

# New Food Guidelines Do Not Tell All Facts part 1

By Linda Townsend

Let's face it, people eating the average American diet for most of their lives usually aren't concerned about food guidelines, that is, not until they have a medical reason to do so. For most people, this happens as they age. Yet, the older a person is, the more confused he might be about diet recommendations, since there have been several changes in the official food guidelines. For instance, my mother taught me the basic four food groups; her mother was taught food guides before the discovery of most nutrients! Since my childhood, I have also learned two new sets of guidelines in pyramid form, and I wonder what is to come in the next twenty years that will differ from what children are being taught today. Ah, but such is life . . . a continual learning process, ever changing with new discoveries!

George Santayana, American philosopher and poet, said, "Those who cannot remember the past are condemned to repeat it." There is definitely some interesting history as to how our food guides developed into what they are today and how harmful *trans* fats have become a new element on today's nutritional labels.

## History of USDA Food Guides

In 1894, the U.S. Department of Agriculture (USDA) first published its dietary recommendations—and this is the part that we, in this modern age, might find difficult to understand—before the discovery of vitamins and minerals. The first guide, released in 1916, was named *Food for Young Children*. It divided food into five groups: milk and meat, vegetables and fruits, fats and fatty foods, sugars and sugary foods, and cereals.

The Recommended Dietary Allowances (RDA), specifying essential nutrients and caloric intake, were born from the National Nutritional Conference in 1941. Two years later, the USDA presented the *Basic Seven*, a special modification of the RDA in efforts to alleviate nutritional concerns during wartime food shortages. It was then simplified to the *Basic Four*, categorized as milk, meats, fruits and vegetables, and grain products, which was promoted for twenty years until the late 1970's. At that time, an unhealthy foods classification was added to include fats, sweets, and alcoholic beverages. After the USDA's annual food guide, *A Pattern for Daily Food Choices*, failed to spark public interest earlier in the 1980's, a graphic approach of the food groups was explored.

The *Food Guide Pyramid* premiered in 1992 to illustrate proportions, variety, and moderation. The

Nutritional Labeling and Education Act mandated that every food have a label with nutrient information in 1994, so that the public could understand and comply with the Food Guide Pyramid more easily. Although this food pyramid had high consumer recognition, a poll two years later revealed that over forty percent of the people felt that there were so many recommendations about healthy ways to eat that they did not know what to believe.

To add to the public's confusion, the USDA presented another pyramid in January 2005. *MyPyramid*, which can be seen at [www.MyPyramid.gov](http://www.MyPyramid.gov), is a bit different for everyone because it is interactive; a simple form asks for age, gender, and general physical activity. However, the Pyramid does not have the same graphic simplicity of its predecessor. In fact, it looks like a pie wedge sliced into six various-sized and -colored slivers, all wide at the base and meeting at the top. One needs access to the Internet to fully understand the information on the number of servings and what food each of the six colored slivers represents. Although the underlying principles seem to be going in the right direction, it is conceptually difficult to understand.

## The Birth of Trans Fats

We must remember that the first food guide was publicized at the turn of the last century before the discovery of nutrients in food and their roles in the body. Likewise, a hundred years ago, people never heard of *trans* fatty acids, also called *trans* fats. The process of hydrogenating edible oils, which results in *trans* fats, was patented in 1902 by a German chemist named Wilhelm Normann.

The hydrogenating process allowed oils to be in a solid form at room temperature. Procter & Gamble (P&G) recognized the marketing potential and, in 1911, offered the first partially hydrogenated cottonseed oil in its new product called Crisco.® Unaware of any potential harm, P&G's first ad campaign introduced its all-vegetable shortening as a healthier alternative to cooking with animal fats and more economical than butter. To complement their brilliant marketing plan, P&G published and gave away a cookbook filled with 615 recipes containing Crisco,® while cultivating the image of caring mothers cooking with it.

Unfortunately, the popularity of hydrogenated oils was not contained to just this one product. It spread throughout the food market so that some measure was found in most processed foods making up about 40

percent of the food on today's grocery store shelves, according to the USDA.

## The Displacing Foods of Modern Commerce

Although unaware of the harmful affects from eating *trans* fats specifically, Dr. Weston A. Price did not trust highly processed, modern forms of foods. He was a dentist and an author of *Nutrition and Physical Degeneration*, first published in 1939. Dr. Price was concerned about the increasing number of dental problems, like cavities and improper bites, he was seeing in children. To make comparisons, Dr. Price personally investigated isolated human groups worldwide. He found those who ate their native foods had beautiful, straight teeth, free from decay, and healthy bodies resistant to disease that served them well until they were quite aged. Imagine a dentist finding less than 1% tooth decay in people who did not practice any form of dental hygiene! Yet, of groups of natives that had adapted modern diets, there was a higher number of dental caries, gum disease, and deformed dental arches, which Dr. Price concluded was the result of nutritional deficiencies caused by the modern diet.

