

Have a Field Day!

By Linda Townsend

Have you ever tried to convince people why eating organic foods is actually cost effective in the long run? How they might have less health issues? How they might feel younger or have more vitality? The most common excuse I hear against buying organic products is the cost, even from people who believe in them strongly. I understand because I have a pretty tight budget too, so I try to be as thrifty as I can by buying items in bulk, when on sale, and using coupons. I truly appreciate Life Grocery's dedication to getting the best deals available for their customers, but even so I cannot deny that organics can still take a bigger bite out of the grocery budget than conventionally raised foods. (Doesn't it seem upside down that "conventional" is what we label foods of the past century that were raised in a wide variety of chemicals, which were not *conventional* for thousands of years previously?)

I am cautious whenever a new brand makes its way to store shelves. I wonder if the company is reputable when it has not been out long enough to build a reputation. I wonder if the products are really organic or GMO-free, even if they are labeled. I wonder why I have not seen it in other stores. I especially am skeptical when the new brand is value priced! I understand that organics are far more labor intensive, therefore more expensive to grow, just from that aspect alone. If you have your own food garden, you may appreciate the extra work done by our organic farmers. I am still in awe how farmers are able to get organic peaches off the trees before the squirrels grab them, while they are not yet ripe, or protect the peaches from the various bugs that attack them. Or how they have peaches develop well when the weather is not ideal for them. I am lucky to get enough to fill a basket from the one peach tree I have; many years I did not get any!

When I began seeing Field Day® on Life Grocery shelves, I was very skeptical, but my attitude has changed. First of all, I trust Life Grocery because over the years I have come to know the managers and their high standards and dedication to carrying high quality products. I so much appreciate a health store that I can trust and I trust that Field Day® products were scrutinized before the first item was placed on their shelves.

You may be wondering why Field Day® products are not seen in the big chain stores. It is because the brand was formulated by United Natural Foods, Inc. (UNFI), an independent national distributor of natural, organic, and specialty foods

and products. Since UNFI is a supplier, their Field Day® brand is much like the private-label brands you would see in large chain grocery stores, only it is for independent natural food stores and co-ops like Life Grocery. Basically, when you buy any product with the Field Day® label, it is like buying Life Grocery's own private brand.

Usually I pass by private labels because so many have lower standards and so few have good quality, but Field Day® is impressive. The Field Day food products are guaranteed to be GMO-free, with no preservatives, artificial colors, or flavors. The canned goods are BPA-free. Much of the line is certified organic and continuously meets rigorous standards through third party certifications. In addition, the majority of Field Day®'s widening variety of products are produced in the USA!

Field Day® has made a commitment not just to the quality of ingredients, but also the quality of taste, which is important to families trying to keep committed to eating a healthier diet. What good is having healthy ingredients of a product your family will not eat because it lacks flavor or just plain does not taste good? My family has been trying various

Field Day products and we are quite pleased with the tastiness.

Lastly, Field Day® promises value-priced products that are more affordable than most name brands and on that they definitely deliver. As you might expect of a private label brand, all Field Day products are cheaper in price than comparative name brands, but some products are a surprising 50% lower! (Can I insert an eyebrow-raised "WOW!" here?) This is a very significant savings! Lower prices stretch our grocery budget, allowing us to purchase more without compromising our pledge to maintain an organic, non-GMO foods lifestyle. One could even say that Field Day® products are worth more than they cost!

Have you tried any of the Field Day® products yet or have you been missing out on having a field day with Field Day®? The yummy, value-priced remedy is waiting for you to pick it off the shelves at Life Grocery right now.

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



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A Sweet Fix

Everyone was asking for a sweet fix in the house yesterday. We had gone through our usual bounty of fresh fruit . . . needed to get more soon, but that wasn't a good enough answer to give our kids at the moment. Instead I needed something quick and went to the fridge and started opening up packages of nuts and seeds. I had a bag of dates as well and smiled as I thought of the perfect answer. FUDGE.

I love gooey, rich, and chocolaty fudge. It is a treat that satisfies on many levels. What I came up with was not my mother's fudge, rich in condensed milk and white sugar. Nope, this was even more gratifying; a food that can stop cravings in their tracks and nourish as well.

There are so many alternatives to using white sugar: raw cane, agave, rice syrup, stevia, xylitol, and a multitude of others. One simple sugar that is easy to use is dates.

Either eaten alone or blended into a paste to mix into recipes, they are easy to obtain, relatively inexpensive, a whole food with nutrients intact and really, really tasty.

