

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

May/June 2017

Two Months of Super Savings

Life Savings

**NORDIC[®]
NATURALS**



**Assorted
Omega 3 and
Family
Favorites** **25%
off**



Iron Tek

- **Beet Energizer**
3.6 oz \$22.49
- **Hydro Recovery**
5.2 oz \$26.29



**natural
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Vegi Day Raw Organic Plant Based Protein

- **Chocolate** **16oz**
 - **Vanilla**
 - **Berry**
- \$24.79**

KYOLIC[®]
Aged Garlic Extract™

**Aged garlic extract
helps support
cardiovascular health**

- KyoGreen**
2.8 oz \$13.99
- KyoGreen**
5.3 oz \$22.99



- **Instant Energy B-12**
75 packets ... \$9.99
- **B-12 Shots**
12 shots \$17.99
- **Ultra B-12 Complex**
16 oz \$28.99



**All
Deodorant**
25% off



**All
Curamin
Products**
15% off



- **PomeGuard**
60 vcaps \$16.99
- **Resveratrol Synergy**
60 tabs \$14.99
- **JarroZyme Plus**
100 caps \$12.99



**All
Bone Strength
and Zyflamend
Products**
30% off



**All
Products**
\$10.99



**All
Multivitamins**
25% off



**All
Products**
20% off



- **All Floradix Formulas**
20% off
- **Red Beet Crystals**
7 oz \$19.99



**All
Products**
20% off



- **Chocolate Mint**
- **Fruit Punch**

60 chews

**Beauty
Bursts**
\$14.99



**Assorted SPF
Facial Lotions**
25% off



**All
Probiotics**
20% off

That Gut Feeling

By Linda Townsend

Have you given much thought to your gut microbiome lately? Most people do not. In fact, most people just expect food to be digested and waste eliminated without even wanting to think much about how it all works, but I find it fascinating that we all have these tiny living creatures inside of us, inside our guts, and when they are happy, we are happy...perhaps *literally!* Maybe we really do have gut feelings?

"Probiotics" was not a known term prior to 1965 when it was coined by D.M. Lilley and R.H. Stillwell to describe "substances secreted by one microorganism that stimulated the growth of another." However, the discovery of probiotics has been credited to Nobel Prize winner and Russian scientist of the Pasteur Institute in Paris, Élie Metchnikoff, around 1907. He was fascinated with how some Bulgarians lived so long and found that they were drinking a fermented yogurt daily, from which a common probiotic strain we know as *Lactobacillus bulgaricus* comes. It was not until 1974, that R.B. Parker redefined the meaning of "probiotics" to "...organisms and substances which contribute to intestinal microbial balance," which is how the term is similarly used today.

Research on probiotics is still ongoing, but recent studies suggest that probiotics play a much bigger role than gut health alone. In the last few years, researchers have been studying noticeable improvements in the ability of rats to cope with stressful activity, such as swimming, when diets are supplemented by specific gut microbiota. Imagine swallowing a specific species of little creatures for the purpose of having them live in your gut to help your emotional state—it sounds like the makings of a sci-fi movie or one of the most amazing medical

breakthroughs of our lifetime!

How would probiotics living in the gut possibly influence our moods? There is a connection between the gut and the brain, which is called the gut-brain axis. Although most people tend to think of the gut being just the stomach and intestines, it is simply another term for the gastrointestinal tract starting at the mouth and ending at the anus. The gastrointestinal system is controlled by a major division of the nervous system forming a mesh-like network of neurons that is called the enteric nervous system. The enteric nervous system is often referred to as the *second brain* and it utilizes several of the same neurotransmitters as the Central Nervous System, including serotonin and dopamine. Actually, the gut produces hundreds of neurochemicals and is found to have over 90% of the body's serotonin and about 50% of its dopamine, both known for their mood balancing benefits.

Currently, experiments being done in trying to understand this incredible gut-brain axis have been done with lab animals, but the evidence is convincing enough to see possibilities in *psychobiotics*, treating mental health through improving gut health. Although inconclusive currently on the effectiveness in human beings, this area of research is still in its infancy.

