

Don't Act Your Age (Especially When Your Teenager is Watching)

By Linda Townsend

Did your parents or friends ever say “Act your age!” when you were young? I think I decided to stop being my age somewhere along the way. Initially, I was like every child, I could not wait until I was older. My mother warned me not to be in too big of a hurry because once I was older, I would probably wish to be younger.

I really have not wished to be younger, but I have always wanted to be healthy and live longer. It was more of a general goal for my life in my twenties and thirties, but when I was forty, I had a life changing experience: I gave birth to my daughter, my one and only child. Yes, I definitely was not acting my age becoming a first time mama breastfeeding my baby with many friends holding their first grandchildren on their laps. Then staying in good health had even more purpose: I would need to be in good health for as long as I could be for my daughter's sake and for her to learn why it is so important to have a healthy lifestyle.

This year, my daughter turned 14 and I am now teetering on 55! I suppose it was inevitable that I would notice some additional physical challenges, most are minor yet obvious. Graying hair does not bother me and I do not try to hide it; I think the graying is natural and beautiful. A few laugh lines, as I like to think of the additional wrinkles, are not so bad and they remind me to smile more than frown, just so I can honestly call them “laugh lines.” Wearing reading glasses now and then to see fine print or do my artwork is a small nuisance, but it looks kind of cute—at least to me. All these signs of seasoning I am proud to bear. I always admired the wisdom of older people, listening to their life stories, and drawing aged faces in my art.

Showing my age is not a real concern for me, but most people still guess me to be at least ten years younger than I am. You really want to know the secret to looking younger than you are? Some will say it is all about genetics and skin care, but I think it is more about lifestyle and diet. Don't get me wrong, good skin care does help with reducing the appearance of aging, but I attribute having less toxins in my body, keeping fit, and

having a youthful attitude as the reasons that I maintain that more youthful essence.

I have been eating organics for over 25 years, which minimizes my chemical body load. I drink lots of water, teas, and watered down fruit and vegetable juices. Most mornings I make a breakfast smoothie loaded with various combinations of organic vegetables, fruits, moringa, flax or chia seeds, coconut oil, and yogurt. It is my raw, whole food daily supplement, full of vitamins, minerals, essential proteins, oils, and more.

In addition, I take further steps to detoxify my body by doing a liver-gall bladder flush at least once a year, but usually three to four times a year. I do a colon cleanse at least two times a year. I fast at least one day a week and also for at least 10 successive days at least once a year, which also has been proven to naturally increase the “fountain of youth” human growth hormone. These are my minimums; I usually practice these things more often. Having a massage on a regular basis is another therapy I enjoy to help with detoxification. I believe that all these things keep those little aches and pains I may have now and then from becoming chronic, restrictive, agonizing torments typical with aging.

As to keeping fit, I had gotten out of the habit for a time, but now I am back to exercising usually two to five days a week. My workout is a combination of cardio, resistance exercises, free weights, rebounding, and stretching. I believe my workouts prepare me for weekly rigorous housekeeping and gardening outside during good weather so I do not get injured or as tired doing these productive and satisfying tasks.

What I had been struggling with, in recent months, is keeping a youthful attitude. I jokingly have been telling my friends that I always planned to live to 128 years old, so I am a little early to be going through a mid-life crisis! What I was doing is what many people do: I was looking at my chronological age thinking it is all downhill from here and what things I have not yet done that I still want to do. When I started thinking I am getting old, I started *being* old! So, a few weeks ago, I

decided to turn that around and start thinking that I am still young, active, and healthy, because I am. After all, I have 73 years left to get to my goal! Laugh, but it works for me.

Truth be told, aging is the one thing we all want to avoid, but it is coming, fast or slowly, welcomed or not. How you will age depends greatly on your attitude. You may be thinking you are already past hope, that you are too old, too ill, or just too tired. I once read about a woman in her early 80's, who had been suffering with crippling arthritis for a few years. She could not move without pain and she could barely walk, but she decided to not give in to hopelessness. One day she changed her diet and began taking martial arts, moving through her pain. At first, she could hardly do the easiest of the necessary exercises, however in time she became a black belt with a side kick that was as high as she was tall. I saw the picture—not bad for a great grandma!

I believe it is possible to change the course of your aging process or at least slow it down, if you are willing to work at it. Being youthful is an attitude, so be young at heart, active in body, detoxify, support your health with an organic diet, and embrace the person you see in the mirror with a sparkle in those eyes. You are not the only one who is watching; your children and your grandchildren will be also.

All that I have been doing over the years has paid off in many ways. I am as active as women half my age and I have been healthy as my daughter has been growing up. As I look back, I realize that I have been sharing what I have learned and practiced with you through The Life Line for fifteen years. I also have passed on my knowledge and healthy lifestyle to my daughter . . . and even some talents. I hope you will welcome Sarah Townsend as she begins her own writing career and read her articles about subjects that she feels would interest teens . . . and, perhaps, also those of us who just will not act our age!

