

Healthy Holidays

By Linda Townsend

The popular practice of gift giving this time of year can be so stressful! Even with nearly a year to prepare and decide, in the final days I am completely befuddled. As I began thinking about what gifts to give each person I care about, I realized the gift I want most to give them is the incentive to eat and live healthier lifestyles so they will feel better, live longer, and enjoy life more.

How can this be done without causing one of those holiday gift disasters that leaves the wrong kind of lasting impression that is never forgotten or forgiven? I mean, it is one thing if someone really wants workout equipment or a yoga mat or running shoes, but you know most people have a completely different take on these items when received if they did not. Yet in January some of these same people probably will buy such exercise equipment and diet supplements for themselves! I think most health advocates just take the safe route and avoid the gifts they would rather give, which may be why the most promoted gift ideas in previous years end up ripped from its wrapping paper and forgotten in a week or why impersonal gift cards are so popular.

Another thing that is very fashionable to excess during the holiday season is food, especially sweets! Years ago, I used to make a wide variety of cookies and candy to give as gifts, but I now select very few to make and give away. I did not want to continue in the hypocrisy of giving (and sampling as I make) the very kinds of foods that do not fit into my idea

of encouraging better health. I am not against a little indulgence now and then, but nearly everyone I know makes additional sweets at this time of the year to share with family and friends, so do they really need mine too?

Do you have this dilemma also: wanting to give things that encourage health without offending people? I wish I could just make everyone see the love I have for them that sparked the gift's inception instead of considering it in poor taste or being judgmental. Wouldn't it be so nice to give friends something they really could use and would appreciate like a bottle or two of their favorite supplements? How about an infuser along with some essential oils and a booklet to explain their benefits? Maybe something more traditional like a basket filled with a variety of organic fruits, cheeses, teas, or soaps? Some people might be interested in experimenting with a few homeopathic remedies, so maybe you could put together a customized starter kit. For the person who likes to read, books filled with knowledge on health are always welcomed gifts and there are plenty from which to choose in the book department at Life Grocery (all discounted 20%!).

If you are not sure what a person might like, why not give him or her something more personal, like your company? Imagine how nice it would be to have a meal together at Café Life; relaxing with a friend sharing healthy food is almost like giving

yourself a gift!

You could also just bring a friend to Life Grocery to see what interests him or her and make it your present later. How could loved ones be offended by a health-related gift when you spent time and gave your attention to determine what they like, but may not buy for themselves? In addition, you may be helping the people you care about make a lasting change in their diet and lifestyle, especially if you buy Life Grocery memberships and gift certificates for them and they begin shopping here, too!

There are a variety of ways to make these holidays healthy for the people you care about the most, but do not forget that you are the best endorsement for that lifestyle change you would like to see in them. If you are healthy, or even if you have been managing some health challenges well, people will want to also live the healthy lifestyle you are living. So, this holiday season reduce your stress by asking the people at Life Grocery how they can help you in putting together the best health gifts. Enjoy time with the people you care about and take care of you also.

Here is wishing Healthy Holidays to you and your family and your friends!

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



Winter Member Appreciation Day

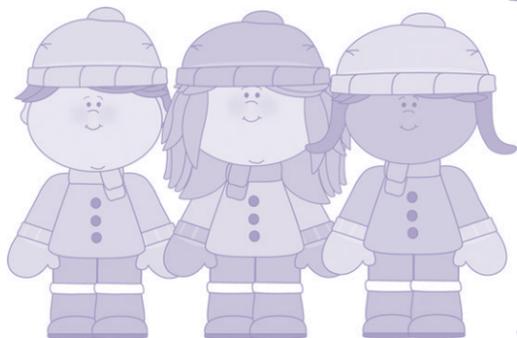
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Life Grocery is seeking volunteers who have experience in upholstering furniture. We need to complete reupholstering the chairs in Cafe Life and will offer a volunteer discount in exchange for the work. If you are interested and have experience, please contact Ronnie at 770-977-9583 ext. 124 as soon as possible. Thanks!

The Mediterranean Diet vs. Statins

By Susan Esposito, DC, DACNB, FABES, FACFN

I recently read an article that compared the results of taking statin drugs to the results of changing one's diet to "the Mediterranean diet." I thought the results were compelling enough to share. First, however, let's take a look at statins and the Mediterranean diet.