Generally, the traditional diets were found to have four times the amount of calcium, minerals, and water-soluble nutrients, as well as ten times the amount of fat-soluble vitamins in comparison to the modernized diet of that time. Even more surprising is that these native peoples were not vegetarians! Instead, they lived in areas with limited vegetation, so their diets relied heavily on fats and meats. Their mainstays included raw milk, butter, cheese, fish, and organic meats in raw and fermented forms. (This has a familiar ring to the diet recommendations supported by Dr. Robert C. Atkins in more recent years.) Dr. Price found, even though their diets were high in saturated oils—the kind we are told to avoid—that the health of these primitives was a sharp contrast to the civilized society subsisting on high processed and denatured foods like sugar, white flour, pasteurized milk, and other packaged foods.

Apparently, the food guidelines of Dr. Price's time were not working in favor of good health. Now we need to ask this question: With all of our scientific advances, do our present food guidelines really promote good health and carry a strong enough warning about all highly processed and denatured foods, particularly *trans* fats?

Linda Townsend, founder of BioHarmonics Research, may be contacted at [research@bioharmonics.com](mailto:research@bioharmonics.com).

# Dare to Care

By Michael A. Scimeca, D.C.

In dealing with a recent challenge, I contacted a friend from Florida to seek out some wisdom. What I heard was my own voice talking to my clients. I was receiving my own lay lecture, which I had created for people new to my practice. It was a lecture I wrote back in 1993, but have since forgotten through my "growth and expansion." How humbling to find myself going back thirteen years to dust off my old health talk in support of my new health in 2006.

As a chiropractor, I have always felt that having only a care plan to prescribe for people was somewhat disempowering, so my lay lectures included a dare plan. I would dare people to take responsibility for their health. Now I am daring myself. DARE is an acronym for diet, attitude, rest, and exercise. Here's my shtick:

**D is for diet.** Anything we ingest has a profound effect on how we think, feel, and behave. Fortunately, we are shoppers at Life Grocery. We have easy access to such wonderful support for all of our nutritional needs. We have a great café, high quality supplements, and a wide selection of excellent food available. The entire community at Life is so supportive for eating well. As we enjoy the live juices and eat more fruits and vegetables, we meet the needs of a very important ingredient, our body's chemistry.

**A is for attitude.** We ingest thoughts as well. Some thoughts help us thrive and some are toxic. We may meditate to cleanse our thoughts, but many of us come out of our meditation and fill our heads with more "junk food." I could use this entire newspaper to write about the importance of being an active gatekeeper of the mind, focusing on lasting solutions and building a culture of peace. Perhaps that is why I enjoy coaching people so much. Once we clear the mental pathway, we can more easily complete the other aspects of the dare plan.

**R is for rest.** I already mentioned meditation, yet the benefits are so obvious, it deserves a second mention. We all could use the benefits from taking at least 20

minutes out of our busy lives for a most deep and intimate communion with the stillness. Also for rest, getting to bed at a decent hour and getting at least seven hours of sleep per night are necessary for rejuvenating the body and mind. If possible, take a nap in the afternoon. These restful practices are all quite helpful for building up our inner reserves and giving us the energy we need to properly meet each day.

**E is for exercise.** So many forms of exercise are available. Swimming may be the best, since it helps us move many joints well through their ranges of motion. It also places little stress on the body. For many of us, the calming effect of being in water is another form of meditation, too. Most of us equate exercise with the physical body. Though this is an important component of exercise, we must also exercise our mental and spiritual aspects of being human. To exercise the mind, reading stimulating, thought-provoking writing is helpful for supporting the ever-developing brain and enjoying more strategies of wellness. To exercise our spiritual side, we listen well to our inner guidance. Perhaps we exercise what makes us most passionately happy. Writing, playing an instrument, and being with friends are all great forms of spiritual practice.

All in all, I write this for myself, to help me remember the basics and how living well is not as hard as many would have us believe. So while I originally would spend my energy daring other people to take responsibility for their health, this challenge goes out to me. Maybe by writing this article, I will somehow find the courage to make my next commitment to myself last a little longer than a few short weeks. Maybe next time when I call my friend in Florida, I won't get smacked in the ear with my own "old" wisdom.

