only one tenth of these are recycled. Stunned? I am.

Some countries, such as Ireland, to name just one, and some cities, such as Boston, to name just one, are banning the use of these plastic bags. They make their way onto our streets, into our sewers, and ultimately into our oceans. Do you know that it is legal and permissible for cruise ships and commercial shipping vessels to dump waste into our oceans? Consider how many there are and think about this. Consider how vast our oceans are, and then realize they are polluted because of mercury contamination and toxic waste, including nuclear and lead, topped by the plastic bags. It just blows me away that it's even possible! How in the world can our oceans become polluted? Marine life ingests these bags and can't digest them; birds get caught in them. Those six pack drink rings can get caught around small animals causing big problems as the animals grow. It's best to recycle these six pack rings, but if you don't

recycle them, please cut them up. Don't even get me started on disposable batteries and razors—Och and Oy Vey, and I'm even Catholic!

Reef fish and bottom feeders are the most contaminated by mercury. Larger fish eat the reef fish, such as tuna, mackerel, and sword fish, and the mercury levels rise. It is then passed on to consumers and even our pets. I am surprised many of us don't glow in the dark. Just imagine a normal night at home when one of the family members looks at the others and says, "Geez Honey, maybe we should cut back on the tuna? Even the cat glows!"

When is the last time you thought about tossing out the burned out light bulb? The 30,000 pounds of mercury thrown away in compact fluorescent light bulbs each year is enough to pollute nearly every lake, pond, river and stream in North America (not to mention the oceans). Washington is making us feel as if we *have* to replace incandescent bulbs with those funny looking florescent ones. They contain mercury! Not many people realize this. Yes, they last nearly forever, but when they eventually burn out, or in the case of remodeling offices and homes, the old fixtures are dumped into the landfills. Gosh, no wonder so many of us are sick all the time.

Thank goodness a new crop of LED lighting is on the horizon. To those who have been recycling for a long time, hat's off to you. It's easy to start and once you do, you catch the green fever. Yuk. Sounds scary, doesn't it? And yes, it is contagious, but that's a good thing.

Use the plastic shopping bags to store things in that you place in the attic or basement. Use them as doggie stuff clean ups, in gardening to keep weeds away, as reusable lunch bags, as book covers that you can decorate—or simply recycle them at your local facilities

so they can be recycled as composite building materials and such. If you go rent a DVD or buy one thing or two at a local supplier, forego the plastic bag, and just carry it out. If someone asks you "Paper or plastic?" just tell them, "No. It ain't heavy, it's my duty." Little things make a big difference.

Save the rainforest, save a tree, save the environment. Buy hemp, jute, bamboo, or canvas bags. I just love the idea of having a bamboo bag. You can even have them customized for your own business so you can build a greener brand name for yourself when you place your order. How cool is that?

Take a deep breath and just start buying those expensive biodegradable diapers, plastic trash bags, lawn care bags, food service products made from sugar cane or starches, and eventually the costs will come down due to the demand. At least, that is what I am hoping.

Check out Life Grocery for environmentally friendly biodegradable plastic alternatives. They have a wide range of trash bags, grocery bags, diapers, reusable shopping bags and more. We have to start somewhere, and where better than Life Grocery! And while you're there, become a card totin' member and check out Café Life. They even use sugar cane products for some of their packaging. It's awesome and delicious, and you will be happy you did!

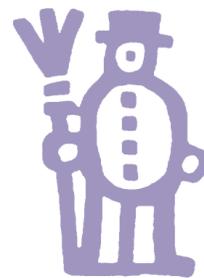
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* <http://www.worldwatch.org/node/1499>

**<http://sendyourlightbulbstowashington.wordpress.com/>

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

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Autism—Dealing with this Childhood Epidemic

By Dr. Susan Esposito

I recently attended a conference at the Waverly Hotel here in Atlanta. It was called the D.A.N. (pronounced “Dan”) conference. The letters stand for Defeat Autism Now and is sponsored by the Autism Research Institute (ARI).

