

Protect Yourself From the Flu With Vitamin D

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

This is the time of year, in the northern latitudes, when the days get shorter and our sun exposure goes downhill. It's also the time of year to break out the Vitamin D. Research over the last several years has shown, unequivocally, that we become seriously deficient in Vitamin D, especially in the winter months, and, even in the summer, if we stay inside or use sunscreen outside.

We need at least 2000 IU (international units) per day of Vitamin D3. (Note: It's the D3 you want, not the D2 sold in some forms of supplements.) It's cheap and easy to take as a supplement. Make sure you are eating enough "good fats" to be able to absorb the Vitamin D (healthy fats such as olive oil or avocados), otherwise you are wasting your money. I suggest you eat at least two tablespoons of some healthy fatty food when you take your Vitamin D3.

Studies have linked Vitamin D deficiency to a number of chronic diseases, including diabetes, heart disease, osteoporosis, multiple sclerosis, and various cancers including bowel, prostate, and breast. It's not that Vitamin D deficiency actually causes these diseases, but it is strongly associated with them. A recent study even indicated that Vitamin D deficiency was a factor in deaths associated with the flu. "So far, Swine flu (H1N1), has killed thirty-six children in the U.S. Analysis of CDC data indicates Vitamin D deficient children are at higher risk of death." (<http://articles.mercola.com/sites/articles/archive/2009/09/22/Low-Vitamin-D-Increases-Flu-Death-Risk-in-Kids.aspx>.)

The only way to ever truly become immune to the H1N1 flu or any other flu is to get the flu. I can't tell you whether or not you should get a flu shot, but we do know that flu shots contain formaldehyde, a class A carcinogenic. Many of the doses contain a form of mercury, and there are a host of other problems I see with the potion. That being said, I have been telling my

patients that I ingest 2,000 IUs of Vitamin D3 (It's really a hormone, not a Vitamin, but I digress) and two cloves of raw garlic once a day.

There are two sources of D3. One is from fish oil, of which I am not a fan, as it needs to be cleansed of toxins, including mercury, before it is safe for human consumption. The other source is lanolin, which comes from sheeps' wool. I like this source better. We are now finding Vitamin D receptors all over the body, meaning that it is needed all over the body for many different purposes. It appears to have a very positive effect on the immune system. If I feel like I am getting sick, I take 10,000 IUs for three days, and then I go back to 2,000 IUs a day. If I am in the full blown flu, I take 20,000 IUs a day until I feel better.

Garlic acts as an antibiotic, antiviral, and antifungal, so it can attack whatever ails you. It is best to put the garlic through a garlic press and let it sit for a few minutes for the chemicals (allicin and alliinase) to interact and become more potent. Eat the garlic on a salad, in soup, or however you would like, but don't cook it. Cooking it weakens its effectiveness. If I feel like I am getting sick or I am sick, I take two cloves of garlic three times a day. This combination usually gets you feeling much better in a day or two. I have seen it work on countless occasions on myself and on many of my patients who have tried it. Other illness fighting herbs are ginger, which is an anti-inflammatory; hot peppers, which increase circulation; onions, which are a natural antihistamine; and horseradish, which is good to add to your arsenal. (See Dr. Joe's Cold & Flu Tonic in the supplement section for all these ingredients in one simple, easy to use bottle.)

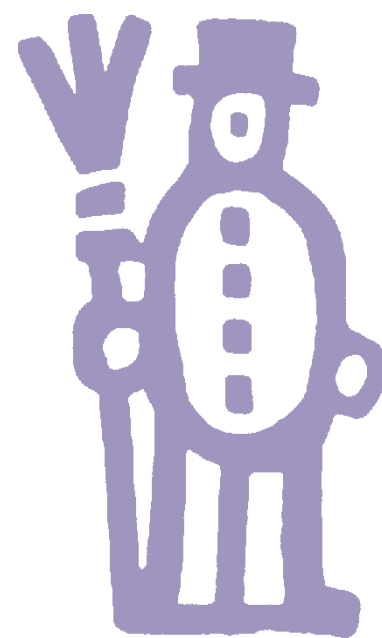
Fever helps the body kill off viruses. When I am not feeling well, I like to take a hot bath and create my own fever to help the body kill off the invaders. This is a proactive plan to get through this flu season.

Because Vitamin D is really a hormone that regulates messages between cells, it's not just important in bones, but in many other organs throughout the body. There are many recent studies to show this. Many of them come from Dr. Reinhold Vieth, at the University of Toronto, as well as Dr. Michael F. Holick, at the Boston University Medical Center, in Massachusetts.

Do you want to know if you are deficient? A simple blood test will tell you. Ask your doctor for a 25 Hydroxy Vitamin D3 blood test. The level should be between 80-120 nmol/L. Exposure to the sun in the summer of 15 minutes, for those with light skin, and 60 minutes, for those with dark skin, with the face and arms exposed, without sunscreen, should give you enough Vitamin D so that you don't have to supplement.

If you like this approach to health care, tune into my radio show every Saturday at 9:00 am on 970AM; 10:00 am on 1010AM; Sunday at 7:00 am on 920AM; and 3:00 pm on 970AM, or go to my website. I have hundreds of hours of shows archived there, all available at no charge. *Given the present warnings regarding the Swine flu, Dr. Joe has opted to submit this article to The Life Line at this time. The next part of Dr. Joe's article "Nutrition From A to Z" will appear in the next edition of The Life Line.*

Dr. Joe Esposito is a chiropractor, the author of "Eating Right For The Health Of It!" the syndicated radio show host of HEALTH TALK ATLANTA, and the director of Health Plus Wellness Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, please call 770-427-7387. You can also check out Dr. Joe's website 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!



**Winter Life Fest and
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Saturday, 12/12/09
12:00-4:00 pm
members receive
10% off all in-stock Store
and Café purchases**



Health Care is Self Care

By Don Bennett, DAS

It was announced recently that three American scientists received the 2009 Noble Prize for Medicine for discovering a key enzyme in cells that could lead to new therapies for slowing aging and blocking cancer. Shouldn't the non-mainstream health educators, who already know how to normalize the aging process and prevent cancer, get a Noble Prize? But there isn't a Noble Prize for Health, only for Medicine.