*Dr. Michael A. Scimeca is a chiropractor practicing in Marietta and Roswell. He is the founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body. He is also the owner of Coaching4Peace.com. Michael is a single father with a great passion for sharing core values in support of building a culture of peace. Contact him at 770-992-8220.*

The Life Line  
is a bi-monthly  
publication of



Hours:	Store	Café
Monday-Saturday pm	9 am-8 pm	11 am-7:30 pm
Sunday	11 am-6 pm	12-5 pm

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.

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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Marietta, GA 30062  
770-977-9583

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## Eating Right . . . For the Health of It!

By Dr. Joe Esposito

*Eating Right . . . For the Health of It!* is a book designed for those of you just starting out on the road to wellness, but it is equally helpful for those of you already on the road and looking for a quick and easy guide to staying on the healthy path. It is just what the doctor ordered. (Dr. Joe, that is.)

This book is a guide to teaching and preparing wonderfully tasty and satisfying dishes while avoiding the *Seven Deadly Sins of Nutrition*, namely alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners (and the other evil runner-ups . . . wheat, eggs, trans fats, and hydrogenated oils). I know, I know, all the good stuff, right? Fear not, we'll get you fed so well, you might just wonder why you never did this sooner.

### The First Step of Changing Your Life

When you hear the term vegetarianism, what immediately comes to mind? For many, it's simply the word to describe the dietary lifestyle they've been leading for any number of years. To others known as "vegans," it's a step they passed through some time back on their way to an even purer and healthier way of eating. And for yet others, the carnivores among us, (though they realize vegetarianism is probably good for them), it also means sacrificing their favorite foods. Yikes! Say the word "vegan" to one who knows the meaning but isn't one, and it's an even scarier thought, with images of someone rooting around in the woods

for piles of tasteless, boring sticks, roots, and assorted shrubbery. Regardless of which of these groups you happen to fall into, you're on the right path just by reading this article.

The main topic of my book, *Eating Right . . . For the Health of It*, is about eating well and not feeling deprived in any way. If you're already living the vegetarian or vegan way, you probably swear by the benefits. For those of you who aren't yet, let's start out by defining a few terms.

### Different Types of Vegetarians

There are two major types of vegetarians, lacto-ovo vegetarians and vegans. *Lacto* and *ovo* come from the Latin words for milk and egg, respectively, which mean that a lacto-ovo vegetarian eats dairy and eggs, but no animal flesh. This is often a common transition phase that people go through before they become vegan (vee-gun). A vegan doesn't eat animal products, including meat, dairy, eggs, gelatin (which contains animal byproducts), honey, or any other food of animal origin. Many will also avoid any product associated with animals, including leather, certain soaps, cosmetics, cleaning products, etc. Another type of vegetarian, known as a natural hygienist, eats nothing but raw fruits, vegetables, grains, nuts, and seeds. All three types have a very wide variety of tasty food options; all three can easily consume all of the nutrients needed to live long

and well. And frankly, the closer you are to being a natural hygienist, the better off you'll be.

For lacto-ovo vegetarians who may be considering a transition to veganism, but are not sure they want to give up those things that make their style of vegetarianism comfortable such as cheese, ice cream, scrambled eggs, and loaded baked potatoes, this cookbook may just show you that indeed, there is life after Havarti, Breyer's, and loaded spuds. (Visit [www.notmilk.com](http://www.notmilk.com) to help with this transition as well.) For those just trying to get off the meat wagon, this should open your eyes to the idea that fine dining just doesn't need to include those of the hide, feather, or scale.

Being a longtime vegan, I have to get a plug in for my dietary choice. Not only will a vegan lifestyle enhance your health like nothing you've ever done before; you'll be eating as well, if not better, than you ever have. And for this, your body will thank you!

*Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. This info is an excerpt from Dr. Joe's award winning book, Eating Right . . . For the Health of It!, available in the Life Grocery book section at a 20% discount. Listen to Health Talk Atlanta, sponsored by Life Grocery, on 1010 am radio at 10 am, on Saturdays, to hear Dr. Joe's life changing messages. Contact him at 770-427-7387 for further info.*

## Losing Weight, the Wrong Goal

By Brian Murray, M.Ed.

Let's be honest. Losing body *weight* is not your goal. Losing body *fat* is. Unfortunately, a preoccupation with losing weight actually makes it harder to lose and easier to gain excess fat.

The problem most Americans face is that they have too little muscle and too much fat. Muscle is a metabolically active tissue requiring approximately 50 calories per pound each day to maintain. Fat is metabolically inactive. It requires a whopping two calories per pound each day to maintain. A body with more muscle and less fat burns more calories all the time. People in this category have a higher caloric need and don't have to work so hard to maintain a normal weight or worry about how much they eat. People with less muscle and more fat have a lower caloric need and a harder time losing weight no matter how little they eat. Sound familiar?