Dates are also rich in vitamins and minerals and are a good source of fiber. I used to live in Palm Springs, California, many moons ago, and loved going to the date gardens and slurping on a date and banana shake in the hot, dry days of summer. Date sweetened cakes and ice creams have stayed with me since then and I love to experiment with recipes that originally call for more conventional sweeteners.

In the fudge recipe I just throw them in the processor whole (with the pits removed). But if you want to use them to replace sugar in cakes and puddings you may find it easier to make a paste or syrup of it first. Here is the recipe:

Date Paste

10 large or 20 medium dates, pitted
1¾ c water
1 T fresh lemon juice

- Place all ingredients in a blender and process for a few minutes until smooth and completely blended.

By Jeani-Rose Atchison

This makes a great sweetener for tea, as well. Date paste keeps in the refrigerator for several weeks. Be sure to use organic dates as if they are not you may be getting pesticide and fungicide residue with each sweet little mouthful.

Raw Fudge Squares

¼ c unhulled tahini
⅓ c coconut cream
1 c dates (make sure there are no seeds)
½ c each, raw almonds and macadamias
½ c raw cacao or dark cocoa powder
½ c shredded or dessicated coconut
organic coconut sugar (optional)

- Place all ingredients into a strong food processor and run until smooth.
- You may find it works easier if you grind the nuts first then add the rest slowly as your processor is running. My Thermomix does a good job with all the ingredients processed at once.
- Mix equal parts coconut sugar and cocoa powder, if desired, and sprinkle a thick layer on the bottom of a rectangular pan.
- With moist hands pat fudge into pan and sprinkle with more of the cocoa and coconut sugar mix. Alternatively, just pat straight into pan without additional sugar and cocoa.
- Refrigerate for 15 minutes and slice the fudge. Serve and Enjoy!

Jeani-Rose Atchison is a health advocate, and home-schooling mother of five who also finds time to write about nutrition, whole foods and environmental concerns. She authored, Every Day Vegan - 300 Recipes For Healthful Eating which is a mainstay in vegetarian kitchens. Atchison's latest book, Food for Thought - Thought for Food is chock full of delicious whole food recipes. It also takes a controversial look at the food we eat today and the processes involved in bringing it to your table. Can your food make you ill? The answer may shock you!

Looking at Future You

By Sarah Townsend

Even as a teenager, I often think about how I shall look and feel when I am older. When I look in the mirror I see a young me, but I sometimes imagine how I shall look and feel fifty years from now. A lot of older people have aches, memory issues, and medical problems. It is unavoidable that we shall have more physical and mental concerns when we are older than we do now, but our diet can actually reduce the amount and possibility of them.

One of the major factors in aging is called oxidative stress, which can be reduced through what you eat. Oxidative stress is an imbalance between the production of free radicals and the ability of the body to counteract or detoxify their harmful effects. In English, the longer we live, the more oxidative stress we accumulate; and the more

oxidative stress we accumulate, the more wear and tear on our cells.

So, how can we reduce oxidative stress? Some foods, like fresh fruits and vegetables, have been shown to support greater health, energy, and mental strength in aging bodies. However, the biological mechanisms that produce those results are not fully understood yet. Many researchers believe the beneficial effects are created not by a certain diet, but rather a variety of nutritional values in natural foods working in unison. This means you should focus on the produce aisle, rather than the aisles with processed foods.

When vitamins and other compounds are obtained by eating fresh organic foods, there are

continued on page 3

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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.

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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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In This Issue

- 1 Have a Field Day!
- 2 A Sweet Fix
- 2 Looking at Future You
- 3 Avocados - Not Just for Guacamole
- 4 Toxic Release Gives New Lease on Life

Avocados – Not Just for Guacamole

By Susan Esposito, DC, DACNB, FABES, FACFN

I first started appreciating the delicious nature and benefits of avocados many years ago when I was introduced to the delight that is guacamole. However, I couldn't imagine eating this oddly shaped fruit (yes, it is a fruit) in other ways. Over the years, I have developed a love for the flavor of avocados and have realized that they are useful in a multitude of recipes, giving health benefits, texture, and flavor to many different dishes and drinks.

There are many health benefits to eating avocados. An avocado has 9 grams of fiber, which is high. Fiber helps regulate our appetite, providing a sense of satiety, so we are compelled to eat less frequently. It feeds the good gut bacteria, to assist in a healthy bacterial balance for improved digestion. It is also high in healthy monounsaturated fats, most abundantly oleic acid, which is also the main component of olive oil. Oleic acid has been linked in research studies to reduced inflammation and has also been linked to lowering the risk of cancer.