According to Dr. Michael Roizen, MD, an internal medicine doctor who writes for an online pharmaceutical website, *sharecare.com*, 15 million Americans are now taking a statin drug, according to the large pharmaceutical survey organization (IMS, Instructional Management Systems).

Statin drugs are prescribed to patients to lower cholesterol levels, because high cholesterol levels have been associated with cardiovascular disease (CVD). There are studies that show statin drugs can be effective in treating CVD in the early stages of the disease and in those who have an elevated risk at having CVD in the future. Statin drugs work by blocking the action of the liver enzyme that is responsible for producing cholesterol. Too much cholesterol in the blood can cause a buildup of plaque on the walls of the arteries. That buildup can eventually cause the arteries to narrow or harden. Sudden blood clots in these narrowed arteries can cause a heart attack or stroke.

Some of the more common brand names of statins on the market are: Lipitor, Lescol, Mevacor, Altacor, Livalo, Pravachol, Crestor and Zocor.

However, as with most drugs on the market, these drugs can have side effects. The more common ones are: muscle pain, increased risk of diabetes mellitus, and abnormalities in liver enzyme tests. Additionally, they have rare but severe adverse effects, particularly a condition called rhabdomyolysis, which is extreme muscle inflammation and damage. With this condition, muscles all over the body become painful and weak. The severely damaged muscles release proteins into the blood that collect in the kidneys. The kidneys can become damaged trying to eliminate a large amount of muscle breakdown caused by statin use. This can ultimately lead to kidney failure or even death. Rhabdomyolysis is extremely rare, only occurring in less than one in 10,000 people taking statins.

An alternative, and more "natural" way that people may combat heart disease is by adopting the "Mediterranean diet". The Mayo Clinic has this to say regarding the Mediterranean diet:

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, an analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson's and Alzheimer's diseases.

Key components of the Mediterranean diet are:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts
- Replacing butter with healthy fats, such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)

The diet also recognizes the importance of being physically active and enjoying meals with family and friends.

The Mayo Clinic suggests these steps if you are interested in getting started on the Mediterranean Diet:

- **Eat your veggies and fruits — and switch to whole grains.** A variety of plant foods should make up the majority of your meals. They should be minimally processed — fresh and whole are best. Include veggies and fruits in every meal and eat them for snacks as well. Switch to whole-

grain bread and cereal, and begin to eat more whole-grain rice and pasta products. Keep baby carrots, apples, and bananas on hand for quick, satisfying snacks. Fruit salads are a wonderful way to eat a variety of healthy fruit.

- **Go nuts.** Nuts and seeds are good sources of fiber, protein, and healthy fats. Keep almonds, cashews, pistachios, and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat and/or sugar added. Try blended sesame seeds (tahini) as a dip or spread for bread.
- **Pass on the butter.** Try olive oil as a healthy replacement for butter or margarine. Lightly drizzle it over vegetables. After cooking pasta, add a touch of olive oil, some garlic and green onions for flavoring. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Try tahini as a dip or spread for bread too.
- **Spice it up.** Herbs and spices make food tasty and can stand in for salt and fat in recipes.
- **Go fish.** Eat fish at least twice a week. Fresh or water-packed tuna, salmon, trout, mackerel, and herring are healthy choices. Grill, bake, or broil fish for great taste and easy cleanup. Avoid breaded and fried fish.
- **Rein in the red meat.** Limit red meat to no more than a few times a month. Substitute fish and poultry for red meat. When choosing red meat, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon, and other high-fat, processed meats.
- **Choose low-fat dairy.** Limit higher fat dairy products, such as whole or 2 percent milk, cheese, and ice cream. Switch to skim milk, fat-free yogurt, and low-fat cheese.

I could not find any articles that mentioned side effects of the Mediterranean diet; in fact, some of them state that there are no known side effects.

So how do you compare the effectiveness of this diet to statins on preventing heart disease? In research, a figure called the NNT (the number needed to treat) is used to compare the outcome of two different treatments. The following is the article, "NNT for Statins vs. the Mediterranean Diet" by Shereen K. Lehman, DC, MS and James Lehman, DC from the ACA (American Chiropractic Association) newsletter, April 2015, which I wanted to share:

NNT represents an estimate of the number of people who need to undergo the treatment of interest in order to prevent one additional adverse outcome from occurring. For example, if an intervention has an NNT of 10, it means you'd have to treat 10 people with that specific intervention to prevent one additional bad outcome. As a measurement, the NNT is considered to be more clinically useful than sorting through relative risks, odds ratios or absolute risk reduction. However, it's important to understand the population that was studied and what the specific outcome of interest is. For example, a medication used to prevent heart attacks from occurring will have one NNT for people who have never had a heart attack, but probably a different NNT when it's used for people who are trying to prevent a second incident.

