

Healthy Halloween Handouts

By Susan Esposito, DC, DACNB, FABES, FACFN

It's not just ghouls, zombies, or vampires that scare me during the Halloween season, it's the ubiquitous temptation of candy. Complete with artificial colors and flavors, chemical additives, and the ever present and ever harmful fiend high fructose corn syrup, candy is the true monster that can devastate a mother's best attempts at her children's well-balanced feeding. As a child, I loved candy, but now that I'm a mother, it has become a bane of my family's nutrition goals. However, I am of the opinion that depriving my daughter of the traditional Halloween experience, including candy treats, would cause more psychological harm than a day of delicious debauchery.

Magically, there are now treats which I can purchase that will satisfy both of us. It's still candy, but it's made with healthier ingredients. If you're going to be receiving trick-or-treaters this Halloween, consider stocking your tray of goodies with some of these healthier selections. I am not suggesting the kid disappointing apple or toothbrush, these treats for the costumed door-bell ringers are the real deal!

Here is a list that I found on www.sparkpeople.com that describes many kid friendly and healthy snacks that are great alternatives:

- **Barbara's Snackimals Animal Cookies** are far beyond traditional animal crackers, which usually contain trans fats and very little flavor. These crunchy cookies are even made with organic ingredients and come in Chocolate Chip, Snickerdoodle, Vanilla and Oatmeal varieties.
- **CLIF Kid ZBars** are low in fat, made with whole oats, and fortified with 12 essential vitamins and minerals. They are free of hydrogenated oils, high-fructose corn syrup, preservatives, and artificial flavors or colors. They come in 7 delicious flavors: Apple

Cinnamon, Chocolate Brownie, Blueberry, Chocolate Chip, Honey Graham, Peanut Butter and, just in time for Halloween, Spooky S'Mores.

- **FruitaBü Organic Smooshed Fruit Rolls** look and taste like all-too-familiar junk food, but are made from real organic fruit, with no artificial additives or added sugar.
- **Ginger People Ginger Chews** certainly taste good, so you can't go wrong with flavors like Original Ginger, Spicy Apple Ginger, Peanut Ginger, and Hot Coffee Ginger.
- **Let's Do...Organic Fruiti Bears Gummies** are made with organic ingredients and contain no gelatin, gluten, high-fructose corn syrup, or artificial additives. All that's left is delicious flavor. These come in boxes containing four individually-wrapped bags and are available in four varieties: Super Sour, Fruity, Classic, and Jelly.
- **Stretch Island Original Fruit Leathers** are sweet and chewy strips of real, dried fruit that will satisfy a kid's sweet tooth and count as half a serving of fruit! Stretch Island is one of many brands of fruit leather that you can buy online, in natural food stores and at many supermarkets.
- **Annie's Cheddar Bunnies** aren't candy but they are a fun, bite-size snack that kids will love. They're made with organic wheat and cheese and no artificial flavors or colors.
- **Yummy Earth Organic Lollipops and Candy Drops** come in flavors like Pomegranate Pucker and Wet Face Watermelon. Free of gluten, nuts, dairy, soy, artificial colors, and dyes.
- **Pure Fun Organic Candy** makes yummy hard candies and lollipops that are free of

pesticides, artificial flavors, synthetic colors, and gluten. They come in several kid-friendly flavors, like Tangy Tangerine, Loony Lemon, and Giddy Green Apple.

Some other fun and yummy ideas that you can either hand out or bring to Halloween parties in your neighborhood or to your children's school are:

- Bags of whole wheat pretzels, organic popcorn, or trail mix. You can purchase these pre-bagged, or make your own. If making them yourself, you can add different flavors for variety.
- Mini boxes of prepackaged raisins or craisins.
- Containers of applesauce, which come in a variety of flavors. These can be purchased in multi-packs, so you can just separate them and give them out individually.

Life Grocery provides many of the listed delicious options and more for all the little ghouls haunting your halls looking for tasty treats! This is no trick! Besides all the wonderful Halloween options described above, Life also offers a vast array of bins filled with more salty, savory, and sweet snacks than you could ever imagine.

So don't let your house be haunted with unhealthy sugary sweets this season, Life Grocery can provide you with all the necessities to make your fest less frightening. I wish you all a happy healthy Halloween!

References:

<http://recipes.howstuffworks.com/>

<http://www.sparkpeople.com/>

<http://www.clemson.edu/extension/hgic/food/nutrition>

<http://www.100daysofrealfood.com/>

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

Carrageenan Anyone?

Kim Strickland, ND

Chances are that if you read labels at all you've seen carrageenan listed as an ingredient. What exactly is carrageenan and why are their groups advocating removing it from foods such as almond milk?