Your body composition can be divided into two categories: body fat mass and lean body mass (muscle). The problem with using a scale to measure success is that it cannot tell you what your body composition is. Sure you may lose ten pounds in two weeks, but what were those ten pounds made up of? Most people lose weight *indiscriminately*, meaning they lose muscle tissue along with fat tissue. In this situation, a scale will indicate a greater

total weight loss, but at the expense of losing valuable active tissue. The key to long-term success is losing fat while maintaining muscle tissue.

To lose weight, we are told to do two things: eat less and exercise more. The eating less part is great! The exercise part is the problem.

With the right type and amount of exercise, muscle tissue can be maintained while fat tissue is lost. This synergistic combination leads to faster and more dramatic aesthetic changes. Popular activities such as walking, jogging, and swimming are not challenging enough to stimulate the maintenance of muscle tissue and will actually promote fat gain. Yes, you read that correctly. Walking, jogging, and swimming can make you **FATTER** in the long run. So what is the right type of exercise? Strength training!

The scientific literature is replete with data that shows strength training is the most effective form of exercise for halting and reversing the loss of muscle tissue. Strength training does not mean 3 sets of 15 repetitions with a two-pound dumbbell. It means one set of 4-6 repetitions with a weight that requires a lot of effort to move. By working at a high intensity level, the muscles are stimulated to become stronger. The high intensity level stimulates not only the maintenance of muscle, but

the other lean tissues as well, such as bone, nerve, and organ tissue. This keeps the basal metabolic rate higher and promotes *discriminate* weight loss, meaning the good stuff is maintained while the excess stuff (FAT) is lost. This is the fastest, healthiest, and most productive way to "lose weight" and improve body shape.

Working at a high intensity level provides another benefit. It reduces the amount of exercise necessary. My research over the past decade has revealed that most people require one properly performed 20 minute strength training session each week to achieve a healthier body composition. This is important, since the number one excuse for not exercising is lack of time.

I have watched hundreds of people apply this information. It is no accident that they continue to look and feel better year after year while avoiding the weight loss/gain rollercoaster.

By changing your focus from simply losing weight to altering your body composition, you will have greater fat loss success and add life to your years.

*Brian Murray is the founder of mPower, a state-of-the-art strength training facility. For more info visit [www.strengthforlife.net](http://www.strengthforlife.net) or call 404.459.0270 to schedule a complimentary program introduction.*

*To receive an email each day with Café Life's daily specials, click on "contact us" at [www.lifegrocery.com](http://www.lifegrocery.com) and provide your name, email address, and the words "subscribe to daily café specials" in the message space. To cancel, type "unsubscribe to daily cafe specials" in the subject line.*

# Produce of Life: Pomegranates & Broccoli

By Kim Strickland

As a long-time member of Life Grocery who purchases quite a substantial amount of produce, I have recently noticed some very positive changes in the produce department. In addition to the produce looking fresher and the displays looking more attractive, I have noticed that there are new produce items being carried. If you are interested in purchasing any produce that is not currently available, tell the produce staff so they can check the availability.

The pomegranate, affectionately known as “the jewel of winter,” has recently been acclaimed for its health benefits, in particular for its disease-fighting antioxidant potential. Preliminary studies suggest that pomegranate juice may contain almost three times the total antioxidant ability compared with the same quantity of green tea or red wine. It also provides a substantial amount of potassium, is high in fiber, and contains vitamin C and niacin. Perhaps one of the reasons the pomegranate isn’t as popular as it deserves is that it takes time and care to get to the seeds. The flavor of these juicy seeds is delicate, sweet, and tangy. You can store whole pomegranates in a dark, cool place for up to a month or in the refrigerator for up to two months.

To remove the seeds, slice the crown end off and gently score the rind vertically in several places from top to bottom. Place the pomegranate in a bowl of water. Carefully break the sections apart, prying the seeds from their anchors on the pith with your fingers. Remove the thin membranes that separate the clusters of seeds. The seeds will sink and the rind and membranes will float. Gather up the seeds in a colander. To make juice, place the pomegranate seeds in a food processor or blender and process until a juice is formed. Strain the seeds out of the juice through a fine-mesh sieve or a strainer lined with cheesecloth. Pomegranate juice can be enjoyed by itself or can be used to make jellies, sauces, vinaigrettes, and marinades. The whole seeds can be sprinkled on

salads and desserts, as well as used as a garnish for meat, poultry, or fish. Although currently out of season, pomegranates should be available again in September or October.