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



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Nutrition for Athletes and Everyone Else

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

Nutrition and performance go hand in hand, especially for the endurance athlete. What you eat, when you eat, and how much you eat can determine your level of success. Proper nutrition can help alleviate digestive issues, muscle fatigue, and joint damage that many athletes face. Determining the proper foods and timing of meals, to optimize maximum performance and recovery can be tricky.

HEALTH POINTS TO CONSIDER

- Do not compromise your health in the name of athletic performance. A decision you make today to enhance your performance will have an impact on you the rest of your life.
- You have to eat anyway; you might as well eat the proper foods to provide you optimum health and optimum performance.
- You must have the proper amount of vitamins, minerals, carbohydrates, fats, proteins, water, and micro nutrients on a regular basis.
- It's not just what you eat, it's also what you don't eat that will determine how well you perform and recover from an athletic event.
- Listen to your body! Pain that does not lessen in three days, fatigue, brain fog, digestive problems, irregular or lack of menstrual cycles could be signs of a health issue that may require professional help.
- Learn to read food labels. Many foods have added ingredients that you don't want in your body. Added sugar is a big culprit. If you can't pronounce an ingredient, don't eat it!
- Just because a food is labeled "healthy," "gluten free," "low carbohydrate," or "low fat," it doesn't necessarily mean it is good for you. Many foods with these claims have added undesirable ingredients to make them taste better. The fewer ingredients on a label, the better. Keep it simple!

ESSENTIALS FOR YOUR KITCHEN (AND WHAT TO TOSS!)

Keeping a variety of these items in your pantry, refrigerator, and freezer will ensure that you always have ingredients on hand to prepare healthy, and tasty, meals to fulfill your nutritional needs. All of these items can easily be found at Life Grocery.

HEALTH MUST HAVES

- Assortment of fresh **ORGANIC** fruits and vegetables. Think outside the box and add some new ones to your diet. Kale, butternut squash, beets, and sweet potatoes can add a lot of extra flavor, and nutrients, to your diet.
- Variety of "good" oils. Good ones to have on hand are olive oil, coconut oil, grapeseed oil, avocado oil, and sesame oil. These are great items to use for salad dressings, baking, and sautéing.

- A variety of flours for baking and breading. Coconut flour, garbanzo bean flour, almond flour, and buckwheat flour can be used in most recipes in place of refined white flour.
- A variety of "good" grains such as whole grain brown rice, buckwheat, quinoa, corn (make sure it's organic or non-GMO), grits, or pasta made with any of these whole grains. If you are gluten free, stay away from whole wheat.
- All natural nut butters. Check labels to make sure there are no sugars, hydrogenated oils, or preservatives added.
- Assortment of beans and legumes, dried and canned. If using canned, check labels for additional ingredients added, and rinse before using.
- Experiment with different types of vinegar. They can be a wonderful way to add flavor, without added sugars, preservatives, or calories. After all, vinegar is a natural preservative. Organic, raw apple cider vinegar is best. It can help alkalize your body and it gives you a good source of probiotics.
- Raw, local honey.
- Coconut milk and almond milk. Make sure they are the unsweetened varieties.
- Assortment of dried herbs and spices. Stay away from most blends. Again, check the label. These tend to have many undesirable added ingredients.
- Assortment of individual, frozen vegetables. These are great for quick meals and also great add ins for soups and stews. Frozen peas and frozen butternut squash are great thrown into a soup for extra flavor and vitamins.
- Stevia, which is a substitute for sugar. It comes in packets, bulk, and liquid. Check the label for substitution instructions.
- Raw nuts and seeds.

TOSS THESE UNHEALTHY ITEMS

- Sugar
- Refined white flour
- Anything made from white flour (pasta, breads, baked goods, etc.)
- Artificial sweeteners
- Agave nectar (there is some controversy about agave being a low glycemic sweetener. Some agave may actually contain as much fructose as high fructose corn syrup!)
- White rice
- Processed foods are basically commercially prepared foods designed for ease of consumption. Examples are ready to eat packaged food, frozen meals, frozen pizza, shelf stable products, prepared mixes, (such as cake mix), candy, soda, and potato chips.
- Premade condiments, dressings, and marinades. Most of these have sugar and other unpronounceable ingredients.

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Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sat 12-5pm
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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.

Please seek the advice from your physician or other qualified health provider before utilizing any information, products, treatments, or therapies promoted in this publication. This information should not be used as medical advice, for prescription or diagnosis, as it is not a substitute for medical care or your doctor's attention.