ARI is the hub of a worldwide network of parents and professionals concerned with autism. It was founded in 1967 to conduct and foster scientific research designed to improve the methods of diagnosing, treating, and preventing autism. ARI also disseminates research findings to parents and others worldwide seeking help. The ARI data bank, the world’s largest, contains over 40,000 detailed case histories of autistic children from over 60 countries. The founder of ARI, Bernard Rimland, Ph.D., was an internationally recognized authority on autism and the father of an autistic son.

Wikipedia defines autism as “a brain development disorder characterized by impaired social interaction and communication, and by restricted and repetitive behavior. These signs all begin before a child is three years old. Autism involves many parts of the brain; how this occurs is not well understood. The two other autism spectrum disorders (ASD) are Asperger’s Syndrome, which lacks delays in cognitive development and language, and Pervasive Developmental Disorder (PDD), diagnosed when full criteria for the other two disorders are not met.”

According to ARI, “It used to be thought that autism is just a fate that you accept. The good news is that there are now a wide variety of treatment options which can be very helpful. Some treatments may lead to great improvement, and others may have little or no effect, but a good starting point would be the parent ratings of biomedical interventions, which presents the responses of over 25,000 parents in showing the effectiveness of various interventions on their own child.

ARI’s Diagnostic Checklist, Form E-2, was developed by Dr. Bernard Rimland to diagnose children with Kanner’s syndrome (which is also known as “classical autism”). Many parents and professionals have also used the E-2 checklist to assist in the diagnosis of autism spectrum disorder (ASD). You can print out, complete the checklist, and then mail it to ARI for scoring. Their staff will analyze the responses and send you a score along with an interpretation. The checklist is available in 17 different languages at: <http://www.autism.com/autism/index.htm>. There is no charge for this service.

How Common is It? For many years, autism was rare—occurring in just five children per 10,000 live births. However, since the early 1990’s, the rate of autism has increased exponentially around the world with figures as high as 60 per 10,000. Boys outnumber girls four to one. In 2007, the Centers for Disease Control reported that 1 in 150 children is diagnosed with autism.

Since 1995, ARI has convened recurring meetings for carefully selected physicians, researchers, and scientists committed to finding effective treatments for autism. Their work has become known as Defeat Autism Now! Parents and clinicians who do not regard psychotropic drugs as the best or only means of treating autistic patients will welcome this chance to learn effective strategies for addressing the medical illnesses associated with autism.

These conferences are held in different cities twice a year and are very impressive. Hundreds, perhaps over a thousand people, attended the Atlanta conference. Their focus seems to be on the nutritional or biomedical control of ASD. As a health practitioner myself, I truly

appreciated their natural focus on dealing with ASD, as opposed to treating the disorder with the pharmaceutical drugs that can have so many side effects (ranging from mild to potentially fatal) and according to the D.A.N. doctors, don’t treat the underlying cause of the problem. If you would like to learn more about ARI, D.A.N., and side effects of commonly prescribed drugs for ASD, you can go to the ARI website: autism.com.

Most of the emphasis at the conference was centered on the fact that most of the children with ASD suffer from certain kinds of intestinal and digestive disorders. These disorders make it impossible to normally digest and assimilate many foods. This then leads to leaky gut syndrome, which in turn creates a situation within the child’s body where it produces antibodies to large undigested proteins that have leaked from the gut into the bloodstream. This now sets the stage for a myriad of problems because the body’s immune system can get confused deciphering between friendly and foreign substances. The child now suffers from all types of symptoms due to immune responses that are out of control. The brain, as well as all other parts of the child’s body, is now affected.

These children typically suffer from food sensitivities that promote the kind of problems mentioned above. They suffer from nutrient deficiencies. Their detoxification systems are impaired. They have an imbalance of bacteria (dysbiosis) leading to the overgrowth of the bad bacteria, parasites, and fungus/yeast.