It's an unfortunate fact that as long as the medical/pharmaceutical industry is seen as the gatekeeper for peoples' health, the health of that segment of the population will not improve, simply because ill-health is more profitable than no health. True, it's not more profitable for employers when the health of their employees decreases, and it's certainly not better for those people whose health is declining, but they're not the ones in charge of the health care system.

Every individual is actually the one who *is* in charge of their own health care because their health is ultimately their responsibility. But because people are not aware of the health care options that exist, such as improving one's diet and other lifestyle practices to the point where their body is capable of staying ahead of disease instead of falling behind it, they, by default, put their health in the hands of an industry that is ill-equipped to promote truly positive outcomes, because there is no financial incentive to do so. Although most individual physicians and health care workers truly want to be of service to those whom they administer to, they aren't the ones at the wheel. Those who steer America's health care ship do their level best to suppress any information that could prevent those most profitable illnesses. For example, there is no reason anyone should have Type 2 diabetes anymore, yet it's been estimated that in another 15 years 95% of Americans will have it! (And it wasn't too long ago that very few people had it.)

Today, it's not only known how to prevent Type 2 diabetes, but also how to resolve it. Yet the fundraising to "find the cure" continues because, even though it's known how to get rid of it, it's not known by doctors and it's not common knowledge down on Main Street. Also, there's no profit in using non-medical, non-pharmaceutical means to rid yourself of diabetes. When large profits are directly linked to ill-health, ill-health will be the norm.

Maybe capitalism's free-market model isn't the best one for a health care system. In countries with not-for-profit health care systems, there are financial incentives too, but they're in the form of financial incentives for health care providers to get and keep their patients healthy! (The healthier their patients, the more money the doctors make.) And in these countries, improved health is not seen as coming from drugs, treatments, or surgeries. Obviously, this is the polar opposite of the system we have in this country. And what do you think a non-profit health care system can translate into as far as the actual health of the populations of these countries? Yep, overall they are healthier than those folks in the U.S. are, and they have higher average life expectancies, too. These countries also have lower rates of infant mortality than the U.S. and all the people are covered by a health care system; that is truly a *health* care system.

So as long as our health care debate is over what kind of for-profit system we will have, we'll still be behind two dozen other countries as far as the health of the population. So what can you do about it? Write your congressman? Rent the movie *Sicko* and have showings in your home in an effort to foster a grassroots movement for truly effective health care for all? You could, but you could also start by taking responsibility for your *own* health and start practicing self-care. This would include learning about what you can do to give yourself the *best* odds of never getting a diagnosis of serious illness and what steps you can take to create robust health for yourself. Thanks in large part to the internet, this information is readily available. True, there is much misinformation and conflicting information even in the area of natural health care because of mis-education, personal biases, and the "profits before people" paradigm, but this is where research, education, and common sense come into play. As long as you value and truly care about your most precious commodity—your health—you'll be able to recognize and embrace the health creation information that is truly in *your* best interest.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author of How to Have the BEST Odds of Avoiding Degenerative Disease. For some enlightening health information visit health101.org.

Life Bits: Is it Time to Give Up Bottled Water?

By Kay Bird

The truth about bottled water is shocking.

- It takes 3 liters of water to produce 1 liter of bottled water.
- The bottles take up to 1,000 years to decompose.
- A variety of chemicals are released in the production of plastic water bottles. Most of the smaller bottles are made from polyethylene terephthalate, which generates more than 100 times more toxic emissions than an equivalent amount of glass.
- The total amount of energy required to produce a plastic bottle of water is equivalent to filling it one-quarter full of oil.
- Americans go through an estimated 70 million water bottles a day and only 14% get recycled.
- In the U.S., over 30 billion plastic water bottles end up as garbage or litter each year, contributing to the vast vortex of plastic waste in the ocean, which is poisoning marine life and birds.
- The withdrawal of large quantities of water from springs and aquifers for bottling has depleted household wells in rural areas, damaged wetlands, degraded lakes, and lowered water tables to the point of threatening residential and agricultural water supplies.
- Bottled water companies, led by Nestle, Coca Cola, and Pepsi Cola, are exercising their power to secure

and privatize access to springs, aquifers, and municipal water supplies.

What can you do?

- Use a home filter. Municipal water requires very little energy to pump water through pipes to our homes.
- Get a high quality reusable bottle to take water with you. Some companies, such as Seychelle.com, have portable bottles (both stainless steel and BPA-free/non-leaching plastic) with a built-in filter, so that you can filter tap water anywhere you go.
- Purchase bulk filtered water at Life Grocery.
- Join or make a donation to the **Sierra Club**, which is advocating on your behalf for strict state and local groundwater laws to protect aquifers, rivers, streams, and wetlands from pollution and depletion. The commercial trend is to treat water as a private commodity from which to profit. The Sierra Club is defending access to clean water as a human right that must be universally available at prices all people can afford.

References:

Sierra Club, Berkeley Ecology Center, The Pacific Institute, *Bottlemania: How Water went on Sale and Why We Bought It*, by Elizabeth Royte.

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Monday-Saturday 9 am-8 pm
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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:

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Life Grocery Store, Inc.

Mission Statement

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

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This Too Shall Pass

By Michael Scimeca

One of my mother's pearls that she handed down to me, that she received from her mother, was an incredibly supportive outlook on life. "This too shall pass" was one of her favorite sayings. She offered it as a reminder that the challenging times I was facing were temporary at best. How ironic that in dealing with my mother's passing last week, those exact words continue to echo through my mind to somehow give me comfort during such a profound time in my life.

If time heals all wounds, than the longing I am feeling for my mother will somehow pass over time. Regardless, I find myself frantically trying to hold onto all of her words of wisdom with a sense of dread that one day I may forget, that her pearls of wisdom might escape me. That they too shall pass.

I have always been attracted to the concept of non-attachment, of not being attached. Perhaps it is because I resonate with my mother's words: "This too shall pass." Maybe it is because life never waits. It continues to rush by with or without my consent, participation, or understanding. Being attracted to the concept of non-

attachment, however, does not give me the wisdom to practice it. That wisdom comes from my mother's words.

I now find myself taking my rightful place as an adult orphan. Ready or not, the circle of life has initiated me. I stand here, however, as a child. What the future holds, I do not know. Regardless, I know one thing with absolute certainty: This too shall pass.