Carrageenan is a common food additive that is extracted from a red seaweed, *Chondrus crispus*, which is popularly known as Irish moss. Carrageenan, which has no nutritional value, has been used as a thickener and emulsifier to improve the texture of ice cream, yogurt, cottage cheese, soy and almond milk, and other processed foods. It is also found in natural lunch meats.

Joanne K. Tobacman, M.D., an associate professor of clinical medicine at the University of Illinois College of Medicine, has conducted studies linking undegraded carrageenan—the type that is widely used in foods—with malignancies and other stomach problems. She has extensively studied the biological effects and published 18 peer-reviewed studies and is convinced that it is

harmful to our health. In April 2012, she addressed the National Organic Standards Board on this issue and urged reconsideration of the use of carrageenan in organic foods.

In her presentation, Dr. Tobacman said that her research has shown that exposure to carrageenan causes inflammation and that when we consume processed foods containing it, we ingest enough to cause inflammation in our bodies. All forms of carrageenan are capable of causing inflammation. This is bad news. We know that chronic inflammation is a root cause of many serious diseases including heart disease, Alzheimer's and Parkinson's diseases, and cancer. Drug investigators actually use carrageenan to cause inflammation in tissues in order to test the anti-inflammatory properties of new drugs. When laboratory mice are exposed to low concentrations of carrageenan for 18 days, they develop "profound" glucose intolerance and impaired insulin action, both of which can lead to diabetes.

The Cornucopia Institute has submitted a lengthy petition to the FDA to remove carrageenan from foods. Starting in 1961, animal studies showed that degraded carrageenan was carcinogenic. The safest thing you can do is to read labels carefully and avoid foods with carrageenan.

Resources:

<http://www.drweil.com/drw/u/QAA401181/Is-Carrageenan-Safe.html>
www.cornucopia.org

Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.

The Gift of Health

By Brenda Cobb

You can change poor health into good health by changing what you eat. Organic raw and living, sprouted, foods are full of enzymes, vitamins, and minerals, the elements we all need for good health. Processed, denatured foods starve the body of the very things needed for good health, especially living enzymes! The body requires enzymes for every function from digestion and assimilation to elimination. It is extremely important to eat plenty of enzyme rich foods. Living enzymes are in every whole food in nature. All fresh raw fruits and vegetables are full of precious enzymes.

Cooking food kills all the enzymes. Enzyme powders, pills, or potions can help somewhat, but they are not the complete answer and can't possibly replace the enzymes found in fresh, organic, raw and living foods. These foods supply enzymes, and vitamins and minerals in an easy-to-digest form. Some vitamin and mineral pills don't digest or assimilate in the body and can pass through the system still completely whole. Other supplements that are in powdered form and created from organic raw and living foods are some of the best ways to get extra supplementation. When you invest in organic whole foods you're not only eating really well, you're getting your vitamins and minerals too. There is no better way to assure good nutrition than with organic raw and living foods.

Diseases and symptoms are caused from toxicity and deficiency and a dirty impacted colon. It is the deficiency of enzymes that is a huge problem. On the other hand if you put live enzymes in your body you can restore and maintain optimum health. Many people are on medications today for depression, learning disabilities, cancer, diabetes, heart disease, high blood pressure, and many other diseases. Pills are not the answer because drugs create more toxicity and acidity in the body and that creates more health problems.

Obesity is at an all time high, and one of the reasons for this is that people are not getting nourished at a cellular level, and are "hungry" for real nutrition. Junk food is a part of the "American Way" and there's junk food in health food stores just like in regular grocery stores. Many vegetarians and vegans are sick because of eating so much of these junk foods. Replacing processed junk food with fresh organic raw and living fruits, vegetables, and sprouts will energize the body,

help it shed excess weight, and restore health. Now that's a real investment in good health!

Raw and living foods are really delicious and this doesn't have to mean a life of only salads. There are many wonderful recipes that are easy to prepare and which offer an incredible variety of flavors to excite every palate. A wonderful way to begin the journey to better health is to clean out the cupboard of processed, dead, prepackaged food and fill the refrigerator with fresh organic produce. You can begin to replace foods that you know are not good for you with foods that will serve you better.

What better time than right now to begin to eat better and take better care of your health. After all, you're worth it.

Always use 100% ORGANIC ingredients.