Looking for a vitamin C fix? Make a beeline for the broccoli. Are your potassium stores low? Partner up with broccoli. Is fiber on your shopping list? Bring home the broccoli. Need an iron boost? Look no further than broccoli. Broccoli is the superhero of the vegetable kingdom with its rich vitamin A content. Though a bit on the bitter side, broccoli leaves are completely edible and also contain generous amounts of vitamin A. Broccoli is an excellent source of folic acid and calcium as well. A cup of broccoli gives you 10% of your daily iron requirement and the vitamin C content helps the body to absorb the iron. One cup of cooked broccoli has as much vitamin C as an orange and actually fulfills your daily vitamin C requirement.

At the U.S. Department of Agriculture’s regional research center in Philadelphia, two researchers, Dr. Peter Hoagland and Dr. Philip Pfeffer, discovered that broccoli contains a certain pectin fiber, called calcium pectate, that binds to bile acids, holding more cholesterol in the liver and releasing less into the bloodstream. They found it to be equally as effective as some cholesterol-lowering drugs. Because of its impressive nutritional profile that includes beta carotene, vitamin C, calcium, fiber, and phytochemicals, specifically indoles and aromatic isothiocyanates, broccoli and its kin may be responsible for boosting certain enzymes that help to detoxify the body. These enzymes help to prevent cancer, diabetes, heart disease, osteoporosis, and high blood pressure.

Broccoli’s peak season is from October to April. Look for compact crowns that have dark green, blue-green, or purplish-green, tightly closed buds with dark green leaves that are strong and upright. Intense colors are a good indicator of hearty nutritional content. Wrap

your broccoli in a plastic bag or plastic wrap and refrigerate as soon after purchase as possible. Though this vegetable is a great keeper and will still look good several days later, it’s best if used within three days after purchase. Never wash broccoli before storing in the refrigerator, as the excess moisture promotes mold. If cooking, lightly steam or stir-fry just until the broccoli turns bright green.

## Winter Salad with Broccoli

salad greens  
green olives, chopped  
sun-dried tomatoes, reconstituted and diced  
carrots, diced  
broccoli florets, lightly steamed

### Dressing:

¼ c flax oil  
3 T apple cider vinegar  
2 cloves garlic, minced  
½ t powdered onion  
½ t dried dill  
½ t paprika

- Prepare salad ingredients.
- Whisk dressing ingredients together.
- Pour over salad.

### Resources:

[www.wholehealthmd.com](http://www.wholehealthmd.com)  
[www.veggparadise.com](http://www.veggparadise.com)

*Since her last article for The Life Line, Kim has been honored to earn a Doctorate of Natural Health from Clayton College of Natural Health. She spent about four years working on this degree and is excited to see what God has in store for her next.*

# Know Food Diet part 1

By Janill Mitchell, Director of The Phoenix House

Spring is busting out all over and so are we! Most of the passion for our New Year’s resolutions has worn off; old habits are creeping back as we slink back to the couch, remote in one hand, snacks in the other. Diets fail us and we repeat an endless cycle, feeling badly about our bodies, punishing ourselves with unhealthy choices that make us feel worse, and down we go. It’s time for a change!

We all know that eating is more than getting enough calories to survive. Eating is how we socialize, feel affluent, fit in, rebel, console ourselves, console our children, control others, feel in control of ourselves, and more. No wonder food becomes more of an issue and less about nourishment.

For over ten years, I have been assisting clients in re-establishing harmony and balance in their lives and bodies. Sometimes this means examining and making changes in eating habits. The system that has evolved from my practice, I now call the “Know Food Diet.”

For this system to work, you need two skills: first, the ability to muscle test yourself and, second, the willingness to allow yourself to go into a meditative state.

The first skill is learning to do muscle testing, or applied kinesiology, which is an accepted way to tap into your body’s innate intelligence for the purpose of knowing what is true for your highest good. Your body cannot lie like your ego can. You can ask your body

questions about what is for your highest good; it will give you “yes” or “no” answers. So, right now, stand up straight. Imagine that you are a puppet on a string and someone is pulling you up from the center of your head. This causes your chin to tuck slightly and your spine to lengthen. Next, ask your body to show you what a strong “no” response is. Now relax your spine and allow yourself to fall slightly toward a direction, either forward or backwards. Your body is showing you how it communicates “no.” Now ask, “Is my name \_\_\_\_\_?” (and state your real name). Your body should respond in the opposite way as it did for “no.” If it does not, you are in a reverse state, which is to say that your circuits are blown due to the learning curve you are experiencing (or other stressful state). In that case, gently tap any part of your body three times with the pads of your fingers and try again. Your body should now answer “yes” to “Is my name \_\_\_\_\_?” (state your real name). Now you know how to ask your highest self, to tap into your body’s wisdom to see what is true. You can ask clear “yes” or “no” questions that have to do with your highest good and get true answers.