As I write this article, I am considering the act of forgiveness. Is it an act we bestow on others? Is it a gift we give to ourselves? Perhaps it is nothing more than allowing something to pass through us. The one thing I know about forgiveness from my firsthand experience is that it comes in its time, when we are ready to let go. When we are ready to let things pass, we somehow embody my mother's wisdom. Her words somehow come through us. Maybe life is nothing more than a series of forgivenesses, of experiences that we simply let pass through us. I don't know.

Before these feelings pass, I want to share them. I want to say, "I'm sorry" to everyone who has lost a loved one. More importantly, I want to do whatever I

can to remember. Knowing that things pass in their time, I want to live fully today, with love in my heart, from a place of understanding, to whatever degree I can comprehend, whatever I can. In sharing these words, I find a renewed passion. Probably because I know most emphatically that this too shall pass.

If these ramblings touch anything in you, if they help you remember to live, love, and give thanks, then you have met my mother. Her words, her mother's words, my words, will live on for another day. If considering the phrase, "This too shall pass" helps you access a greater wisdom in this moment, then the phrase does for you what it does for me. If these ramblings do nothing for you, my prayer for you is simple. I wish you a long, happy, and healthy life, and that you seize the day. For as sure as the day is here, this too shall pass.

Michael A. Scimeca, D. C., runs Living Well Education, located at 1182 Grimes Bridge Road, Suite 400, Roswell, GA 30075. He can be reached at 770-912-9197 or michael@scimeca.com.

Your Metabolism

By Brian Murray, M. Ed.

You have probably heard that in order to succeed at weight loss your metabolism must go up, or, at the very least, stay the same, but never, ever decrease. I used to believe this was true, but now I disagree.

Your body produces heat in direct proportion to your body mass. Heat is another word for calories. Therefore, the bigger you are the more calories you burn, or the higher your resting metabolic rate compared to someone who has less body mass. When you lose body mass, your resting metabolic rate will actually go down. Why would it not? You have decreased your body mass, therefore the amount of calories you burn goes down. Makes sense, right?

To this point I have only referred to your resting metabolic rate. This is a label for a broad range of ongoing bodily processes. Although this rate will go down as you lose body mass, there is a component of this rate that you should never allow to decrease. This is the *lean body mass* component of your resting metabolic rate; the energy required by your muscles, bones, nerves, organs, and anything else that isn't fat.

Exercise is essential if you want to preserve your lean body mass, but it must be the right type of exercise. After 12 years of clinical observation, I now know that the safest, most efficient and most productive way to

ensure that the lean body mass component of your resting metabolism does not decrease is to engage in a high intensity strength-training program.

I also believe that the purpose of your exercise program should be to keep your lean body mass as close to your youthful peak as possible. How will you know if you are doing this? You won't. You don't have a measure of what your maximum lean body mass value was in your youth. Does it matter? No. The best way to regain what you may have lost, and potentially add more, is to make your muscles work against A LOT of resistance for just a few minutes a week. Do this and you can rest assured that you will not allow the lean body mass component of your resting metabolism to decrease.

Your resting metabolism does not have to go up or never decrease. In fact, it will go down as your body mass shrinks. What should never go down is the energy you expend each day accounted for by your lean body mass. Don't worry about your metabolism. Concentrate on protecting your lean body mass.

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.

Joyous Living

By Dr. Kimberly Strickland

The saying is *'tis the season*, well I say *now is the season*. Whenever now is, is the time to joyfully live. Why wait until November or December to do the things that bring you joy? My family is going away for five days just prior to Thanksgiving. My four year old son, Rory, asked if I could make a chocolate birthday cake just for fun because it's so good, not because someone is having a birthday. So we're having chocolate cake with chocolate frosting just for fun!

I believe that each and every one of us was brought to this moment in space and time with intention for a purpose. I believe that purpose is to live joyfully and to bring joy to others. This fall I have had some major breakthroughs in my personal and spiritual growth. It started with doing small things daily that bring joy to me. I purchased a bike so I could ride with my four and six year olds. I purchased the new U2 CD and have had so much fun learning the lyrics and singing along. My joy has become infectious and my boys are enjoying the new

music. Whatever brings you joy will lighten your heart, increase your energy, improve your health, and, in turn, bring joy to others. Joy to the world starts by giving yourself permission to experience joy every day.

Take a look this season at what brings you joy and what drains you. If something drains you, then stop doing it. Take a moment to reflect on the reason behind what you are doing. Is there another way to view what you're doing? Could you do something else? In my family this year, we have decided to simplify the season by giving gifts to the children only. That means we each have more time to enjoy being together and to relax instead of shopping. Because I believe that by giving we truly fulfill our purpose, I am choosing to give in new ways this year. This week I used money I would have used to buy gifts for my family to purchase a goat for a family in another country through www.heifer.org. When that goat has kids, the family will give at least one of them away as a way to continue the giving. For just \$30, you can give a

family a hive of bees, training to take care of them, and a means to provide income for their family while at the same time increasing our honeybee population, which is in need of help.

When giving gifts, think not only of the person you are buying for, but the impact your gift has on the planet. Consider giving organic, free-trade products such as coffee or Burt's Bees. The quality is very high, so the gift will be appreciated and you just may create a convert. A soy candle and an essential oil, such as lavender, will smell nice and bring relaxation and stress relief. Do you know someone trying to get healthier? Consider the gift of a Life Grocery gift certificate or cookbook from the book section at Life Grocery. If you enjoy cooking, make a recipe from the cookbook and gift it with the book. Here's a recipe for pumpkin pie to try yourself or to share.

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NOTICE OF ANNUAL BUSINESS MEETING OF MEMBERS 2009

NOTICE IS HEREBY GIVEN THAT the 2009 Annual Business Meeting of Members (the "Annual Meeting") of Life Grocery Store, Inc., a Georgia non-profit corporation (the "Company"), will be held at Life Grocery on Tuesday, December 8, 2009, at 6:30 p.m.

All Members of record as of the date of this Notice shall be entitled to vote at the meeting.