The NNT is typically included in the results of research studies and reviews. An organization called The NNT Group reviews various therapies and diagnostic interventions and lists the findings on its website, *thennt.com*.

NNTs and Statins

Time frame matters too. According to The NNT Group, statin drugs given for five years, in order to prevent heart disease in people who have no history of heart disease, is 104. That means that 104 people have to take statins in order to prevent one extra person from having a heart attack. The NNT Group calculates the number needed to harm (NNH) as well. According to its findings, one in

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If You Can Catch a Disease, Can You Catch Health? Health – How to Catch it!

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

It seems that every day we see more and more advertisements for a new drug to help with everything from the common cold to menstrual cramps. My question is “if each drug does what it says it will do, why do we need to keep inventing new ones?”

I want to start by saying I am not against the use of drugs, I am against drug abuse. We as a society are taught that if something is wrong with our health, it must mean we have to take a pill to correct it. I submit a different approach to this universal problem. My proposal is to build up and maintain the immune system so we are less likely to get sick. And in many cases, if we do get sick, it may not be such a bad thing.

The fact we do get sick is a sign that our immune system has been overloaded and is no longer able to deal with the problem in a sub-clinical manner. Sub-clinical means the problem is being worked on internally and there are no obvious symptoms). It is a much wiser approach to try to find out why we are unable to deal with the problem sub-clinically and correct the cause, not just treat the symptoms.

There are many reasons why our immune systems may not be functioning at peak performance. The most prevalent cause of immune malfunction is the food we consume. Food is the one thing we are all exposed to, usually several times a day. It is a good idea to consume foods that will help enhance the immune system or at the very least, not weaken it.

There are the *7 Deadly Sins* of food that will cause the most damage to the immune system. They are alcohol, meat, sugar, dairy, coffee, soda, and artificial sweetener.

One fun fact about sugar is that a normal white blood cell should destroy 14 bacteria (or germs) in its lifetime. White blood cells are the part of the immune system that will attack “bad” invaders in the system. If you consume 24 teaspoons of sugar, about the equivalent of 2 cans of soda, that same white blood cell will only be able to destroy one white blood cell. This effect on the immune system can last for up to 12 hours. That is a 92 per cent decrease in the immune system’s ability to destroy bacteria! The typical American consumes 52 teaspoons of sugar a day. Alcohol digests down into sugar. It will not only weaken the immune system, but studies have shown that the consumption of alcohol will diminish the body’s ability to burn fat. This is the reason that, even if you drink “lite” beer, you are likely to develop a “beer belly” because you lose much of your ability to burn off fat.

There are several *evil runner ups* to the *7 Deadly Sins*, such as white breads and pasta, refined foods, hydrogenated oils, most commercial canned soups, most chips, cereals with added sugars, chemicals, steroids, hormones, antibiotics, many food additives, colorings, and flavors. (Note: if you smoke, you can pretty much ignore all this advice, because smoking just destroys the immune system. Quitting smoking must be your top priority!)

Another point that must be made is that even if you avoid all these foods and eat a vegetarian diet, if you cook your foods they will put a stress on the immune system. Once a food, even a health food, is heated above 120 degrees F, it begins to lose its nutrients and put a stress on the immune system. An example is that if you eat a raw carrot, or any raw fruit or veggie, there is almost no increase in your white blood cell count. White blood cells are the part of the immune system that will attack “bad” invaders in the system. When you eat the same amount of carrots, only this time they are cooked, the white blood cells count increases dramatically, indicating that the immune system is attacking the cooked food. Many folks are not willing to go to an all raw diet, but the more cooked food we eat, the more stress on the immune system.

Emotional stress will also put a strain on the immune system. It is impossible to not have stress in your life, so we must do what we can to deal with it. One way to deal with stress is to learn deep breathing exercises. When we get stressed, we tend to hold our breath. Try taking a real deep breath, breathing in for 5 seconds, hold the breath for 15 seconds and exhale for 5 seconds. Be sure to exhale all

your breath. Do this 10 times and watch how much better you feel. You may suffer from negative emotions toward a friend, family member, or loved one. Purging yourself of anger and hatred is a must in order to boost the immune system. Believing in you, being good to yourself, seeing the beauty all around and seizing the day will all help to keep the immune system in good health.