Practice this skill the next time you are at Life Grocery to choose the best supplements for you at this time. Simply hold the product in question and ask, “Is this the best product for me at this time?” Let your body answer “yes” or “no.” If you get “no,” try another brand or different formula. This is a great help when faced

with an overwhelming number of products to choose from. Use this technique to choose your supplements and herbs this month and see what a difference it makes for you.

Watch for the next edition of *The Life Line* for using the **Know Food Diet** to balance your eating habits and food choices.

*Janill Mitchell, Director of The Phoenix House, maintains her private practice from her beautiful center in the North Georgia Mountains. She and her husband host many workshops and opportunities for spiritual exploration and great food, too! You can reach her at 770-773-0352.*

## Café Life Caters

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# Health & Fitness; You Need Both!

By Don Bennett, DAS

In previous articles, I've discussed many ways in which to be vibrantly healthy. But what good is being in perfect health if, at age 90, you have trouble getting out of a chair unassisted? What good is being free of disease if you can't frolic and play with your grandkids because you're out of shape? My experience has been that many people focus on their fitness or on their health, but not both. I see people coming out of fitness clubs, looking fit and trim, and lighting up a cigarette as they get into their cars. And I know folks who pay close attention to eating the foods of their biological design, but they're couch potatoes and can't climb a flight of stairs without becoming winded.

In truth, health and fitness go hand-in-hand. In reality, it's impossible to be as physiologically healthy as you're capable of being (and thus have the best odds of avoiding degenerative disease) if you're not also physically fit. But it's also possible to be as strong as an ox and succumb to cancer, because you didn't pay attention to the other equally important "Basics of Health," such as diet, sleep, sunshine, water, relaxation, and toxin avoidance.

There are many paths to a healthy body; there are equally as many paths to a physically fit body. The paths

to health I avoid are: "healing foods" and "healing crystals;" consuming hundreds of different supplements, while not watching what I eat; fad diets and weight-loss plans that don't respect my physiology; and eating bottled, boxed, canned, and powdered "foods" in favor of fresh, organically grown fruits and green leafy vegetables.

Likewise, the path to a fit body is riddled with counter-intuitive, outdated, and even outright wrong training techniques. Even though the concept of "cardio work" has been rethought, people still advocate doing it. In truth, the cardio-pulmonary system (heart and lungs) has as its biggest "customer" the muscular system. Think about it—you can't raise your heart and respiration rates without using your muscles (unless someone sneaks up behind you and scares you, but that doesn't count towards working out). Since your cardio-pulmonary system exists, for the most part, to service your muscles, strengthening your muscles will strengthen your cardio-pulmonary system; your "cardio" system can't help but be on par with your muscular system. But still today, people are huffin' and puffin' for miles on end, thinking they're doing something good for themselves, when all they're doing

is wasting bodily resources, sabotaging recovery, and maybe even over-working their most important muscle, their heart, the one thing they think is being strengthened!

Because we are human, and old habits (and ways of doing things) die hard, there is much conflicting information regarding the best way to stay healthy and the best way to stay in shape. I can only share with you what I have discovered, but being a seeker of truth, I tend to seek out the truth of the matter. Some people choose not to believe the truth because it gets in the way of what they'd rather believe. Hal Hellman said, "One sees what one wants to see when there is in mind a pre-conceived notion. A fervently believed idea, even if wrong, dies hard." But if vibrant health and a vigorous body are on your "to do" list, then it is precisely the truth which you need to acquaint yourself with; don't be reluctant to "unlearn" that which is untrue.

If you want to be both as disease-free as possible, and as fit as a fiddle, keep your eye on *both* prizes!

*Don Bennett is a Disease Avoidance Specialist, lecturer, author, and the Director of the Health 101 Institute. For enlightening and empowering health information, visit [www.health101.org](http://www.health101.org).*

## Put A Salad In Your Pocket

On the run? Backpacking? Wishing you could have some fresh organic greens?

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**Lydia's Organics** is a new line of raw crackers and grainless cereals carried in the raw foods section at the front of the store. They may seem a bit pricey, but they are packed with nutrition, good taste, and convenience. Since they are dehydrated, drinking water at the same time will cause them to expand and fill you up.