Order of the Board of Directors
1453 Roswell Road
Marietta, Georgia 30062

Healthier Holiday Cookie Exchange

By Dr. Susan Esposito

Dear Dr. Susan,

Every holiday season my friends and I have a holiday cookie exchange. I'm looking for some cookie recipes that are tasty, yet are a little more healthy and lower in calories than the traditional holiday goodies we usually make. **Cheryl**

Dear Cheryl,

Here are some cookie recipes that are on the healthier side. Remember, you can't really call them "health food," however, they are certainly healthier than most of the fat and/or preservative-laden cookies that you might buy prepackaged at the bakery or make in most holiday kitchens. Keep in mind that although these cookies are lower in calories than many others, they are still not calorie free. I believe in enjoying treats over the holidays, but be mindful not to over indulge. These holiday delights, despite the healthier ingredients, are very yummy and will make delicious holiday snacks, gifts, or cookie exchange treats.

I found these recipes on the Eating Well website, where you can go and look up even more delicious recipes. I added a few suggestions in parentheses to the ingredients as they have them listed to make them a bit healthier. I hope you enjoy them!

Happy Holidays! Dr. Susan

Angel Delights

From EatingWell: November/December 2008

4 dozen cookies

¼ c unsalted butter or Earth Balance margarine
1 c sugar or sugar substitute—not artificial sweetener
1½ c chopped pitted dates, (8 ounces)
1/8 t salt
1 t vanilla extract
2 c toasted rice cereal
1 c shredded coconut

- Combine butter, sugar, and dates in a large saucepan. Cook, stirring constantly, until the butter is melted, the sugar is no longer white, and the dates are mostly melted, 8 to 15 minutes. The mixture should be a shiny, brown sticky mass. Remove from the heat.
- Add salt, vanilla, cereal, and coconut; stir well to combine.
- When cool enough to handle, squeeze and roll the mixture into 1-inch balls. Place on a wax paper-lined baking sheet. Refrigerate until chilled.

Make Ahead Tip: Cover and refrigerate for up to one week.

Nutrition per cookie: 52 calories; 2 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 10 g carbohydrates; 0 g protein; 0 g fiber; 15 mg sodium; 39 mg potassium.
Exchanges: ½ carbohydrate serving

Dark Chocolate Florentines

From EatingWell: November/December 2008

3 dozen sandwich cookies

1/3 c unsalted butter or Earth Balance margarine
¼ c canola oil
2 c quick cooking oats
¾ c sugar or sugar substitute, not artificial sweetener
1/3 c whole wheat flour
¼ c low-fat milk or low-fat plain soymilk
1 t vanilla extract
¼ t salt

½ c toasted almonds or walnuts, finely chopped (see Tip)

½ c semisweet or dark chocolate chips

½ c apricot preserves

- Preheat oven to 375° F. Line two large baking sheets with foil or nonstick baking mats.
- Melt butter in a medium saucepan. Remove from the heat. Add oil, oats, sugar, flour, milk, vanilla, salt, and nuts. Mix well. Drop level teaspoons of dough 3 inches apart onto the prepared baking sheets. Spread or press each cookie into a thin, 2-inch circle with a fork or damp fingertips.
- Bake the cookies, in batches, until set, 5 to 7 minutes. Let cool completely before removing from the foil or mats. (The cookies will appear somewhat lacy.)
- Melt chocolate chips in a double boiler over hot, not boiling, water (or microwave in 15-second intervals, stirring in between).
- When the cookies are cool, gently spread the chocolate on the flat side of half (about 36) of the cookies.
- Gently spread a little jam on the flat side of the remaining cookies. Press the apricot and chocolate halves together to make sandwich cookies.

Make Ahead Tip: Store in an airtight container at room temperature for up to 2 days.

Tip: Spread nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Nutrition per cookie: 108 calories; 6 g fat (2 g sat, 2 g mono); 5 mg cholesterol; 14 g carbohydrates; 2 g protein; 1 g fiber; 19 mg sodium; 14 mg potassium.
Exchanges: 1 carbohydrate (other), 1 fat

Boot Tracks

From EatingWell: November/December 2007

3 dozen cookies

½ c salted butter or Earth Balance margarine
2/3 c granulated sugar
2 large eggs or equivalent egg replacer
1 t vanilla extract
1 c whole wheat pastry flour
6 T cocoa powder
2 T canola oil
½ t espresso powder, optional
confectioners' sugar, for dusting

- Preheat a nonstick (not Belgian) waffle iron.
- Cream butter and sugar in a medium bowl. Beat in eggs and vanilla. Add flour, cocoa powder, oil and espresso powder (if using). Beat until thoroughly combined.
- Drop the batter by rounded teaspoonfuls about 1 inch apart onto the preheated ungreased waffle iron. (To avoid burning your fingers, use two spoons, one to scoop and one to scrape dough onto the waffle iron.) Close and cook until the cookies are puffed and cooked through, 1 to 1½ minutes. Waffle irons vary, so watch closely and don't let the cookies get too dark.
- Transfer to a wire rack to cool until just warm.
- Dust the cookies with confectioners' sugar while still slightly warm.

Variations: Instead of confectioners' sugar, drizzle cooled cookies with melted bittersweet and/or white chocolate. Or make a peppermint drizzle: Mix 1 cup confectioners'

sugar, 4 teaspoons water and ¼ teaspoon peppermint extract; add natural green food coloring, if desired.

Make Ahead Tip: Store in an airtight container for up to 1 day. Dust with additional confectioners' sugar just before serving.

Nutrition per cookie: 63 calories; 4 g fat (2 g sat, 1 g mono); 18 mg cholesterol; 7 g carbohydrates; 1 g protein; 1 g fiber; 22 mg sodium; 18 mg potassium.
Exchanges: ½ other carbohydrate, ½ fat

Ginger Crinkle Cookies

From EatingWell: November/December 2007

34 cookies

2/3 c canola oil
1½ c turbinado sugar, divided (see Tip)
1 large egg or equivalent egg replacer
4 T molasses
2 c sifted whole wheat pastry flour
2 t baking soda
¼ t ground cinnamon
¼ t ground ginger
¼ t sea salt

- Preheat oven to 350° F.
- Mix oil and 1 cup sugar in a large bowl until combined.
- Beat in egg until combined.
- Stir in molasses until evenly incorporated. Sift flour, baking soda, cinnamon, ginger and salt over the wet ingredients and stir until just combined.
- Put the remaining ½ cup sugar in a small bowl. Roll the dough into 1-inch balls and roll each ball in the sugar before placing 2 inches apart on an ungreased baking sheet. Do not flatten.
- Bake the cookies until set, but still soft when gently touched, 10 to 12 minutes. Transfer to a wire rack to cool.