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

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Teen Keen on Coconut Oil

By Sarah Townsend

When I was a little girl, I wanted my hair long like Rapunzel's, except only to my knees. I never imagined how much care I would have to put into it. Back then, my mom was washing my hair. Now, I wash my own hair and I began noticing that the longer my hair grew, the drier the ends became. Trimming helped, but the ends would still be dry, even though my hair is only just past my waist now. This was a problem and I needed a solution. That's when we found out about hot coconut oil hair treatments.

Life Grocery has unrefined organic coconut oil that we use because it is ideal for the hair treatment. Coconut oil makes hair thicker and silkier by bringing in vitamin E, vitamin K, and proteins that hair needs. It also brings in moisture for dry hair.

To do a hot coconut oil hair treatment, you take some coconut oil in your hands and rub it between them until it has melted from the heat of your hands. Then, you massage it throughout all your hair from the top to bottom, especially on the ends if you have long hair like me. Afterward, lay out in the sun to heat up the oil so it soaks into your hair. If it is winter or the weather is stormy, you could just use a blow dryer instead by putting your hair in a shower cap or turban. Just keep the blow dryer six inches away so that the plastic doesn't melt. Then shampoo your hair like normal and wash out all the coconut oil. You can use a conditioner, also.

The treatment will leave your hair smoother and fuller. Your revitalized hair will be shinier, have more body, and just look livelier. The treatment is easy, takes little time, and the results are immediately noticeable to everyone. I like to do this treatment for my hair at least once a month. In summer, when I am doing activities, like swimming, that dry my hair out more, I try to do it more often.

I no longer really want my hair down to my knees, but at least I know how to take care of it if I change my mind. This treatment is good for people with hair of any length. I hope you like it as much as I do.

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.

Life Grocery is seeking health care practitioners, energy workers, green businesses, artists, and other like minded individuals who would like to participate in our quarterly member appreciation days or would like to present lectures, please email your interests to rcbudson@mindspring.com. You will be placed on our mailing list and will be notified of upcoming Member Appreciation Days.

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- Pre-sweetened fruit juice
- Anything containing transfats
- High fat content products or processed meat

FUELING UP FOR GOOD HEALTH

*Important note: Don't make any dietary changes a week before a major event. Your body will not have had time to adjust to the changes and this could cause undesirable side effects and impact your performance.

Hydration

Water is an important nutrient for any athlete. Athletes should start any event hydrated and replace as much lost fluid as possible by drinking chilled liquids at frequent intervals during the event. Chilled fluids are absorbed faster and help lower body temperature. During an event, it is more beneficial to drink smaller quantities at frequent intervals than larger amounts infrequently.

The day before an event, drink fluids frequently. Drink 2-3 cups of water at the pre-event meal, 2-2 ½ cups two hours before and 2 cups ½ hour before. If possible, drink ½ cup every 15-20 minutes during the event. If you hear "sloshing" in your stomach, skip the next interval of water. After the event, drink 2 cups for each pound lost. Hydrate frequently the following day. It may take up to 36 hours to completely rehydrate. Don't over hydrate prior to an event. Drinking two gallons of water, pre-race, will provide no benefit to your performance.

Carbohydrates

Carbohydrates are essential to proper function of the brain, spinal cord, nerves, and muscles. Carbs are converted to glucose to fuel the body. Once the cells have enough glucose, the excess is stored as glycogen. Once the storage areas of the body are filled up with their fair share of glycogen, it is then sent to the liver and converted to triglycerides and eventually stored as fat. This is why it is important to consume enough, and the right types of carbohydrates to meet your energy needs, but not too many.

Great sources of proper carbohydrates are brown rice, organic corn or rice pasta, fruits, vegetables, beans, oats, millet, quinoa, and root vegetables. Not great sources are sugar, wheat, rice, and fruits juices. The reason these items are not ideal sources is because they raise insulin levels too quickly. That can provide a very quick burst of energy, but also a very quick crash. Gluten products can be a major enemy to an endurance athlete. Gluten causes excess mucus, which affects breathing and lung function, and digestive issues. Two problems a runner definitely doesn't want to experience during an event.

Protein

Protein is not a great source of fuel, but is essential in building muscle mass. Most people get enough protein in their diets, so consuming the right amount of protein is important. Great sources of protein are nuts, seeds, beans, rice milk, almond milk, hemp milk (all unsweetened), organic eggs, and gluten free grains.

If you are a meat eater, lean cuts of meat can be a great source of protein. The problem is that most meat products are loaded with additional chemicals and steroids. Try to eat organic and limit to 2-3 times a week.

Although dairy is also a great source of protein, like meat, it might be loaded with steroids, chemicals, hormones, and antibiotics. So again, if you do consume dairy, make it organic. Like gluten, dairy causes excess mucous production, so it may be advisable to eliminate it all together.