Sunny Coconut Veggies

1 c chopped sugar snap, snow peas, or green beans
1 c chopped tomato
1 c chopped zucchini or yellow squash
½ c chopped green onion
4 T raw coconut oil
2 T chickpea miso
4 T fresh lemon juice
1 c sunflower seeds (soaked 8 hours in filtered water and drained)

- Chop the vegetables and set aside.
- Combine the coconut oil, chickpea miso, and lemon juice in a blender and blend until smooth.
- Pour the dressing over the vegetables, toss, sprinkle with sunflower seeds, and serve.

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute in Atlanta, Ga. offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing and Anti-Aging including a Therapy Spa Offering treatments to help detoxify, nourish and relax the body. For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.

Organics: Common Sense vs. Scientific Research

By Linda Townsend

For those of us who have made the commitment to eat organic foods, it is just common sense that produce grown organically is better for the body. It seems obvious that produce grown in soil enriched with natural fertilizers and without synthetic pesticides is the better choice. However, science is not about common sense, but proven research and there just has not been definitive proof acceptable to the scientific community at large to quiet the organics vs. conventional debate.

On the other hand, it never hurts to have a prestigious medical publication like the *British Journal of Nutrition* publishing a paper on the compositional differences between organically and conventionally grown crops, as it did June of this year. An international team of experts, headed up by Newcastle University, in the UK, released "Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses" that may be considered the largest study of its kind. To do this, researchers pooled data from 343 studies comparing compositions of organic and

conventionally grown fruit, vegetables, and cereals. What is fascinating about this study is that it was not about proving whether or not organics are better or healthier, but simply proving facts about the differences in the composition between organics and conventionally grown foods, which can more easily be confirmed in laboratories and cannot be so easily ignored or refuted in the scientific community.

Their analysis showed organic produce contain up to 69% more of certain antioxidants, are decidedly less likely to contain pesticide residue, and have significantly lower levels of three toxic heavy metals: cadmium, lead, and mercury. Cadmium, in particular, was far lower and this may be significant because it is known to accumulate in the body, especially in the liver and kidneys.

Here's a breakdown comparison between organics and conventionally grown:

- In organically grown crops, antioxidants such as polyphenolics were between 18-69% higher.

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Hours: Store Café
Mon-Sat 9am-8pm Mon-Sun 11 am-4 pm
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Healthier Lunches – What's For Lunch?

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

What did you have for lunch yesterday? If you are the typical American, you had something along the lines of a burger, fries, chicken, soda, or pizza. Now, let's consider another question. What is the number one complaint of my patients and people who attend my lectures? Across the board, the answer is fatigue. It seems almost everyone I encounter would like to have more energy.

So, what does this have to do with lunch? When questioned, most people say they are more fatigued after eating lunch than before. Mid-day fatigue happens most often because of what you had for lunch. One of the major reasons for this is most lunches contain large amounts of fats. Fats, especially saturated fats, found in animal products (meat and dairy), cause red blood cells to clump together. Red blood cells carry oxygen in the body and when the red blood cells clump together they are not very effective in carrying oxygen. This lack of oxygen causes the body to get tired.

If you want to put this to the test, tomorrow have a healthy lunch, maybe a salad with an oil and vinegar dressing using olive or flax seed oil. Don't limit yourself to lettuce only; add carrots, radishes, garbanzo beans, cucumbers, or any other veggies you prefer. Then notice how you feel that afternoon. The following day, have a meal with a lot of fat. If you still eat meat, have a beef burrito with cheese, a cheese and meat pizza, or a ham and cheese sandwich. Pay attention to how you feel after this fatty meal. I feel confident that you will notice that you had more energy following the healthy meal, but felt tired after the unhealthy one.

Eating Healthier Lunches

Eating lighter, healthier lunches will increase productivity in your life. If you have children, this becomes equally, if not more, important. Children's performance is directly linked to their diet. For over 30

years in my practice, I have counseled hundreds of families on how to improve their mental functions, as well as their health, especially their children's. One very effective way to improve mental function and over-all health is to improve nutrition. Eating the foods you are biologically designed to eat can take an average student, employee, or family member and make them above average. It can take an above average person and bring them to a whole new level. Everyone benefits from giving the body the nutrients it needs. It's important to realize that most school lunches will adversely effect how your child thinks and acts. I have spoken with numerous teachers who all agree that grades are traditionally better in the morning classes (before lunch) than in the afternoon classes (after lunch).