To help these children the D.A.N. doctors do a thorough analysis of the child’s sensitivities and imbalances and put them on a diet that restricts the offending foods. This elimination diet typically includes the removal of: sugars, junk food, preservatives, dyes, and artificial sweeteners. The child must also eliminate those foods to which he has sensitivities—most commonly gluten and dairy. You’ll see this abbreviated as the GF/CF (gluten-free casein-free) diet. Casein is the offending protein in dairy that is difficult for humans to breakdown and digest, thus causing intestinal irritation, inflammation, and leakage into the bloodstream of these large undigested protein segments. Other foods that commonly are eliminated due to sensitivities are: soy, eggs, chocolate, and corn. They also remove the germs that are out of balance by the most natural means possible, while enhancing viral fighting ability (curcumin, monolaurin, olive leaf extract).

Lastly, they want to replenish: good gut flora (probiotics, fermented foods), digestive enzymes, nutrients (multivitamin and minerals), essential fatty acids, and nutrients with anti-glutamate action (pycnogenol, chamomile, taurine, GABA).

The speakers at the conference discuss major improvements that are seen in most of these children with the nutritional modifications outlined above.

I must state here that the information that I have written above is my understanding of some of the material presented at the D.A.N. conference, it is in no way a comprehensive, detailed guide on how to treat autism. There was so much information presented, that I could never condense it all into one article. My best advice if you want more information on ARI and D.A.N. is to go to autism.com.

Now no article on Autism is complete without mentioning the latest (and in my opinion, the greatest) advancement in the care and treatment of ASD and other childhood developmental learning disorders. It is called the Brain Balance Program.

According to their website:

The Brain Balance Program is a comprehensive program which incorporates a unique multi-faceted approach to the assessment and the development of individualized intervention plans for children affected by the Neurobehavioral/Developmental Disorders such as ADD/ADHD, Asperger’s Syndrome, Tourette’s Syndrome, PDD, Autism, Processing Disorders, and Learning Disabilities (i.e. Dyslexia).

Based upon the most current research our program works from a brain based model which recognizes that many of the children that are diagnosed with these disorders suffer a foundational imbalance or under-connectivity of electrical (brain) activity. This imbalance or under-connectivity occurs within and between the two halves (hemispheres) and/or large networks of the brain. We now understand that it is this imbalance of function, also known as “functional disconnection syndrome,” within and between the two halves of the brain which is often responsible for many, if not all, of the physical, cognitive or mental, and/or behavioral difficulties related to these disorders.

Dr. Robert Melillo is the creator of the Brain Balance program, which has had phenomenal results in the treatment and/or cure of the disorders listed above. His most recent book, *Disconnected Kids*, thoroughly explains the reasons for these problems and then gives step-by-step instructions on how to achieve results utilizing at-home methods without drugs.

The complete Brain Balance program is offered at Brain Balance Achievement Centers, which we are fortunate to have three of them in the Atlanta area: Peachtree City, Suwanee, and Alpharetta.

At these centers, the well-educated staff not only addresses the nutritional/biochemical challenges of these children, but also works diligently to address the imbalance in function of the child’s brain hemispheres.

Serum and urine tests are performed to assess: organic acid levels (to determine the nutritional and metabolic basis of the child’s symptoms), amino acids (to determine essential amino acid imbalances that affect physical and mental function), and an IgG4 profile (to determine food sensitivities and reactions). According to the results of these tests, a specific diet will be created for the child to follow and customized nutritional supplements will be created. It’s a very individualized process, which is why it is so successful.

The greatest contribution to the child’s treatment comes from the focus that the center puts into brain hemispheric balance and integration. A child will go through complete neurosensory and cognitive therapies to accomplish this goal. All these therapies are specifically created for each child depending on his level and type of functional disconnection. The genius of the center is that all these “therapies” are really seen from the child’s perspective as games and fun, because keeping the child motivated to perform the tasks to completion is the ultimate goal.

Again, I have to make the disclaimer that I am only able to give you a small bit of all that Brain Balance has

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Stress and the Food You Eat

By Brenda Cobb

There are emotional and stress related causes for all symptoms and diseases, but too often we look only at the surface of a problem without going deeper to find out what the true initial cause is behind the disease itself. Stress can be a killer and according to statistics between 70 and 80 percent of all visits to physicians are for stress-related disorders. Chronic stress directly affects the immune system.