While researchers are working to prove that probiotics may be key in improving emotional states, you could be improving your microbiome just because it makes sense that a healthy gut contributes a health benefit to the entire body, which make you feel better and that alone enhances your attitude. We begin naturally creating our microbiome from the time of birth. Babies receive probiotics through their mother's breast milk, which makes it more challenging for babies on formula to get a good start with probiotics. Fortunately, we continue to add to our probiotic colony all our lives

naturally. Over 100 trillion microorganisms of 400 different species can flourish in a healthy gut, crowding out harmful bacteria and making our gut an important defender of our immunity. However, probiotics can also be killed off by antibiotics, corticosteroids, NSAIDs, birth control pills, chlorine in drinking water, hydrogenated fats, and stress.

Taking probiotic supplements is not always enough, we also need to know what helps them thrive. The food fibers that sustain probiotics, yet we do not digest, are being called prebiotics. The list of prebiotic foods is surprisingly diverse: foods with inulin, like jicama (yacon), Jerusalem artichoke, and chicory root; raw allium foods, like garlic, onion, leeks, chives, and scallions; leafy greens, like spinach and dandelion greens—with a whopping 25% prebiotic fiber; pulses, like lentils, split peas, beans, and chickpeas; foods made from wheat, like whole grain wheat breads, sprouted grain breads, and wheat germ; oats; avocados; peas; soybeans; asparagus; potato skins; bananas; blueberries; apples; apple cider vinegar; chia and flax seeds; and even dark chocolate—believe it or not!

Remember this was all sparked over a century ago from a scientist's curiosity of why people were living noticeably longer by having yogurt every day and along with those probiotics, they probably also ate prebiotics without knowing they were ingesting and feeding helpful little creatures living in their gut. We can do the same and have a good gut feeling about it!

Linda Townsend has been a member of the Life Grocery Co-op for 20 years and is a freelance writer of health-related issues. She can be contacted at 4biohealth@gmail.com.

Valerian

Even though I have been doing piano performances on stage since I was four, a few years ago I started getting nervous about it. My hands would shake making it very hard to play. Then, my mom introduced me to one of her favorite herbs, valerian. She has used it for anxiety and nervousness for many years. I started taking a couple of capsules before a performance and, thankfully, the shakiness would go away entirely. *Thanks, Mom!*

This amazing herbal root is mainly used for stress and as a sleep aid. It increases the amount of GABA in your brain, which is an inhibitory neurotransmitter that helps you relax. I particularly like it because it helps soothe jumpy nerves without making me feel drugged.

By Sarah Townsend

Valerian not only has a sedative effect that can encourage sleepiness for insomnia, it is also known to be an antispasmodic, meaning it acts as a natural muscle relaxer and can ease muscle cramps. It might be beneficial after a heavy workout to diminish shakiness.

What I also like about valerian, at this time of year with final exams, is that it can be very helpful for students who have test anxiety, like me.

Valerian root capsules can be found in the herbal supplement aisle at Life Grocery.

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.

NEW SUPPLEMENT PRODUCTS

- Earth Therapeutic Bath & Body Care Products
- WishGarden Herbs Assorted Products
- Nubian Bath Bombs Assorted Scents
- Nubian Hand/Body Scrubs Assorted Scents
- Garden of Life My Kind Gummies-Mens, Womens, & Kids Multi's
- Plantfusion Plant Protein
- Plantfusion Lean

GREAT SUPPLEMENT DEALS!

- Dr Bronners Coconut Oil \$12.00 32 oz
- Nubian Bar Soaps \$2.99
- Natural Vitality Calm Raspberry/Lemon \$25.00 16 oz
- Nubian Shea Butter \$7.00 4 oz
- Manitoba Harvest Hemp Pro Fiber \$8.99 1 lb
- Organic India Whole Husk Psyllium \$9.99 12 oz



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Saturday, 6/17/17

12:00-4:00 pm
members receive

10% off
all in-stock purchases
9 am-8 pm