Some of the many vitamins and minerals provided in avocados are:

- Vitamin B6, which assists in converting food into energy.
- Vitamin B9 (folate), which is important for normal cell function and tissue growth.
- Vitamin C, which is an antioxidant that is used in immune function and creating healthy skin.
- Vitamin E, which is another powerful antioxidant.
- Vitamin K, which is important for blood clotting.
- Potassium, which is beneficial for blood pressure control and heart health. Avocados contain higher amounts of potassium than bananas.
- Copper, which is a trace element that may help prevent adverse heart problems.

Other beneficial components of avocados are:

- Carotenoids, such as lutein and zeaxanthin, which are important for the health of our eyes.
- Persenones A and B, which are antioxidants that are linked in research to protective effects against inflammation and cancer.
- D-Mannoheptulose, which is claimed to assist with blood sugar control.

Although an avocado is very low in sugar compared to other fruits, having only 1 gram per whole avocado, the only downside that I have found in eating avocados in the high calorie count. There are approximately 320-360 calories per avocado (depending on the sources I read). That's before you add anything to it. Due to its highly caloric nature, some people in the past have advised against consuming this fruit, when trying to lose weight. However, due to all the benefits outlined above, you can see that it would be a good addition to any diet, including weight loss. The key is not to eat too much at once. My problem with eating only a half or a quarter of an avocado, is that the remainder turns brown and goes bad very quickly, before I am ready to eat it. I was told to squeeze some lemon on it and it would help slow the oxidation that turns it brown. However, when I tried this, it still turned partially brown, even after only one day in the refrigerator. I just read an article online that describes how you can actually freeze avocados, so you can buy a bunch on sale and not worry that they will go bad before you get a chance to consume them. Then you can unfreeze and use them with out worrying about wasting an unused portion. I wanted to share this information for all you avocado lovers who have struggled with the same issue.

Here are the instructions on freezing avocados:

1. Remove the flesh from a ripe avocado from its skin and remove the pit.

2. Place the flesh from the avocado in a bowl and mash it with a fork.
3. Add one teaspoon of lemon or lime juice for each avocado in the bowl and mix it all together well (this helps to keep the avocado green). For example, if you are using 3 avocados, mix in 3 teaspoons of lemon or lime juice.
4. Place the mixture in plastic freezer zip lock bags in the exact amount that you will use in the future. For example, if you only want to use a quarter cup at a time, that's how much you put in each bag, so the rest is not wasted. Don't put more than 2 avocados in eac bag, because thawing will take too long.
5. Place the bags in the freezer until you're ready to use them.
6. You can thaw out the bags in one of two ways, when you want to use the avocado. You can put the frozen bag in a bowl and run cool water over the bag until it thaws. Otherwise you can take the bag out of the freezer and put it in the refrigerator 24 hours before you intend to use it, so it has time to thaw slowly.

Once the avocado is thawed, there are limitless ways to use it. You can use it in wraps, dips, smoothies, spread on sandwiches, on nachos, tacos, quesadillas, burritos, on salads, etc.

Happy avocado eating!

Resources:

<http://www.livestrong.com/article/254454-calories-in-a-half-avocado/>

<http://bravoforpaleo.com/2013/06/24/baked-egg-in-avocado/>

<https://authoritynutrition.com/foods/avocado/>

Dr. Susan Esposito is a chiropractic functional neurologist and nutritionist, currently practicing in the Life Neurology Center at Life University.

continued from page 2

great benefits. Some health experts think eating fresh or frozen fruit or vegetables may be better than taking supplements. This is because many supplements do not have the natural combinations needed to more fully support a healthy body, therefore no individual compound is as effective as when all the compounds work together.

Taking supplements is not bad, it actually helps. However, they are more effective with a healthy diet in slowing down the aging process. Even if this is not something you have been thinking about, especially if you are young like me, have you ever considered how future you will look and feel?

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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Toxic Release Gives New Lease on Life

By Brenda Cobb

Toxic chemicals and pollutants contribute to the manifestation of many diseases. Industrial and petrochemical toxins accumulate in the human body faster than they can be naturally eliminated. A lethal mixture of chemicals, pesticides, food additives, heavy metals, anesthetics, pharmaceutical drugs, and legal and illegal drugs can clog the human body. It is no wonder people are facing more diseases and illnesses than ever before.

The health of Americans has declined to the point that the United States is now one of the sickest nations in the world, even though we spend more money on health care than any other nation. We are much more exposed to chemicals, smog is in virtually every city, and most drinking water contains hundreds of different chemicals and excessive levels of lead, mercury, fluoride, and chlorine. Chemicals are added to food; solvents, emulsifiers, and preservatives are used in food processing and storage. These toxins remain in the body for years and can cause serious damage.