Make Ahead Tip: Store in an airtight container at room temp for up to 5 days.

Tip: Turbinado sugar is steam-cleaned raw cane sugar. It is coarse grained and light brown in color, with a slight molasses flavor. The coarse texture adds great crunch when used in baking. You can find it in the baking section at Life Grocery.

Nutrition per cookie: 103 calories; 5 g fat (0 g sat, 3 g mono); 6 mg cholesterol; 15 g carbohydrates; 1 g protein; 1 g fiber; 94 mg sodium; 38 mg potassium.
Exchanges: 1 other carbohydrate, 1 fat

Raspberry-Chocolate Thumbprint Cookies

From EatingWell: December 2006

2 dozen cookies

1 c whole almonds
1½ c whole wheat pastry flour (see Note)
½ c oat flour (see Note)
2 t baking powder
¼ t salt
1/3 c light oil, such as safflower or canola
1/3 c maple syrup
¼ c apple juice
1 t almond extract
1 t vanilla extract
1/3 c chocolate chips, preferably bittersweet
2 T raspberry preserves

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Celebrate a Raw Holiday

By Brenda Cobb

Make this a wonderful holiday with organic raw and living food recipes. They are delicious and so good for you. You don't have to heat up your kitchen since none of these recipes are cooked. You can impress your friends and family with tasty and nutritious food they'll be talking about for weeks to come.

When you shop for the freshest ingredients in the produce section of your local grocery, health food store, or farmers market, you'll see an abundant array of colorful fruits and vegetables to make this a very special holiday. These beautiful recipes will look bright and cheery on your holiday table, and, since they are so nutritionally dense, you'll feel completely satisfied with smaller portions.

Life Grocery has an amazing selection of the freshest produce and it's all organic, so you don't have to worry about chemicals or pesticides. If you're just too busy to prepare your own dishes, Café Life will come to your rescue with some of the best prepared raw and living food you'll find anywhere!

Coconut Nog

1 young coconut, water and flesh
1 vanilla bean
½ t nutmeg
½ t cinnamon

- Crack open the coconut and drain the water into the Vita-Mix blender.
- Scoop out the white coconut flesh.
- Place coconut flesh along with vanilla, cinnamon, and nutmeg in the blender.
- Blend until creamy.

Serve in small cups and sprinkle with a little nutmeg. Toast the holiday and celebrate!

Pepper Squash Soup

2 c yellow squash
1 c zucchini
1 c red pepper
½ c onions
1 t curry powder
4 pitted dates
2 T lemon juice
2 t Himalayan salt
water as needed

- Blend everything in the Vita-Mix. Add a little water at a time to create the consistency you like and serve.

You can blend until warm or fill the bowls and put them in the dehydrator to warm up.

Cauliflower Nut Loaf

1 c almonds
1 c sunflower seeds
1 c pumpkin seeds
2 t garlic
1 c green onions, including the green tops
1 c celery
4 c cauliflower
1 c carrots
4 T fresh parsley
2 t Himalayan salt
2 T poultry seasoning
¼ c water

- Soak the almonds, sunflower, and pumpkin seeds overnight in 6 cups filtered water. Drain.
- Chop the garlic, green onions, and celery by hand and set aside.
- Combine the nuts, cauliflower, carrots, parsley, salt, and poultry seasonings in the food processor and blend.
- Take the nut mixture out of the processor and combine with the chopped vegetables.
- Taste before you take out of food processor and add more salt and poultry seasoning, if necessary, to give a rich full-bodied taste.
- Shape into a loaf or small bite-size balls.
- Dehydrate at 100° F for 2 hours and serve warm.

Creamy Mushroom Spinach

6 c spinach
1 c pine nuts
1 clove garlic
2 avocados
2 T nutritional yeast
1 t Himalayan salt
2 c mushrooms

- Soak pine nuts in 2 cups water for 2 hours and drain.
- Put the garlic in the food processor and chop until fine.
- Add the pine nuts and continue to blend.
- Add rest of the ingredients and continue blending into a creamy mixture.

Fruit Salsa

1½ c cranberries
4 c fresh tomatoes
1 c apples
6 pitted dates
1 c raisins

1 c orange juice
1 c celery
½ c red onion
¼ t cayenne pepper
1 t Himalayan salt

- Blend the pitted dates, cayenne, salt, and orange juice in the Vita-Mix into a creamy sauce.
- Chop the tomatoes, celery, cranberries, apples, and onions.
- Combine with the sauce and raisins.

Spice Fruit Cookies

1 c dates, pitted
1 c raisins
1 c walnuts
1 c almonds
1 c pumpkin seeds
1 c dried figs
4 c apples
¼ c raw coconut oil
1 T cinnamon
2 t nutmeg

- Soak the pitted dates and figs overnight together in one bowl with 4 cups of water. Drain.
- Soak the walnuts, pumpkin seeds, and almonds together in 6 cups water overnight and drain.
- Chop the walnuts and almonds into chunky pieces in the food processor.
- Chop 2 cups of apples into small chunks and set aside (save 2 cups of apples to blend).
- Chop the figs in the processor and set aside.
- Blend the dates, cinnamon, nutmeg, and 2 cups of apples into a creamy paste in the food processor or Vita-Mix.
- Remove paste from processor and fold in the walnuts, almonds, pumpkin seeds, chopped apples, and coconut oil.
- Put 1 tablespoon of the mixture for each cookie on the dehydrator sheet. Pat into a cookie shape and dehydrate for 24 hours at 100° F. Serve warm.

Brenda Cobb is founder of The Living Foods Institute and author of The Living Foods Lifestyle® and several other books on detoxification and healing naturally, including the Holiday Recipe Book. The Institute teaches a Healthy Lifestyle Course in Atlanta, Georgia, and offers detoxification treatments to cleanse and heal the body. For further info, call 404-524-4488 or 800-844-9876 or visit www.livingfoodsinstitute.com.

