

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Nov/Dec 2016

Two Months of Super Savings

Life Savings



- PreNatal Once Daily 30 caps \$16.99**
- Organic Plant Collagen Builder**
- 60 v-tabs \$22.99**
- Whole Food Magnesium 190 g . . . \$15.99**
- Whole Food Magnesium 391 g**
- assorted flavors \$27.99**



**Receive Free Shaker Cup
with Purchase of 2 Cans of
BioChem Protein Powder**



**Receive Free Booklet with
Purchase of Oreganol Oil**



- KyoDolphilus**
- 45 caps \$8.99**
- KyoDolphilus**
- 90 caps \$14.99**
- KyoDolphilus**
- 180 caps \$24.99**



- **Vitamin C 500 mg**
250 vcaps\$19.99
- **Vitamin C 1000 mg**
250 tabs\$20.99
- **Vitamin C Powder (Non-Acidic)**
8 oz.....\$16.99



- **Prevention ACF**
16 oz.....\$17.99
- **ACF**
16 oz.....\$18.99
- **Children 's ACF**
16 oz.....\$17.99



All Diffusers

\$36.99



- **IP6**
120 vcaps\$12.99
- **Alpha Lipoic Acid**
60 tabs.....\$19.99
- **Joint Builder**
120 tabs.....\$18.99



All Hair Color Products

\$10.99



All Olive Leaf Formulas

20% off



- **Olive Leaf**
60 vcaps\$19.99
- **Oregano**
60 vcaps.....\$19.99
- **Elderberry Syrup**
3 oz.....\$15.99



All Probiotics

20% off



All Udo's Probiotics

23% off



Entire Line

20% off



All Ultimate Formulas

25% off

New Grocery Products

- Food For Life Ezekiel Sprouted Organic Waffles: Original, Golden, Apple nut
- Good Pops: Coconut Lime and Strawberry Lemonade Frozen Pop Bars
- So Delicious: Mini Mocha Almond Milk Frozen bars
- Tofurky Pockets: Ham and Cheese, Pepperoni Pizza single serve
- Gardein: Breakfast Pocket Eggless Scramble
- Veggie Tot Fries Broccoli & Sweet Potato
- Daiya Gluten Free Pizza: Cheese Lovers, Mushroom & Garlic
- Wildbrine: Kimchi Live Shots
- Beard Organic Raw Energy Bars: Raspberry Lemon; Blueberry Vanilla

- Jennie Organic Raw Bars: Cacao Pow Coconut; Goji Moji Coconut
- Hannahmax Baking Cookie Chips: Chocolate Chip, Cinnamon Sugar, Dark Chocolate Chocolate Chip, Original
- Happy Puffs: Dino Kale & Spinach, Tomato Basil
- Good Health: Veggie Pretzels
- Kate's: Tram Bites, Grizzly Bites
- Rhythm Beet Chips: Cinnamon & Coconut Sugar
- Milkadamia: Macadamia Nut Milk
- Seapoint Farms: Seaweed Fava Chips, Pumpkin Sesame Seaweed Crisps
- Element Snacks: Chocolate Dipped Rice Cakes
- Kitchen Accomplice Organic Bone Broths: Beef, Chicken

- Coconut Secret Ungranola Coconut Bars: Original, Chocolate Chocolate Chip, Coconut Chocolate Chip

New Supplement/HBA Products

- Garden Of Life- Whole Food Magnesium 8 oz and 16 oz. Various Flavors \$16.09 and \$27.99
- Dr Formulated Shelf Stable Probiotics Mood, Prenatal, Prostate, and Urinary Tract Formula's 60 vcaps \$31.99
- Organic Plant Collagen Builder 60 vtabs \$23.09
- Giovanni Cherry Blossom Rose Shampoo and Conditioner 8.5 oz/\$8.09; 24 oz/\$11.00

SPECIAL! Organic Dried Mulberries
sale price \$19.99 /lb
regular price \$25.49/lb
while supplies last

Simplicity for the Holidays

By Linda Townsend

You probably have heard some version of this old story about a child asking her mother why she cut the end off the ham before cooking it. The mother was not sure why, but said her mother always did it that way and that is why she did it. The child asks her grandmother the reason and the grandmother also said her mother had always done it that way. The child then asks her great grandmother and she is told that was the only way to get it to fit in the pan she had.

Most traditions started that way: people had a reason for doing something the way they did even if that reason has been lost through time or its purpose is no longer necessary. In fact, we now know that some traditions can be seen as more than outdated and inconvenient to even obstructive and unhealthy, like men smoking cigars or pipes after a meal.

Whenever I would think of the holidays, I would think of family gatherings and parties with friends . . . and all the foods and sweets. Most of the holiday get-togethers I attended were usually draped with hospitality and traditions, including traditional dishes. One tradition my grandparents made sure that I understood is that hospitality never goes out of style, but I have also learned how one goes about showing hospitality can differ greatly from one place to another, from one family to another.