Stress can be brought on by illness, pain, emotional conflicts, death in the family, financial problems, divorce, allergic reactions, poor diet, nutritional deficiencies, substance abuse, or biochemical imbalances. Some stress is normal, but prolonged bouts can lead to exhaustion and serious health problems. Repeated stress interferes with digestion, alters brain chemistry, and increases heart rate and blood pressure affecting metabolic and immune functions.

Everyone reacts differently to stress. The degree of anxiety a person experiences indicates how well he or she is coping with stress. It is never what happens to a person that matters, it is their reaction to what happens that is the key to health or sickness. Common symptoms of stress and anxiety are excessive or unwarranted worrying, a rising sense of panic, restlessness, insomnia, trembling, feeling shaky, muscle tension, fatigue, shortness of breath, heart palpitations, sweaty, clammy hands, hot flashes, chills, dizziness, irritability, and difficulty concentrating.

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

Many times anxiety, depression, allergic-like reactions, food and chemical intolerances, and hyperactivity can be explained by careful examination of diet. If you are stressed out, avoid caffeine, food additives, preservatives, and chemicals. Stick to fresh, whole foods like vegetables, fruits, nuts, and seeds. Stress increases poor digestion and decreases nutrient absorption, so many individuals have vitamin and mineral deficiencies. Learn about good nutrition and what foods best serve you.

Avoid animal and dairy products which are acidic, congesting, and of a low vibrational energy. When you eat a dead animal, you are eating the fear, anger, and stress they felt throughout their lives and when they were slaughtered. Everything is energy and the negative energy in animal products is one of the leading causes

of stress and illness. When you eat low vibrational foods, you lower your own vibrational energy, which in turn lowers your immune system. This makes you more susceptible to premature aging and disease.

Organic raw and living (sprouted) foods are alkaline and excellent for combating stress and for restoring the immune system. Cooking food destroys the life-giving properties like enzymes, vitamins, and minerals. Cooked food is very acidic to the body. When you eat more raw vegetables and fruits and lots of living sprouts like sunflower sprouts, buckwheat sprouts, and broccoli sprouts you will help yourself combat stress and increase energy and health. Your skin will become glowing and beautiful and your teeth, hair and nails will become stronger and more luxurious. So whether you are eating raw and living foods because you want to feel better or look better, either way, you win!

Ginger Coconut Slaw

2 c purple or green cabbage
1 c carrots
1 c red pepper
1 c green onion with tops
½ c raw coconut oil
¼ c raw tahini
½ c lemon juice
1 t himalayan salt
2 T dried dill
1 clove garlic
pinch cayenne pepper
4 dates pitted
1 T fresh ginger
½ t cumin

- Chop all the vegetables.
- Combine the other ingredients in the Vita-Mix and blend into a dressing.
- Toss salad with the dressing.

Resources:

Alternative Medicine by Burton Goldberg
Stress Management by James S. Gordon, M.D.
Mind/Body Medicine: How to Use Your Mind for Better Health, by D. Goleman and J. Gurin

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®." Her 10 and 12 Day Healthy Lifestyle Raw and Living Food Course have helped thousands to heal naturally of all types of diseases. Call 404-524-4488 or visit www.livingfoodsinsititute.com for a complete listing of free seminars, recipe demos, banquet fests, and graduation parties.

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Autism – Dealing with this Childhood Epidemic

to offer. I encourage you to go to their website, brainbalancecenters.com, and their blog site, brainbalancegablog.com, where you can learn more about the brain balance program, Dr. Melillo, and brain research, as well as read testimonials on the tremendous success of their treatments.

In conclusion, Autism has truly become an epidemic in our society when 1 in every 150 children is affected! While many reasons are speculated to be the cause, the important thing to remember is that there are now holistic and natural treatments available that can, at least, mitigate a child's symptoms and, at best, cure the problem. We have come a long way from the days where

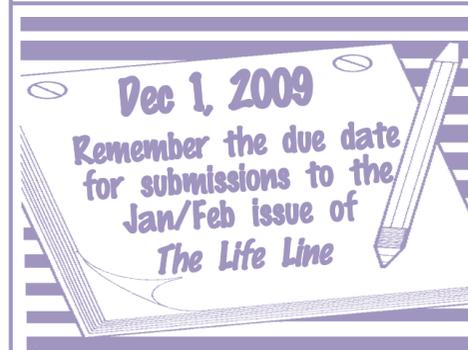
autism was strictly seen as a genetic disorder with no hope of improvement or cure. Advancements that have been made in bio-technology in the past 15 years have provided us with more knowledge of the human brain and the nervous system than we have had in all of history!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, e-mail her at susan.esposito@gmail.com. Due to space limitations, not all questions can be answered in this newsletter.