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Environmentally Speaking

By Betsy Bearden

Sustainable Development, Rainforest Alliance, Fair Trade, Eco-Friendly, and Green: These terms sound great, but what exactly do they mean?

I don't know about you, but I am just now getting used to the terms *Non-GMO, Organic, Certified Organic, and Raw*. Up to now, my most sustainable function with food is that I have been eating Lay's Potato Chips way too often. My husband said he is thinking about calling in Dr. Phil for a potato chip intervention, but that is going to have to be another story. Okay, maybe I stretched that one a little.

The United Nations defines *sustainable development* as: "Development that meets the needs of the present without compromising the ability of future generations to meet their own needs." In layman's terms this equates to: contribute to the sustainability of your environment by nurturing it and adding to it, not by tearing it down and polluting it, which goes back to something I mentioned in my last article: "Give a Hoot, Don't Pollute!"*

Sustainable development is already a method that is being put to use by the small-farm owners and workers throughout the world—particularly those who live and farm in the tropics. Supply and demand first created the necessity for sustainable agriculture among the small-farm coffee and tea growers of that region. Farmers have worked the mountainous terrain in these countries for centuries. This is where some of the oldest and finest teas and coffees are grown as nature intended, in the shade. The leafy canopy of the indigenous trees in the various regions also acts as a haven for migrating birds and its natural inhabitants.

However, due to the high demand for products produced in these areas, the rainforests suffer from deforestation at a rate of 18 million acres per year. This destroys the precious wildlife habitat and accounts for 20 percent of global carbon emissions. Because coffee and tea had to be mass produced, trees were cut down, land was developed, and, thus, began the existence of full-sun farms. The only problem is, that this consistently

added to the pollution of waterways and all surrounding plant, animal, and marine life in those areas. Hence, the enforcement of sustainable growing practices and development had to come about. It is becoming more widely accepted and implemented more and more each day across the globe.

The Rainforest Alliance is a non-profit organization based in New York, with offices located throughout the world. The Rainforest Alliance certifies the sustainable production of products in collaboration with the Sustainable Agriculture Network (SAN). Parallel goals between the organizations, along with Fair Trade, ensures that farmers and growers are treated fairly, receive fair wages, and can enjoy a higher quality of life for future generations. It is stunning to think that nearly 25 million small-farm owners depend solely on the income they receive from growing sugarcane, yams, cocoa beans, bamboo, jute, coffee, and tea. It is awesome that we can contribute to the sustainable development of these small farms. Farming is the only trade the native people know, and without it, they would have no income.**

The Rainforest Alliance certifies products and services only when they are produced under specific standards. In order to bear the Rainforest Alliance Certified™ seal on any product, farms must ensure that the farmers grow the products and that the land they grow it on, is carefully supported and sustained so their products are worthy of bearing the Rainforest Alliance Seal of Certification.

Whenever possible, I don't mind paying an extra dollar or two for products bearing the symbols of Fair Trade and The Rainforest Alliance. Although the bulk of these products are from other countries, we have our own history of small-farm growers here in the United States. Although this state produces huge amounts of macadamia nuts, sugarcane, and pineapple, it happens to be the *only* state in our country that produces coffee: You guessed it . . . Hawaii. Hey, if we are going to grow it, then why not grow one of the best!

Fair trade is an organized social movement and market-based approach that aims to help producers in developing countries and promote sustainability. The movement advocates the payment of a higher price to producers, as well as social and environmental standards in areas related to the production of a wide variety of goods. It focuses, in particular, on exports from developing countries to developed countries, most notably handicrafts, coffee, cocoa, sugar, tea, bananas, honey, cotton, wine, fresh fruit, chocolate, and flowers.***

By practicing Fair Trade with farmers, we ensure they are receiving fair wages for the valuable services they provide. Fair wages allow farmers to grow better crops; children under 15 cannot be used for labor; it allows better health care for the families; and provides an all around higher standard of living. Pretty cool, huh?

Eco-friendly and Green is what you will find at Life Grocery, along with many products bearing the Fair-Trade and Rainforest Alliance symbols. Purchase an Eco-friendly reusable bag, and bring it with you each time you shop at Life Grocery; in turn, this is what makes you Green! And don't forget to check out Café Life while you are there. Fill a few of their biodegradable containers with a wide variety of vegan, vegetarian, and gluten free foods, and take some back to the office to share! Get your co-workers hooked on Life and help save the planet at the same time!

I wish each of you Peace and Love during the holiday season and for the upcoming New Year!

*<http://en.wikipedia.org/wiki/Sustainability>

** <http://www.rainforest-alliance.org/>

***http://en.wikipedia.org/wiki/Fair_trade

*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.*

A Precious Gift

By Linda Townsend

I am most thankful for the gifts that will never be found under a decorated tree or wrapped up as a present; for the things that cannot be purchased in a store or even made by the most skillful artisans. They are those intangible things within, making each person interestingly unique: faith, thoughts, love, understanding, happiness, wisdom, and on the list goes. These are qualities existing within the realm of the mind. They cannot be boxed up and offered as gifts. Yet, they are the driving forces as to why we would give gifts. They animate us to do daily tasks, hold a child, read a book, and choose what to eat.

Have you ever considered how many decisions you make in a day? The number is mind boggling, to be sure. We make a decision every time our brains direct our bodies to move. I made decisions typing each one of these letters in this article and you are making decisions as you read it. Now, think about all the tasks you do each day and how many choices and decisions per task you make!

Although counting all our decisions in just a single day is impossible, one specific part of our decision-making has been studied. In 2007, the Cornell Food and Brand Lab found that people thinking they made merely

14.4 food-related decisions each day actually made an average of 221 such decisions. That is quite a significant number, but I think people who appreciate food for not only satisfying the palate, but also healing the body make far more. It just seems logical that those who study the healing properties of food will consider these aspects when preparing to eat far more than those who do not.

When my daughter was four years old, she asked me what junk food is. I had to think for a moment how to present this concept to her young mind and then I said, "Junk food is food that tastes really good, but it is not very good for you." From that point on she began asking if a certain food was good for her or not because she understood that foods *tasting good* was not an indication of them *being good*. Four years later, I still hear her telling other children about junk food. Just this week, a neighbor child said he thought it was weird that we do not drink soda pop, but my daughter thinks it is just as strange that his family does because she has been educated about it.