Gasoline, paint, household cleansers, cosmetics, pesticides, and dry cleaning fluid pose a serious threat to human health because the body cannot easily break down these pollutant toxins. The effects of these toxins are devastating on the kidneys, liver, pancreas, heart, lungs, and thyroid.

Some of the common symptoms of a toxic body are fatigue, confusion, aggression, mental disorders, low energy, headaches, allergy symptoms, joint and back pain, respiratory problems, food allergies, insomnia, mood changes, arthritis, constipation, hemorrhoids, sinus congestion, ulcers, psoriasis, eczema, and acne.

Now, more than ever, it is important to regularly detoxify and cleanse toxins and waste products out of the body to restore optimum organ function, vitality, and health. There are many benefits to detoxification including more energy, greater mental clarity, improved eyesight and hearing, reduction of stress on the immune system, reduced blood pressure, cholesterol and triglycerides and a sense of well-being.

The right foods can help cleanse the body and detoxification therapies like colonics, reflexology, infrared sauna, footbath detox, Indian head massage, full body massage, and energy treatments can assist in helping move the toxins out.

Eliminate meat, dairy, wheat, sugar, and caffeine while adding organic green juices, raw vegetables, fruits, sprouts, and alkaline water and this will assist the body in the detoxification process. Some cleansing products like zeolite, cilantro herbal tincture, and chlorella can help pull out heavy metals including mercury and lead.

Detoxification is one of the best ways to cleanse the body of toxins, boost its antioxidants levels, and enhance overall performance. By eating certain foods the body can reduce excess hormones, boost the immune system and liver, and cleanse the organs and circulatory system which will promote a better state of mind.

Lemon is renowned for high concentrations of vitamin C and is very effective in cleansing the body, specifically detoxifying the liver and colon. Its high vitamin C count is also responsible for flushing out toxins as they get converted into a water-soluble substance.

Garlic contains numerous beneficial properties that are a great part of any detox plan. Its potent properties can help stimulate enzymes in the liver that are responsible for filtering toxic materials out of the body. Garlic also strengthens the immune system, protects the body from illness, prevents blood clots, and lowers cholesterol.

Fruits are packed with beneficial vitamins, fiber, antioxidants, and fluids. This is beneficial to cleansing organs, enhancing overall immune system performance, and protecting the body against certain diseases like cancer and heart disease. For maximum detoxification benefits, adults should aim to eat five to six servings of fruit a day such as grapes, melons, apples, pears, papaya, and pineapples.

The high concentration of chlorophyll found in green leafy vegetables helps rid the body of harmful toxins that accumulate in the body such as pesticides, heavy metals, environmental toxins, and the effects of a poor diet. Consuming a diet rich in vegetables, at least nine a day, such as spinach, kale, cabbage, and broccoli can boost the body, as well as enhance enzymes in the body and protect the liver.

Detoxifying your body and practicing good lifestyle habits will help keep the body free of many toxins. When you do good things for your body you will reap the benefits of good health and increased energy. You will also slow and reverse the aging process. It is well worth the effort.

Detox Smoothie

1 c kale
1 c celery
1 c cucumber
1 c cilantro
¼ c lemon juice

- Mix all the ingredients in the Vita-Mix until smooth.

Detox Juice

1 bunch celery
4 cucumbers
2 c sunflower sprouts
1 T ginger

- Juice all ingredients and drink throughout the day.

Detox Salad

2 c romaine lettuce
½ c celery
½ c cucumber
½ c zucchini
½ c sunflower sprouts
½ c buckwheat sprouts

- Chop the lettuce, celery, cucumber, and zucchini.
- Add sprouts and toss with the detox dressing.

Detox Dressing

½ c lemon juice
pinch cayenne pepper
½ t Himalayan salt
½ c tomato
½ c red pepper

- Blend all ingredients until smooth.

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 more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.



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- Living Intentions Cereal
- Heavenly Organics Sugar
- Stay Away: Moths, Rodents, Spiders
- Wholeme Paleo Granola Clusters
- Eating Evolved Paleo: Coconut Butter Cups, Signature Chocolate Bars
- Mother India Organic Meals
- Limonitz Organic Ginger Lemonade
- Jennies Chocolate Chip Macaroon Backpack
- Calbee Lentil Snaps tomato Basil
- Earth Circle; Cacao Nibs, Cacao Powder, Goji Berries
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