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Can I Still Have Chinese Food on the Gluten Free Diet?

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

If I could count how many times I've heard that question from people who are new to the gluten free life, I'd say it's pretty much everyone. I get a panicked phone call or e-mail asking about Chinese food. Is it such a staple in our diets that we can't imagine life without it? Probably. Even though these are primarily rice-based dishes, the sauces they are prepared with are not safe for those of us on a gluten free diet. Most commercial soy sauce contains wheat, and you would be hard pressed to find many dishes that are not prepared with it. Sure you could probably order plain steamed rice and steamed vegetables (made in a clean pan) if you feel confident enough in your ability to communicate your needs effectively to the restaurant staff. It can be done, I'm not saying that it can't, but keep in mind any time you dine out you are running the risk of cross contamination issues or simply ill informed staff that don't realize that the egg foo young actually has wheat flour in the recipe (some don't, just ask).

So, to answer the question directly, yes you can still eat Chinese Food. But, there are certain things you need to be aware of. The fortune cookies and egg rolls are not gluten free, unless you find a gluten free version (and if you do, please let me know!). You can always take your own gluten free soy sauce with you and order simple things like steamed vegetables and steamed rice. If you want to get more adventurous, call your favorite Chinese restaurant and ask them if they can accommodate your dietary needs. From what I hear, most are willing to try.

There are chain restaurants that now have gluten free menus, like PF Changs for one. Also, you can check with Café Life and see what days Chef Mike is preparing some of his fantastic Asian influenced gluten free dishes. They are wonderful! If you are brave and wish to attempt making your own, here are a few simple recipes.

Vegetable Stir Fry

1 bag frozen mixed vegetables
1 pk firm tofu sliced into chunks (or sliced chicken strips)

safflower oil for high heat cooking
San J's Light Wheat Free Tamari (low sodium)

- In a large wok or frying pan pour a liberal amount of safflower oil (you don't have to coat the entire bottom of the pan). Heat over medium high heat.
- Add tofu or chicken and cook until browned on all sides.
- Add frozen vegetables and toss with tamari.
- Continue stirring very regularly until vegetables are cooked through, but not too soft.
- Serve over steamed white or Basmati rice, which you cooked at the same time.

Easy Way to Steam Rice

2 c water
1 c white or basmati rice (brown rice takes much longer)

- In a 2 quart saucepan with lid, bring water to a boil.
- Add rice and stir.
- Put lid on top and reduce heat to low.
- Steam for 20 minutes while preparing the rest of the meal.
- When timer goes off for rice, remove from heat, but do not remove lid.
- Allow to continue to steam for an additional five minutes or so.
- Remove lid and fluff rice with fork.
- Serve Vegetable Stir Fry over the rice with San J's Wheat Free Tamari.

If you desire a sweet and sour sauce to top your vegetable stir fry, this is what I usually do:

Sweet and Sour Sauce

equal parts honey and Annie's Naturals Ketchup.

- Mix together with fork and serve over your meal.

Baked Tofu

1 lb extra-firm regular tofu (NOT silken), sliced ¼-inch thick
about 1/8 c gf soy sauce

- Preheat oven to 375° F.
- Brush each slice, back and front, with soy sauce and allow it to marinate for 10 minutes.
- Place on a lightly oiled baking sheet and bake for 30-35 minutes. Turn once halfway through, until it is a deep, golden brown color and crispy on the outside, but still tender on the inside.
- Remove from oven.