Have you really considered that human beings are the only creatures on earth that can reason the difference between something tasting good and its nutritional value?

Do you realize how precious a gift this is? We have the mental capacity to learn what foods are best for us to eat and the healthiest ways to prepare them. We cannot only educate ourselves, but pass on that knowledge to other people!

As the holidays approach, I hope you will consider how precious it is that you have the ability to learn and to choose. Besides providing *The Life Line* free of charge, Life Grocery is stocked with excellent books [all at a 20% discount off the cover price] written by people sharing their knowledge about the food connection to health and healing. You see, the very best gift that you can actually give yourself is more knowledge about food and how it can be used to optimize your health. That knowledge becomes a part of you, the intangible part within making you a uniquely, healthy you—such a precious gift. (Books make excellent gifts to give to your loved ones as well.)

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

Go Ahead and Try Just One More Time

By Jesse Andersen

I was having a conversation the other day with a friend who was struggling, trying to meet a goal. She said, "But so many people tell me: *Try This... It Will Work for Sure!* I try it and it doesn't work. So why in the world should I believe that *this* is going to work for me?"

I thought for a minute and decided to share with her some of my favorite quotes from Thomas Edison:

- *Our greatest weakness lies in giving up.*
- *The most certain way to succeed is always to try just one more time.*
- *Many of life's failures are people who did not realize how close they were to success, right when they gave up.*

Did you know that when Thomas Edison was working on creating the light bulb, he had tried over 10,000 different ways before he discovered the correct combination that gave us light and so much more in our homes? If he hadn't continued to try, it may have been another 50 years before we stopped eating dinner by candlelight, not to mention all of the other great inventions attributed to our Mr. Edison. Here is what he said about it taking him 10,000 tries to create the light bulb: "I have not failed, I've just found 10,000 ways that won't work."

So I encouraged my friend to try again. *This* could be the time it works! *This* could be the time that makes it happen! *Today* is the time to *Try One More Time!*

As I was driving home that night, I was thinking about how I could apply my own advice, Thomas Edison's advice, to my own life. (It seems we can always use our own advice, right?) And I was thinking how our "self-fulfilling prophecies" always seem to

come to pass. (Yes, I know, I'm being redundant, but I'm trying to make a point.) You know, when we say, "That never works for me," and somehow, it never does work. Just like for years, I always said, "I can never lose weight," and guess what, despite all the different diets I tried, I never could. Yet, when I was introduced to the Raw and Living Foods diet and I wanted to utilize the healing properties of all of the great nutrition I knew I could put in my body to save my gallbladder and take my health to new heights, then, as a side effect, the weight finally came off.

I'm sharing this with you today to give you encouragement. It seems that a lot of people are looking for some encouragement; for some hope. There is hope all around us, you've just got to recognize it, grab it, and place it in your heart. What great project do you have sitting around, that maybe if you had given it, just one more try, you could have had great success? You still can. Go dust it off. What great goal have you been thinking about, for your health or your weight or your spirituality or your _____ that has been occupying your thoughts? Make a plan, see it, believe it, be it, take action, and try again just one more time. I'm going to do the same.

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, or if you would like Jesse to email to you her "Before and After" weight loss photos, email her at: RawFoodResourceCenter@gmail.com.

Healthier Holiday Cookie Exchange

continued from page 4

- Position rack in center of oven; preheat to 350° F. Coat a baking sheet with cooking spray or line with parchment paper or a nonstick baking mat.
- Process almonds in a blender in 2 batches until finely ground. Transfer to a large bowl and add whole-wheat flour, oat flour, baking powder, and salt.
- Whisk oil, maple syrup, apple juice, almond, and vanilla extracts in a medium bowl. Add the wet ingredients to the dry ingredients; stir to combine. Use your hands to knead the dough together; add 1 to 2 tablespoons additional apple juice if the mixture is too crumbly.
- Form level tablespoonfuls of dough into balls and place on the prepared baking sheet about 2 inches apart.
- Gently flatten each ball into a disk, then make an indentation in the center using your thumb or a small spoon.
- Place a few chocolate chips in each indentation, then cover with ¼ teaspoon preserves.

- Bake the cookies, one batch at a time, until golden around the edges, 15 to 17 minutes. Transfer to a wire rack to cool completely.

Notes: Whole wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Oat flour, made from finely milled whole oats, is a good source of dietary fiber and whole grains. It can replace a portion of all-purpose flour in many baking recipes and adds an oat flavor and texture.

Nutrition per cookie: 128 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 14 g carbohydrates; 2 g protein; 2 g fiber; 71 mg sodium; 26 mg potassium.

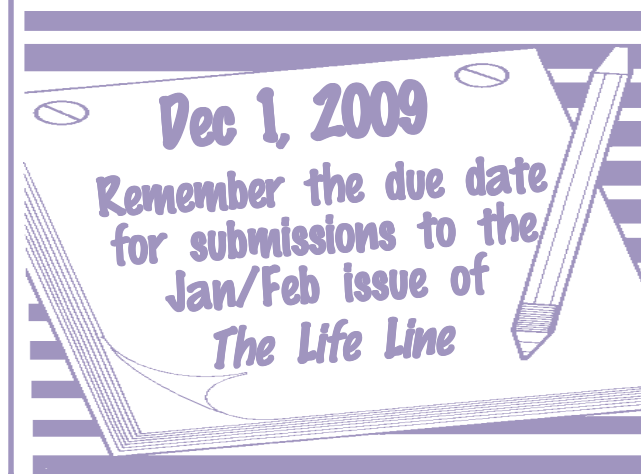
Exchanges: 1 carbohydrate serving, (½ starch, ½ other carbohydrate), 1½ fat

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 susanesposito@gmail.com. Due to space limitations, not all questions can be answered in this newsletter.

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Jovous Living continued from page 3

Pumpkin Pie Crust
2/3 c rolled oats
½ c ground almonds
2/3 c spelt flour
3 T maple syrup
½ t vanilla
½ t cinnamon
½ t sea salt
2-3 T water

- Mix dry ingredients in a food processor.
- Add wet ingredients and mix well together.
- Press into an oiled pie plate.