This life is not a dress rehearsal, we only get one chance on this earth, so don’t waste time with trivial matters. Think if the stress that is bothering you is worth damaging your health. Will this situation be important a year from now, or even a week from now? If not, don’t stress over it. It may not only be mental stress that weakens the system, but physical stress.

If you have a nervous system that is not functioning at 100%, this will cause an adverse effect on your immune ability. Nerves carry messages from the brain, down the spinal cord, and out to every organ in your body. If a nerve is being pinched, it will not carry normal instructions to the part of the body it is in charge of controlling. That part of the body will not be able to function at 100%. If it is an immune organ that is malfunctioning, it will have a negative effect on the whole immune system. Even if it’s not an immune organ that is being affected, whenever a part of the body is not working to the best of its ability, it will have a direct or indirect adverse effect on the whole body.

Trauma to the body can cause the spine or other bone to move out of normal alignment and pinch a nerve. Sometimes a pinched nerve will cause pain; however 80% of all the nerves in the body do not feel pain, so you can have a pinched nerve and not experience pain.

Exercise is a very good way to enhance the immune system, however recent studies have shown that too much exercise can have a reverse effect on the immune system’s ability to help keep us disease free. Low to moderate exercise will help build and maintain the immune system. Walking is the best form of exercise. It is low impact on the joints, can be done just about anywhere by just about anyone, and not only helps the body, but also creates endorphins in the brain, which are chemicals that make you feel good.

Overexertion actually lowers the ability of the body to fight disease and leaves us susceptible to attack from bacteria and other microorganisms. Too much exercise will also create free radicals, which are molecules that attack the cells in the body and can cause the cells to weaken or even die. If free radicals attack the DNA of cells, it can cause them to mutate and can lead to cancer. Exercising three times a week for 20 minutes a day will do the body good. It is also better to exercise regularly, even if only for a short period of time, then it is to work out real hard only once in a while. A few minutes a day or every other day is better than one hour once a week.

A simple plan to keep the immune system working at its best is to avoid foods that weaken the immune system, get on a regular exercise plan, even if just a few minutes a day to start, and drink at least eight glasses of pure filtered or distilled water every day. This will help flush out your body of impurities so the immune system can work more efficiently. Eat at least 70% of your diet from a wide variety of raw fruits and vegetables, as well as raw seeds and nuts. Get a regular spinal checkup to be sure your nervous system is working normally.

If you have pain, get it checked, but even if you do not have pain, it is a good idea to be sure there are no problems. Just like you get your eyes and teeth checked, you need to get your spine checked. Your nervous system controls everything, so always check to see if the nervous system is involved in any health issue you might have.

Get plenty of rest. Your body heals when it sleeps. Sleep enough so that you wake up refreshed. If you have trouble getting up in the morning, go to bed earlier. Certain herbs, such as garlic and echinacea, will boost the immune system. It is especially a good idea to take these during the cold and flu season. Vitamins A, D, E, and B complex, as well as zinc and selenium, also help the immune system. The best place to get these nutrients is from raw fruits and

vegetables. If you do take supplements, it is best to get these nutrients from supplements made from whole foods that are processed at very low temperatures to insure that the nutrients are not destroyed during processing.

By not poisoning yourself, eating right, and keeping the nervous system working properly, you really can “catch health.”

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, call 770-427-7387. You can also check out Dr. Joe’s website www.DrJoeEsposito.com. Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!

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The Mediterranean Diet vs. Statins

50 people on statins develops diabetes and one in ten experiences muscle damage as defined as rhabdomyolysis. Undiagnosed muscle pain, such as myalgia, wasn’t included.

The picture changes when considering patients who have a history of heart disease. In this case, according to the reviewers, the statins NNT is 83 in order to prevent an additional death from occurring and 39 for preventing a nonfatal heart attack. The harms are the same as in the previous instance.

In comparison, the Mediterranean diet has been studied in a large randomized trial and is included on The NNT website. When followed for five years, the Mediterranean diet has an NNT of 61 for preventing stroke, heart attack, or death with no harms noted. According to The NNT, the Mediterranean diet appears to be a better choice than statins for primary prevention of stroke, heart attack, or death.

When the focus is shifted to studies on patients who’ve had one heart attack and are trying to prevent a second one, the NNT for the Mediterranean diet drops even lower. In fact, the NNT for preventing that repeat heart attack is 18, and the overall NNT for preventing death or cancer in this group is 30.