Some school cafeterias offer salad bars and meat-free/dairy-free meals. If your child is going to eat in the cafeteria, instruct them on how to make the best choices available to them. Also, when you are eating out, follow these simple healthy eating rules. First of all, remember that there is always something to eat. In all my years of eating out and traveling over the world, I have never been forced to miss a meal because there wasn't any food available that I could eat. If eating Mexican, have beans instead of beef. If you are having Chinese, try the stir fried veggies, mu shu veggies, veggie lo mein, or veggie chow mein. Italian food also offers plenty of healthy options, including pasta with marinara sauce, pesto with no cheese (See my book "Eating Right For The Health Of It" that's sold at Life Grocery, for several pesto recipes, as well as over 200 other recipes that are vegan, wheat-free, hypoallergenic, easy to make, and delicious!), or just salad with Italian dressing. Thai food is also a good choice and can be easily made without meat; just tell your server you want veggies only. The sauce and veggies taste just as good as the meal with meat and might even be cheaper. Also, many American restaurants now serve veggie burgers.

Packing Healthier Lunches

If you are packing lunch, make an organic peanut butter and organic fruit-only jelly sandwich. Keep in mind that you can also make your sandwich with almond butter, cashew butter, or filbert butter. Be sure to use a 100% fruit jelly and healthy gluten free bread. Or try a bacon, lettuce, and tomato sandwich without the bacon. I also suggest canned organic soup, which can cost as little as \$1.25 and is low in calories, low in bad saturated fat, is filling, and is good for you. Add a few carrot sticks, celery sticks, and a piece of fruit and you will feel better, live longer, and enjoy every day instead of being tired and unable to perform at your best.

Nutrition is important because it is the fuel that runs your body. This, along with a properly functioning nervous system, is the combination to achieve optimum health. If you have any back pain, headaches, leg or arm pain, or if you don't feel as healthy as you should, be sure to get a thorough chiropractic evaluation to find out if you have a pinched nerve that is preventing your body from functioning at 100%. By eating this way and being sure your spine and nervous system are not malfunctioning, you avoid most of the things that prevent you from being all that you can be.

Dr. Joe Esposito is a chiropractor, nutritionist, 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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Organics: Common Sense vs. Scientific Research

- On average, toxic heavy metal cadmium was 48% lower in organically grown crops.
- Concentrations of total nitrogen were 10% lower, nitrate 30% lower and nitrite 87% lower in organic. (Nitrite reacts with the hemoglobin forming a compound called methemoglobin, which reduces the blood's capacity to carry oxygen.)
- Pesticide residues were four times more likely to be found in conventional crops than organic ones.

This study draws attention because it refutes two previous studies widely accepted by scientists. The UK Food Standards Agency (FSA), in 2009, commissioned a study which was the first systematic review of the literature on organic food versus non-organic food. On the basis of nutritional superiority, the conclusion reached by researchers from the London School of Hygiene and Tropical Medicine was that no evidence was found to justify selecting organic over convention foods.

Researchers from Stanford University School of Medicine, in the later 2012 study, also a literature review on organic versus conventionally produced food, concluded similar findings. It stated that with the exception of "weakevidence" of higher phenol levels in organic produce, there was no significance in the evidence suggesting that eating organic foods is nutritionally beneficial over conventionally grown.

This latest study points to some significant differences in the composition of organics, but study leader Carlo Leifert, professor of ecological agriculture at Newcastle University, acknowledges that it does not scientifically prove that organics are more beneficial than conventionally grown. However, he believes these findings suggest that people eating organics would comparatively consume additional antioxidants equivalent to eating between one and two extra portions of fruit and vegetables per day to people eating the same foods conventionally grown. While numerous studies have related antioxidants to a reduced risk of chronic diseases, including cardiovascular diseases and certain

cancers, Professor Leifert stated, "But this study should just be a starting point. We have shown without doubt there are composition differences between organic and conventional crops, now there is an urgent need to carry out well-controlled human dietary intervention and cohort studies specifically designed to identify and quantify the health impacts of switching to organic food."

Of course, many scientists are resistant to accepting this latest research—and common sense is not scientific.

One could argue that if there are no significant differences that a person can conduct his own personal experiment by switching to organic foods, at the very least, without causing harm. I did this over twenty-five years ago based on common sense and I know what it did for me then and has continued to do for me in comparison to members of my family with the similar genetic profiles. Are you curious what it might do for you?

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

Dandelion Root: Powerful, Simple, Sophisticated

By Kal Sellers, DC, MH, LMT

In a clinical practice with herbal medicine and holistic healing, it is always an ongoing focus to determine which remedies, protocols, and approaches work best. The goal really should be how to work one's self out of a practice with each patient who comes in. This focus results in an ongoing modulation of what is used in practice. The result includes some changes, some corrections, and some rotating of remedies that all work well in an effort to secure what is the best. Sometimes, something simple shows up as a very important tool in modern practice. This is the case with dandelion root in our practice.