In my family, my aunt was the role model for hospitality and keeping family traditions as she prepared and served the perfect holiday meal, since she always had the tastiest foods and was a wonderful hostess. So much variety of flavorful dishes with which to stuff ourselves to painful limits! There was usually roasted turkey and baked ham, sweet potato casserole, dinner rolls, green bean casserole with French fried onions on top, gelatin salad, mashed potatoes, various vegetables, sweet breads, lots of pies and other desserts. My mother-in-law, from the same era, did about the same, although some foods were a bit different. But *everyone* I knew made this one dish: green bean casserole with mushroom soup and French fried onions. I liked it when I was a young child, but somewhere along the way to adulthood, I lost any attraction I may have had for it, although I still would take at least a spoonful to be polite and show my appreciation for the work that went into the meal.

Since my husband loves to cook far more than I do, he is the main chef and planner for our holiday dinners. I'd rather prepare most of the foods that are done a day or two, even up to a week, before the feast, like make homemade rolls or biscuits, pies, and coleslaw, so that we are not crowding

each other in the kitchen. Although the gelatin salad was the first to disappear from our holiday table, a few years ago, as we were planning our Thanksgiving meal, I began wondering why my husband was still making a green bean casserole for the holidays when we ended up throwing about half of it away. One year I suggested that we not make it. It actually felt wrong to think about not making it, like it would be breaking some law, because it was such a traditional dish in both our families.

Having let go of those two dishes, we also thought about some of the others, for while my aunt made the feast the tastiest, it may not have been the healthiest by today's standards. Everything, but the gelatin salad and a few finger vegetables, was served hot, so everything was cooked or baked. I prefer more raw foods with the meal. So I thought, why not have a fresh salad? I probably eat a salad four or more times each week, but how does that make the holiday meal less special to serve my favorite dish?

Also, just not adding sugar to so many foods is a very simple change. So, why not just have baked sweet potatoes everyone could fix their own way instead of a *sweeten* sweet potato casserole? Why not make simple dishes and spend more time with the family, rather than so much time cooking?

My favorite holiday meal became brine turkey cooked on the grill, gravy, dressing, baked sweet potatoes or garlic mashed potatoes, fresh salad and/or coleslaw, homemade sourdough rolls or biscuits, and a cooked vegetable. Later on we would have our choice of two homemade pies, usually pumpkin or sweet potato and apple or cherry, with homemade ice cream.

I noticed something since we allowed ourselves to have this simplicity (and far less sugar). We do not overeat as much and we feel better after the meal than we did eating the traditional foods. We are less tired and stressed during the holidays. Also, clean up was a bit quicker and easier.

Traditions change because our purposes change. We do not have to cut off the end of the ham if we have a pan into which it does fit. Our purpose is not to carry on traditions that no longer fit our purpose, but to create a tradition that works toward maintaining good health for us now, as well as one that our daughter will carry on with her future family, because that is our purpose. But my grandparents were right about this one thing: hospitality never goes out of style. Share your holidays!

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.

Paleo Granola

By Kim Strickland, ND

I have quite a few friends who are eating Paleo these days. That simply means they are eating meat, fruits, vegetables, dairy, and natural sweeteners in limited amounts. The advantages of this are that most processed foods are eliminated from the diet by eating this way. Think about what most people snack on and you probably come up with a list that includes chips, cookies, bars, and sodas. By avoiding grains, all of these are taken away.

While I do not follow a Paleo diet, I do eat quite a few meals that are grain free. What I love most about Paleo cookbooks is that they use real ingredients. To eat a Paleo diet you should keep on hand all kinds of nuts, seeds, coconut oil, butter, or ghee, and dried fruits.

My son and I found this recipe from Danielle Walker. It takes time but is so delicious. The nuts are soaked overnight which makes them easier to digest. They are dried at a low temperature for a long time which preserves the nutrition in them.

You can find most of the ingredients for this recipe in the bulk section of Life Grocery along with butter and vanilla. You can also find the parchment paper at Life.

Vanilla Almond Granola

1 c walnuts
1 c almonds
1 c pecans
¼ c pumpkin seeds
1 t sea salt
¾ c melted honey or maple syrup
2 T butter or ghee, melted

1 ½ T vanilla extract
1 T cinnamon
½ c coconut
½ c raisins

- Place all nuts and seeds in water and cover by 1 inch of water with 1 t of salt.
- Soak 24 hours. Drain and put on paper towels to dry.
- Process in food processor to the size of oats.
- Add honey, ghee, vanilla, cinnamon, and salt. Pulse until combined. Pour mixture into a bowl. Add coconut.
- Spread on 3 parchment-lined baking sheets with sides. Place in 170° oven and use a wooden spoon to keep the oven door cracked to let the moisture out. After 2 hours stir.
- Cook for another hour. Turn oven off and close the door. Keep the granola in the oven for 1 more hour.

Additional Options

Add 2 T cocoa powder, 1 T flaxseeds, ¼ c chocolate chunks and ½ c freeze-dried strawberries for another option. Add chocolate and strawberries after dried in oven.

Kim Strickland is a naturopath, a mathematics educator, and a mother of three boys. She homeschools her boys and teaches online. She earned her doctorate degree from Clayton College of Natural Health in 2005.