Asian Lettuce Wraps

frozen veggies
onions
garlic
canola oil
rice noodles
honey
gluten free soy sauce
¼-½ t fresh grated or powdered ginger
lettuce leaves

- Pre cook rice noodles, drain and set aside.
- In a skillet or large wok, sauté onions and garlic until onions are almost translucent.
- Add frozen veggies and cook until tender.
- In a separate bowl, mix equal parts soy sauce and honey. Stir in ginger.
- Pour mixture over veggies. Mix in noodles.
- Spoon into lettuce leave, roll up, and enjoy. Serve with tofu.

NislaWhetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Join her from 6-7 pm on the third Tuesday of every month for her Gluten Free support group in Café Life, where selected gluten free items are available for purchase. Contact her at 770-653-6017 or magickhand@gmail.com.

What's in Your School Lunch Box?

I was recently very happy to be included in the "first day of school" rituals with my grandchildren. My grandson has "graduated" to Kindergarten and my granddaughter is beginning Pre-K.

As we arrived at the school, I saw many moms and dads with their little people, waddling up to the big front doors. Then there was us; Mom, Dad, Nana, and Grandpa with our little people. We ALL wanted to be there . . . it's a BIG day. Excitement was in the air and a few tears for some. I was holding my five year old grandson's hand as we walked towards the school and he looked up to me and said, "Nana, I was looking in the mirror this morning after I got dressed, and I thought I kind of look like an adult now." My hand went to my heart as I tried not to cry.

Earlier that morning, our daughter had gotten their backpacks all ready, and packed their lunches. Now, as we were walking into the school, it occurred to me that I hadn't looked to see what she was packing. Our daughter and her husband actually do a pretty good job making sure that their children get organic food, and lots of raw fruits and vegetables. But my mind was wondering, hoping, that she didn't "cave" to all the simply packaged, brightly colored, buy it, grab it, throw it in simplicity of many of the processed foods. Sometimes those "brightly colored packages" seduce us on the shelves and before we know it, they are in the buggy.

So . . . I asked. Her reply, "Yes mother, of course I put good food in their lunch box. Ezekiel Bread (sprouted grain bread from Life Grocery), with a little almond butter and jelly, some sliced apples and some organic Elmo crackers, with new stainless steel bottles for fresh water. "That's pretty good," I thought.

Then I started looking around as all the different kids, different shapes and sizes, walking into the school with their lunch boxes; what was in their lunch box? Oh no, how is that going influence my sweet little grandchildren? Will they be made fun of by the Mountain Dew drinking, processed food, McDonald's breakfast crowd?

FLASHBACK: The year, 1966. I'm eight years old, carrying my brown paper bag to school every day for lunch. What's inside? A bologna sandwich with mustard on Wonder Bread, chips, and cookies. I always got in line to buy a milk to go with my lunch. This was pretty much my school lunch for years. By the way, at the time, I wouldn't have it any other way. There was nothing like a bologna sandwich that was nice and warm (well, actually, room temperature. I'm sure that some of you are smiling, because you know exactly what I mean!). Now of course, every other Friday, the school lunch calendar would say "pizza" and I would be begging my mother for money to buy school lunch that day. As a side note, at eight years of age, I was perfecting my "later to be discovered" negotiating skills, and would always manage to get an extra piece of pizza for free from the lunch room ladies!

Of course, reading about this flashback, reminds me that somehow we all survived. Well, some of us better than others, which is the point of this story. We need to start making better choices for children's lunch boxes and for ourselves each day.

Childhood obesity and diabetes are on the rise. Many of us have family and friends who have died at an early age from illnesses and disease that we didn't "catch from germs on a toilet seat." Much of what forms this body of ours, that our spirit resides in, is built from the "fuel" we supply two to six times daily . . . food.

Good habits start at home. Give your children a great example. Then pack their lunch with healthy food, real food; fresh, organic fruits, vegetables, greens, nuts, and seeds.

Would you like a few ideas for your children's lunchbox? By the way, everything on this list is conveniently available at your wonderful Life Grocery. Try to choose organic whenever possible, very important.