Dandelion root has gotten famous as a specific for cysts, tumors, swelling, or any cell proliferation above the diaphragm. Largely this is believed to be because of the way dandelion causes heat to go back down through the liver and out of the kidneys and out through the bowel in the form of bile and bowel activity. Additionally, dandelion is known to be very rich in inulin, which is an indigestible sugar that is like fertilizer to healthy flora in the intestines.

Dandelion pulls heat down that is rising inappropriately. Because of this, many headaches might be helped very well with dandelion root. In addition, dandelion is a very mild, safe and effective liver remedy, increasing bile flow, gently and slowly cleansing and offering some cooling stability to the liver. Some people need the stability because cleansing the liver can leave them a real mess emotionally. Liver cleansing tends to throw off hormones and neurotransmitters that are waiting to be broken down and have been in "storage." For this reason, some people are better off to start out by cleansing very mildly using a milder herb. Dandelion fits this need very well.

One unexpected benefit from dandelion root was the use of it for people whose arms and hands "fall asleep" at night. This seems to be related to swelling of the nerves and is related to heat rising as well as heat and liver irritation in general (which can cause so-called idiopathic edema of the abdomen). This use was

inadvertently discovered by us in clinical practice. Some individuals got a lot of relief from this problem using the dandelion root. Dandelion is mildly cooling to the body, slowing the pulse and lowering blood pressure slightly. The hot person will feel better taking it.

Dandelion is one of those herbs which can be used alone very well. It causes few peripheral symptoms and so requires no mitigating herbs. One herb it works well with is white willow bark. Typically, one willow bark capsule twice daily and 3 dandelion root capsules three times daily is a reasonable acute dose for up to 4 weeks. One willow bark and 2 dandelion root capsules twice daily works well for longer-term needs.

Willow bark was used by Thomsonian herbalists and Physiomedicalists for decades as a liver remedy. It probably works better there than anywhere. The efficacy of it as a painkiller might have something to do with the effect on the liver also. It certainly helps with inflammation and is cooling also.

Both dandelion and willow bark are carminative. This means they ramp up the digestive secretions from the mouth to the stomach, to the liver, gall bladder, and pancreas to the duodenum and the small intestine. All digestion will be helped with these and irritable bowel will be cooled and calmed down. Healing will be accelerated by the willow bark to some extent while the dandelion root will provide inulin for helping maintain friendly flora.

Dandelion root is strengthening to the kidneys. It is mildly diuretic. The leaf of dandelion is more famous for its diuretic (increases secretion of urine) effect. We have found the leaf to be too strong when there are weak kidneys. Weaker kidneys do much better with the root. This helps with low back pain and helps to concentrate the urine better. Thus it helps the kidneys and the liver.

In every group there is someone who does not want to take capsules and wonders how else the herb might be prepared. Dandelion root is certainly best taken as a decoction anyway so let us talk about how to make a slow decoction to get the most potent effect from the plant. Regular infusions will prove disappointing as this simply

does not extract the potent values we are seeking. Roasted dandelion root will not provide the inulin very well as the roasting breaks this sugar down and makes the root more sweet with sugar we can taste and use. In this case, we want the sugar for our flora, so roasting is ill advised.

A slow decoction of dandelion root is made as follows: Put one teaspoon (or a little more) of dandelion root (dried, cut is best) in each cup of distilled water on the stove in an appropriately sized pan. Bring this to a boil and then immediately reduce to a very low simmer (sometimes we will transfer this to the crock pot at this point and put it on low with the lid off or keep warm with it on) where it should stay for at least 2 hours. Ideally, this would simmer very slowly all night or for 5-6 hours. This can be done in a crock pot or double boiler. It is hard to maintain temperature in a regular pan on the stove.

The finished product is strained off and kept in the fridge. The effective dose is a wineglass full (2 ounces) 3 times daily. It will keep in the fridge for 3-4 days so quantities should be planned accordingly.

Dandelion is simple and inexpensive. It grows almost everywhere on the planet. It is often cursed as a weed. It is, instead, an elegant medicine that so many can use. It will prolong life when given to the right person and body type, but almost anyone can use it for temporary needs. We think it is coming up to beg us to use it and ease our suffering. The irritated liver makes angry, overstimulated, over-passionate people who are out of balance. We hope to encourage the use of the lowly dandelion root as a modern antidote.

Dr. Kal Sellers DC, MH has a practice in the Atlanta area as well as in Wyoming. He teaches natural healing, herbal medicine, and chi gong. He does a blend of techniques including chiropractic, visceral manipulation, reflexology, the Rolf Method of Structural Integration, and Oriental diagnosis and treatment. You may contact him at 307 413 9664, holisticchiro.org, or starvalleyherbalcollege.com.

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