Filling
2 c pumpkin, pureed
1½ c soy milk
1/3 c maple syrup
1 t cinnamon
½ t ginger
½ t sea salt
½ t allspice
¼ t nutmeg
1/8 t ground cloves
3 T flour, to thicken

- Preheat oven to 350° F.
- Mix all ingredients in a food processor. Pour into pie crust and bake for about 40 minutes.

Adapted from *Staying Healthy with Nutrition* by Elson M. Haas, M.D.

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.

Away from Home for the Holidays?

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

So many of us will be traveling for the holidays, and with Celiac Disease or Gluten Intolerance, those of us on the gluten free diet will have to do a little planning ahead. Never fear, this can be done very easily, and you don't have to miss out on your favorite dishes simply because of your "food issues." Traveling or eating out is always a reason for extra caution, but don't let the gluten free diet stop you from living your life and enjoying your family and friends for the holidays.

I've found that most people are very willing to help you out so that you can safely eat a meal with everyone else. Most people just love to cook foods for others that can be enjoyed by all, so make sure you tell your host/hostess about your needs and offer to assist in any way possible to help educate them. Many of your traditional side dishes at holiday meals are naturally gluten free, like mashed potatoes, candied yams, cranberry sauce, (when they are prepared without gluten, of course.) The holiday bird, ham, and other meats can also be safely prepared without gluten, as well as many of your favorite vegetable casseroles.

Don't be afraid to speak up and let your hosts know about your needs if they aren't already aware. If you don't feel comfortable speaking up about your needs, then bring several dishes with you that you know you will be able to eat safely and don't mind sharing with others. Make sure you bring a dessert so that you don't feel left out when everyone else is enjoying their pumpkin pies and other assorted goodies. If you aren't already aware, Betty Crocker now has several gluten free mixes that are easy to use. I also absolutely love baking with Pamela's baking mixes. You are only limited by your imagination!

If you are staying in a hotel and won't have access to an oven, this can present more of a challenge to you, so research the area you will be visiting and find out if there is a gluten free bakery, natural foods store, or specialty store nearby. You should be able to find quite a few gluten free prepared foods that will satisfy most of your holiday cravings.

Here are a few recipes for you to try and maybe start a brand new holiday tradition!

Chocolate Chip GF Cheesecake

2 8-oz packages cream cheese, softened
½ c sugar
½ t GF vanilla extract
2 large eggs or equivalent GF egg substitute
½ cup semisweet chocolate chips
GF chocolate chip cookie pie crust, 9 inch
1 box of Enjoy Life Foods chocolate chip cookies, crumbled and pressed into the bottom of a buttered 9-inch pie pan)

- Beat cream cheese, sugar, and vanilla at medium speed until well-blended.
- Blend in eggs.
- Stir in chocolate chips then pour batter into chocolate chip cookie pie crust. (You may sprinkle ¼ cup mini semi-sweet chocolate chips on top if you desire).
- Bake at 350° F for 40 minutes or until center is almost set. Cool.
- For best results, refrigerate for 3 hours. Do not overbake.

Cornbread adds a denser texture and heartier flavor to traditional stuffing. Use this for stuffing pork chops, game hens, chickens, or the annual Thanksgiving turkey.

Cornbread Stuffing

3 T butter
1 c celery, finely chopped
¼ c onions, chopped
3 c soft gluten free bread crumbs (I use Ener-G Light Tapioca Loaf)
3 c crumbled cornbread (The Gluten Free Pantry's Yankee Cornbread or Pamela's Cornbread mix is perfect. Follow directions on bag to make it.)
3 c chicken or vegetable broth
1 apple, cut up into very small pieces
2 large eggs or equivalent GF egg substitute
1 t salt
½ t ground black pepper
½ t ground sage

- Preheat oven to 350° F.
- Heat butter in a skillet over medium-high heat.
- Add celery and onion; cook, stirring, until tender, about 5 minutes. Remove from heat.
- Combine celery mixture with bread crumbs and cornbread; mix well.
- Add broth, apple, eggs, poultry seasoning, salt, pepper, and sage; mix well.
- Spoon into a 13x9-inch baking dish.
- Bake until light brown and crisp around the edges, about 20 minutes. Or stuff it into a turkey or chicken for roasting.

Potatoes Nisla!

8-10 red potatoes
½ onion, sliced
½ c mushrooms, cut up
2-3 cloves garlic
approximately ¼ c extra virgin olive oil
½ c fresh cilantro, cleaned and cut

- Boil potatoes in large pot until soft and mushy.
- In another pan place diced onions, sliced mushrooms, and several cut up cloves of garlic.
- Mix well and pour olive oil over them.
- Bake at 350° F for about 20 minutes or sauté in pan.
- When potatoes are done, drain and mash.
- Mix in onion, mushroom, and garlic mixture.
- Add cut fresh cilantro to the mixture; salt and pepper to taste.

Optional: Can also add crumbled up gluten free veggie burgers or ground beef (already cooked) and cheese if desired.

Nisla Whetstone 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.

Mori-Nu Pumpkin Pudding

2 cans pumpkin pie filling
1 carton Mori-Nu extra firm tofu, drained
1 package Mori-Nu Vanilla Pudding mix
1 T pumpkin pie spice

- In a blender or food processor, blend pie filling and tofu until smooth.
- Add pudding mix and pie spice. Blend well.
- Turn into an oiled baking dish.
- Bake uncovered in a 350° F oven for one hour.
- Let cool in oven for 20 minutes.
- Refrigerate covered overnight or put into a baked pie crust and cover.



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Mori-Nu Pumpkin Pudding

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- 1 package Mori-Nu Vanilla Pudding mix
- 1 T pumpkin pie spice

- In a blender or food processor, blend pie filling and tofu until smooth.
- Add pudding mix and pie spice. Blend well.
- Turn into an oiled baking dish.
- Bake uncovered in a 350° F oven for one hour.
- Let cool in oven for 20 minutes.
- Refrigerate covered overnight or put into a baked pie crust and cover.



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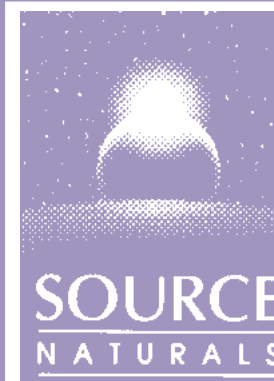
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