It’s alarming to me how medicated our society has become. We can see the evidence that by choosing a healthy diet, with healthy foods, superior outcomes may be attained over taking the most widely prescribed medication for certain health issues.

This article is strictly to provide information. **Please do not stop taking any medication you are currently prescribed without discussing it with your doctor!**

May you have a joyous holiday season and in the spirit of the Mediterranean diet, I offer you a toast with red wine.

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Healthy Holiday Treats

Ready for Holiday indulgence? Sure you are! We all love the celebrations and parties that fill our social calendars with good times and delicious food. We love it while we are eating it, and then comes the downside. Typically the average American gains several pounds during the holidays from eating rich, high calorie foods. This holiday it can be different. You can indulge in all your old favorites and add some new, really great tasting healthy recipes too.

Mention the word healthy and automatically people think, "This can't taste good and be healthy too." But, that's not true anymore. There are lots of delicious recipes that are easy to prepare, will impress your guests and be guilt free too. You can literally have your cake and eat it too.

Your time is precious, so you not only want the great food, you don't want to spend long hours in the kitchen. A big plus with these treats is that you don't have to cook anything up.

Planning your holiday party should be enjoyable, not stressful. You can prepare these recipes the day before and they'll taste even better after the flavors meld together. You won't be running around like a crazy person on your party day. Not only can you give a great party, you can enjoy it with the rest of your guests.

Go shopping at your local health food store and purchase organic ingredients. This will be a wonderful gift for your friends. You will be feeding them the best possible food money can buy, free of chemicals, pesticides, and harmful toxins. Everything will be fresh and your friends will taste the difference. You'll be nourishing not only their bodies, but their spirits too. The living enzymes, vitamins, and minerals will give everyone a burst of energy and I guarantee they'll lick their plates clean and beg for more of your secret recipes. So, don't tell them it's healthy; just feed them well, stand back, and take the compliments you deserve!

Creamy Veggie Dip

4 c spinach
½ c red pepper
½ c yellow squash
1 large clove garlic
2 ripe avocados
2 T lemon juice
½ t cumin
pinch chili powder
2 t Himalayan salt

- Put the garlic in the food processor first and chop, so that it is diced into very small pieces.
- Add the spinach and chop until it is very fine.
- Add the avocado, lemon juice, salt, chili powder, and cumin. Blend until very creamy.
- Chop the red pepper and squash by hand and then combine everything in a pretty bowl. Garnish with red pepper.
- Serve with fresh vegetables like celery, carrots, and cucumber slices.

Strawberry Fig Pudding

2 c fresh figs
1 c pitted medjool dates, soaked overnight, drained, and rinsed
4 c strawberries
1 c of chopped macadamia, soaked whole overnight, drained, and rinsed

- Combine the fresh figs, strawberries, and dates in the food processor and blend until creamy.
- Fold in the chopped macadamia nuts by hand.
- Put in a decorative bowl and decorate with a whole fig in the middle surrounded with a few macadamia nuts.

Portabella Mushrooms with Nut Filling

1 c walnuts
1 c sunflower seeds
2 T chopped garlic
1 c red papper
¼ c fresh basil
1 T coconut aminos
pinch cayenne pepper
baby portabella mushrooms

Marinade for the Mushrooms

½ c coconut aminos
½ t fresh jalapeno pepper
1 t fresh ginger
1 t garlic

- Toss the baby portabella mushrooms with the marinade and refrigerator overnight so the marinade can soak into the mushrooms.
- Soak the walnuts and sunflower seeds overnight in 5 cups filtered water. Drain and rinse.
- Chop the garlic in the food processor first so it is in very small pieces.
- Add all the other ingredients, except the red pepper, and blend until creamy.
- Fill the mushroom caps with the nut mixture and sprinkle with chopped red pepper.

Tomato Olive Salad

3 c tomatoes
½ c sweet onion
1 c cucumbers
1 c raw olives
2 T olive oil
¼ c fresh lemon juice
pinch nutmeg
1 t Himalayan salt

- Chop the tomatoes, onion, cucumbers, and olives.
- Combine with the olive oil, lemon juice, nutmeg, and salt and toss.

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta, offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation, and Cleansing Therapies. For info, call 404-524-4488 or 1-800-844-9876 or visit www.livingfoodsinstitute.com.

Put Down That Cookie, Santa!