Fats

Everyone is familiar with the phrase, "good fats vs. bad fats." But what does it mean exactly? The best sources of fats are non-processed and plant based. Avoid hydrogenated oils, anything with transfat and most vegetable oils. Oils high in omega 6 fatty acids can increase inflammation, slow healing, and increase pain. Examples of oils high in omega 6 are peanut, safflower, corn, canola, and soy oils.

Good sources of fat are raw nuts and nut butters, olive oil, ground chia seeds, ground flax seeds, flax oil, avocados, chlorella, spirulina, and krill oil.

Caloric and Nutrient Recommendations

For an endurance athlete, that trains and races on a regular basis, it is recommended that you consume 2625 calories a day (approx. 15 calories per pound of body weight). The breakdown is 1050 calories of carbohydrates, 1050 calories of protein and 525 calories of fat.

If you are very active athlete, but don't routinely participate in endurance events, the recommended amounts would be slightly less. If you are a moderately active athlete, the amounts would be even less. To determine the correct recommendations for you, based on your body weight and level of activity, consult with a doctor or nutritionist. For healthy recipes, get my book, *Eating Right For The Health Of It!*

NOW LET'S GET COOKING!

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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A Toast to Your Good Health!

By Susan Esposito, DC, DACNB, FACFN, FABES

There exists a lot of controversy regarding the consumption of alcoholic beverages in regards to your health. There are those who claim that alcohol should be avoided at all costs. One of the justifications for alcohol avoidance is due to the problems associated to drinking alcohol in excess. According to the center for disease control (CDC), "Drinking too much can harm your health. Excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year in the United States from 2006–2010, shortening the lives of those who died by an average of 30 years. Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years. The economic costs of excessive alcohol consumption in 2006 were estimated at \$223.5 billion, or \$1.90 a drink."

The CDC also cites both short term and long term risks associated with excessive consumption of alcohol as follows:

Short-Term Health Risks: Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- Miscarriage and stillbirth or fetal alcohol spectrum disorders (FASDs) among pregnant women.

Long-Term Health Risks: Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.

- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including lost productivity, family problems, and unemployment.
- Alcohol dependence or alcoholism.

The *Dietary Guidelines for Americans* defines moderate drinking as no more than one drink per day for women and no more than two drinks per day for men. The CDC also informs us that in the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in the following examples: 12-ounces of beer (5% alcohol content), 8-ounces of malt liquor (7% alcohol content), 5-ounces of wine (12% alcohol content), 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

Despite the reported dangers of drinking alcohol in excess, there are also reports touting the health benefits of consuming one particular alcoholic beverage in moderation (1-2 glasses per day max), which is red wine.

You may have heard about some generic benefits of the antioxidants and resveratrol in red wine, yet another study has shown more benefits of enjoying this particular beverage. A study published in the *American Journal of Clinical Nutrition* (Am J Clin Nutr. 2012;95:1323-1334) reported that people who drank two glasses of red wine per day, specifically dry red wine, not dessert wines that are high in sugar, had increased levels of the gut bacteria that are beneficial to your health and decreased levels of the harmful gut bacteria that are detrimental to your health.

The results of this same study showed that drinking the two glasses of red wine per day also decreased systolic and diastolic blood pressure, triglycerides, LDL cholesterol, and C-reactive protein (CRP). CRP is a measure of overall inflammation in your body, so this result implies an association between the moderate consumption of red wine and potential reduction of inflammation.

In this study, red wine was compared against equivalent alcohol servings of gin. What is interesting is that consuming gin created none of the benefits that were

seen with the consumption of the red wine. This leads to the conclusion that the health benefits associated with the red wine were probably related to the polyphenols and resveratrol in red wine and not necessarily the alcohol content itself. However, there may be a synergistic effect of the alcohol and other compounds in red wine, because in this study there was a group that drank de-alcoholized red wine, and this group showed a decreased blood pressure benefit.

White wine has been shown to provide some health benefits, but to a lesser extent than red wine, because it has lower antioxidant levels.

Lastly, drinking red wine with a meal has been shown in another study to moderate the blood sugar response you get from that meal.

So the question now is which red wine should you drink to gain the most benefit? According to Yale-New Haven Hospital, "Researchers at the University of California, at Davis, tested a variety of wines to determine which types have the highest concentrations of flavonoids. Their results concluded that the flavonoid favorite is Cabernet Sauvignon, followed closely by Petit Syrah and Pinot Noir. Both Merlots and red zinfandels have fewer flavonoids than their more potent predecessors. White wine had significantly smaller amounts than the red wine varieties. The bottom line is the sweeter the wine, the fewer the flavonoids. Drier red wines are your best bet for a flavonoid boost."

Perhaps a glass of red wine per day, like the proverbial apple, may help keep the doctor away, if the results of these studies are to be believed. So here's a toast to your continued good health!

References:

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



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