The ingredients are 100% organic, raw, vegan, grainless, and free of gluten, sugar, and oil. They are prepared by hand with the "utmost care for the preservation of the living vitality and nutrition of these ingredients."

The Green Crackers contain sprouted sunflower seeds, collards, carrots, spinach, zucchini, arugula, kale, radicchio, lettuce, celery, parsley, basil, soaked walnuts, sprouted flax, sun-dried tomatoes, red bell pepper, onion, garlic, and Original Himalayan Crystal Salt.<sup>TM</sup>

If you want a delicious way to eat seaweeds, try the Ginger Nori or Luna Nori crackers. Other flavors are Curry and Italian. The Sunflower Seed Bread, when sprinkled with water and allowed to re-

hydrate, becomes like an old-fashioned heavy bread, but more tasty. The grainless apple cereal is a delicious alternative for those who must or choose to avoid gluten.

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# Organic Vegetarian Diet ... Is It Really the Best?

By Dr. Brenda Cobb

Conventional medicine is finally beginning to acknowledge that diet plays a central role in a person's overall health, but many doctors still do not know how to advise their patients about what to eat. Doctors get less than three hours of nutritional training, which is based on the old food pyramid and does not represent a healthy diet.

Achieving a good diet is not as simple as it sounds; eating the "right" foods doesn't ensure good health because of the many toxins that contaminate our food supply. It is not only important to pay attention to what you eat, but also to how it is prepared.

Over the past few decades, the American diet has become overly processed and contaminated to such a large degree that not only is it not nourishing, it is actually making people sick. Americans suffer from more degenerative diseases than ever before. Saturated fats, white flour, refined starches, red meat, chicken, fish, pork, chemical additives, and pesticides, all common elements of the American diet, are major contributors to poor health. What people eat is causing disease and death from atherosclerosis, coronary heart disease, strokes, diabetes, cancers, and many other diseases.

The Food and Drug Administration (FDA) allows the multibillion-dollar food industry to grow and process food with hundreds of chemicals, pesticides, industrial pollutants, dyes, stabilizers, preservatives, antibiotics, hormones, and other drugs given to animals. The long-term consequences of ingesting these chemicals play a major role in causing cancer, neurotoxicity (destruction of nerve tissue by toxic substances), birth defects, decreased immune function, food allergies, and chemical sensitivities.

Over four hundred pesticides are currently licensed for use on America's food. You get several types of pesticides with a salad, different ones in meat, poultry, or fish, and still others in vegetables. In a single meal, a person could easily consume residues of dozens of different neurotoxic and carcinogenic chemicals.

No chemicals are safe for human consumption, yet the Environmental Protection Agency (EPA) does not have a scientifically acceptable method for determining the risk. Approximately 2,000 food additives (artificial colors, artificial flavors, stabilizing agents, texturizers, sweeteners, antimicrobials, and antioxidants) are permitted in America's food supply by the FDA. Studies show these additives are carcinogenic.

Consuming organic whole foods, rich in different-colored vegetables, fruits, nuts, and seeds is the best diet available. By eating a majority of these foods raw, you are getting the optimum nutrition, because heating food over 105° destroys many of the nutrients. By sticking to a plant-based diet, you are getting important antioxidant nutrients, including vitamin C, beta-carotene, vitamin E, and many cancer-fighting substances.

High-fiber plant foods help keep the digestive tract clean by absorbing and eliminating many potentially dangerous toxins. Plant foods have a lower toxicity than animal foods to begin with, because they are lower on the food chain and have had less exposure to accumulating toxins.

Most animal products, such as meat, cheese, milk, eggs, and butter, contain no fiber, as opposed to broccoli or almonds, which contain from six to fifteen grams per serving. Fiber is the transport system of the digestive tract, moving food wastes out of the body before they have a chance to form potentially cancer-causing and mutagenic chemicals.

On a percentage-of-calories basis, most vegetables contain less than 10% fat. By comparison, whole milk and cheese contain 74% fat. A rib roast is 75% fat, and eggs are 64% fat. Low-fat milk or skinned, baked chicken breast are 38% fat. These fats are saturated fats which raise blood cholesterol levels.

A vegetarian diet, especially when the majority of it is raw and living (sprouted foods), is the best diet for humans to consume. Eat organic fruits, vegetables, nuts, and seeds and you'll feel the difference. Paying attention to your diet today will give you the good health you want for years to come.