By Sarah Townsend

Dear Santa Claus,

I have been a pretty good girl this year and I have a lot of things to ask for, but lately I have been concerned about your health. Eating so much sugar around the holidays is very bad for you. So, instead of us leaving out cookies for you, we are leaving out my newest, most favorite holiday recipe: cinnamon apples!

My cinnamon apples are made with fresh sliced organic Granny Smith apples from Life Grocery's fruit selection. They are put in a bowl or on a plate, and cinnamon powder is evenly distributed on every slice. They make a great reindeer treat, too!

You do not have to use only Granny Smith apples. Life Grocery carries other apples like Fuji, Rome, Gala, and Pink Lady's, depending on the season. All of them taste good with the organic cinnamon powder, found in the spice section at Life Grocery. Cinnamon helps with digestion when eating all those other cookies.

Apples do have sugar, but it is not artificial or refined stuff you find in candy. It is all natural sugar that gives you the energy to deliver presents all night. They also have fifty percent more vitamin A than oranges, and an abundance of vitamin C. Apples can purify your blood and help detoxify your body.

I really hope you listen to me, Santa. I am concerned because I want you to be around for a lot longer. We kids need you.

Sarah Townsend is a teenager keen on healthy living and the daughter of Linda Townsend, a regular contributor to The Life Line. You can contact her at 4biohealth@gmail.com.

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- **Vitamin C 1000 mg**
100 tabs \$9.99
- **OptiZinc 30 mg**
60 caps \$4.99
- **Lysine/Beta Glucan**
60 caps \$8.99



All Essential Oils
10% off



- **IP6**
120 caps \$10.99
- **Vitamin D³ 1000 IU**
100 softgels \$5.99
- **Mushroom Optimizer**
90 caps \$12.99



All Revitalizing and Anti-Aging Products
15% off



All Olive Leaf Formulas
25% off



Buy 17 oz
Get 8.5 oz for FREE!



All Products
\$10.99



All Cold n Flu Formulas
25% off



All Green Formulas
25% off



10 oz

Fruit Spreads

\$3.89

Gourmet on the Go

6.2 oz

\$2.69



EDEN.

Organic No Salt Added Beans - All Varieties

Organic No Salt Added Black Eyed Peas

15 oz

\$1.99



All Varieties Organic Tea

Box of 16 bags

\$3.39



All Varieties Organic Tea

Bottle 14 oz **\$1.39**

Box of 16 bags **\$3.99**

Clean Energy 8.4 oz **\$1.59**

NEW PRODUCTS

Grocery

- Earth Circle Organic Bulk Moringa Powder
- Pure Bliss Organic Energy Bites
- Woodstock Trail Mixes and Thompson Raisins
- Yum Gummy Bears
- Bob's Red Mill Natural Almond Meal
- Enjoy Life Dark Chocolate Morsels
- Simply Organic Sloppy Joe Mix
- Organic India Tulsi Tea Cleanse
- Organic India Tulsi Tea Sleep
- Imagine Rice Nog
- Westsoy Chocolate Peppermint Soy Beverage
- Almond Breeze Pumpkin Spice Beverage
- Rudi's Organic Light Jewish Rye Bread
- Milton's Corn Bread Crackers
- Cascadian Farms Raisin Bran Cereal
- Midel Candy Cane Cremes
- Birch Bend Pancake mix Gingerbread spice and Double Chocolate mint
- Gardein Porkless Bites Sweet & Sour
- Hilary GF Traditional Stuffing
- Clifia Almond Milk Holiday Nog
- Kevita Organic Kombucha
- Rebbl Organic Super Herb Elixirs

- Pamela GF Pumpkin Bread Mix and GF Spice Cake Mix
- Ginny Bakes Organic GF Cookies
- Annie Bunny Pasta Soups
- If You Care Cooking twine
- Wally's Flea & Tick Carpet Powder
- Wally's Pet Flea and Tick Shampoo

HBA

- Aubrey-Handcrafted Oils
- Nubian-Patchouli / Buriti Bar Soap, Lotion, and Body Wash
- Aroma Naturals-Amazing 30 Lotion
- Essential Oxygen-Food Grade Peroxide 32 oz
- Desert Essence-Organic Oil Blends
- Moringa/Rose Hip/Jojoba
- Coconut/Coffee/Jojoba

Supplements

- Garden of Life-My Kind Organic Vitamin C spray
- Organic Plant Iron Liquid
- Siddha Flower Essence Remedies
- Vibrant Health-Trilogy Multi Packs for Men and Women