- Goji Berries (one of the most nutritionally rich fruits on the planet)
- Sundried raisins

By Jesse Andersen

- Sundried mulberries (very sweet and delicious)
- Raw, organic nuts and seeds (lots of lovely tasting choices on the raw food aisle, as well as in the bulk department)
- Ezekiel Bread (sprouted grains) for sandwiches
- Raw, organic almond butter with soft fruits "smashed" on for jelly
- Raw, organic snack bars (on the raw food aisle)
- Cut up fruit (apples, pears, oranges, peaches, strawberries, blueberries, pineapple, etc.)
- Cut up vegetables (celery, cucumber, cherry tomatoes, etc.)
- Take the pit out of Medjool dates, cut into small squares and add to some small cubed apples. The combination tastes like caramel apples, Yum!

Now, keep in mind, I understand the "dynamics" of a school lunchroom. There needs to be some "wiggle" room. Most kids don't want to feel like the odd man out everyday.

I was very proud of my daughter on that first morning, on the first day of school. As my five year old grandson and my four year old granddaughter were eating breakfast that morning, I watched as my daughter explained to them, that many of the children would have money for ice cream at lunch time, everyday. Then, she gently explained that they would not have ice cream money every day, but, that every Friday, they would each get 50 cents to buy any ice cream that they wanted.

You know, it's not so much what you're eating 20% of the time, it's what your eating 80% of the time. That's a lesson for food. That's a lesson for life too.

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 at Life Grocery every Thursday at 6:30 pm. For more information on her classes, email her at RawFoodResourceCenter@gmail.com.

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Single Cans

- 8 oz \$2.09
- 4 pk \$8.19



- Arico Gluten Free**
- Cassava Chips**
8 oz \$2.29
- Cookies**
4.76 oz \$3.49



Gluten Free Signature Line

15% off



**All Wheat Free/
Gluten Free
Mixes & Cookies**

15% off



- Organic Low Fat Kefir 32 oz . . . \$4.19
- Organic Cottage Cheese 16 oz . . \$4.39
- Organic Cream Cheese 8 oz . . . \$2.79
- Fruit on Top Yogurt 8 oz \$1.19



**20 Bag
Box**

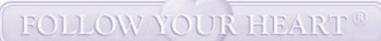
\$2.69 to \$2.99



**Tulsa Tea
All Flavors**

18 ct box

\$3.59



NEW! Salad Dressing
assorted flavors

12 oz

\$3.79



All Mixes

15% off

Sale Prices
\$3.69 to \$4.99

15 to 22 oz



- Original
- Berry Burst
- Orange Greensicle

9 oz **\$25.99**

Jarrow FORMULAS

- Alpha Lipoic Acid
60 tabs **\$19.99**
- Methyl B12 5000 mcg
60's **\$21.99**
- Black Current & Lutein
60 v-caps. **\$22.39**

VITA LOGIC

Vitamins that make sense

- Osteo Protect
100 tabs **\$10.99**
- Osteo Protect
250 tabs. **\$21.99**
- Cold-C with Echinacea
100 tabs **\$13.99**

the Original NutriBiotic®

Rice Protein

- Original
- Vanilla
- Chocolate
- Mixed Berry

1 lb **\$14.99**

KYOLIC®

Aged Garlic Extract™

All Garlic Blends

Aged garlic extract helps support cardiovascular health

25% off



Whey Protein Isolate

- Original
- Vanilla
- Chocolate

1 lb **\$18.99**



- Udo's Oil 3-6-9 Blend
8.5 oz **\$11.99**
- Udo's Oil 3-6-9 Blend
17 oz **\$19.99**
- Udo's Oil 3-6-9 Blend
32 oz **\$33.99**

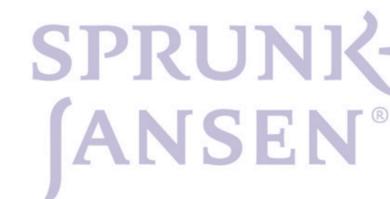


- Wheat Grass
3.5 oz. **\$13.99**
- Wheat Grass
250 tabs. **\$14.99**
- Barley Grass
3.5 oz. **\$13.99**
- Barley Grass
500 tabs. **\$25.99**



All Products

25% off



All Products

20% off



Brevail

30 caps

\$15.99



All Crystal Deoderant

20% off



New Rainforest Line!

25% off



All Products

20% off



All Maca Products

10% off