#### Resources:

*Alternative Medicine* by Burton Goldberg  
*Diet for a New America* by John Robbins  
*Diet for a Poisoned Planet* by David Steinman  
*Food Irradiation: Who Wants It?* by Tony Webb  
*Staying Healthy with Nutrition* by Elson, Haas

*Dr. Brenda Cobb is author of The Living Foods Lifestyle, and six other books on health. She is Director of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program. For more information call 404-524-4488 or visit www.Livingfoodsinstitute.com.*

## Vita-Mix Quick and Easy Anti-Aging Smoothies

By Dr. Brenda Cobb

All of these recipes are made easily in the Vita-Mix Machine. Just put all the ingredients in the Vita-Mix, add a little pure, filtered water and blend for 30-60 seconds. It can't get much easier than this! Core apples and remove seeds. Be sure to use organic RIPE fruits and vegetables.

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3 apples  
2 stalks celery  
½ lemon, juiced  
1 t ginger

### Green Clean

3 stalks celery  
1 cucumber  
1 c parsley  
3 c kale  
1 t kelp powder or  
dulse flakes  
½ lemon, juiced  
2 apples  
2 c sprouts

### Vitality 10

1 tomato  
1 zucchini  
1 stalk celery  
1 cucumber  
1 c parsley  
1 carrot  
1 c sprouts  
1 red pepper  
1 clove garlic  
½ lemon, juiced

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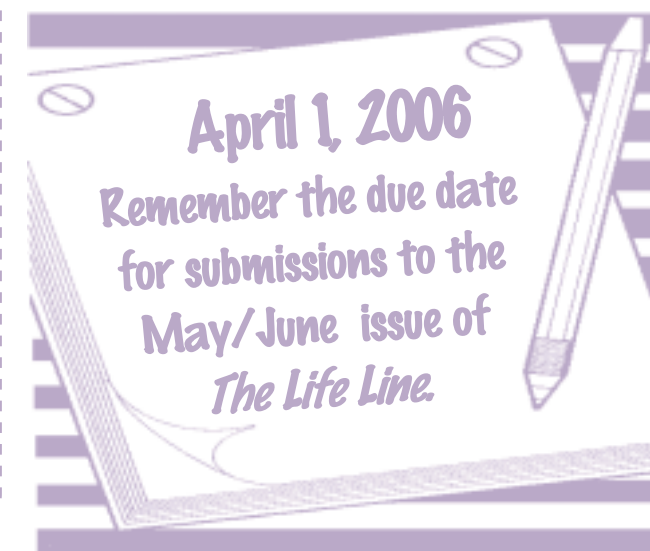
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# Help! I'm the Only Celiac in My House!

By Nisla C. Whetstone, L.M.T. and Amateur Chef

So what if you are the only gluten-free person in your house? How do you deal with sharing a kitchen with the rest of your family eating things that you can no longer have? How do you keep from getting contaminated by crumbs left around the kitchen by oblivious family members? What about dealing with emotional flack from family members; are they resentful of your new diet? Do you feel like your life will never be normal again?

In an ideal world you would make everyone at home eat only gluten-free food and keep your kitchen completely free from cross-contamination; life would be rosy and grand. Unfortunately, life doesn't usually work like this and most of us have to live with a spouse, parents, or children that seem to be able to eat whatever they want (or they are simply unwilling to change their diet).

I've heard from so many people about their families not taking them seriously about the risks of cross-contamination. Even a molecule of gluten is enough to cause damage to our sensitive villi (if you have Celiac disease). Yes, it's true that double dipping in the peanut butter jar with a knife that someone just used on regular gluten-filled bread is enough to contaminate the entire jar of peanut butter and it is no longer safe. Yes, it's true that hand washing is absolutely essential in food preparation (this is just a good idea anyway). Yes, it's true that you will have to have a separate toaster, cutting board, and colander to drain your gluten-free pasta. Yes, it's true that you may even need to have separate cookware and utensils if you use nonstick pans and wooden spoons. No you are not being overly paranoid; you have to do this to be healthy. Ultimately though, you cannot expect those people who you live with to take any of the responsibility of keeping you gluten free. If they do take on that responsibility, lucky you, but when it comes down to it, you are the one that will be affected if you "get glutened," not them.

So what do you do? You will need to have separate jars of condiments and label yours with a permanent marker with a big ol' "GF" and give your family explicit instructions not to use them. In my house, I buy mostly squeeze bottles of condiments so this isn't an issue. Double dipping is not allowed in the peanut butter jar! If you have stainless steel pots and pans you can share them; as long as they are thoroughly cleaned, you should not have a problem. You can also share silverware, serving, and cooking utensils if you thoroughly clean them, as well. Wooden utensils, however, tend to trap gluten particles and are harder to clean, so either don't use them or have your own set. If you don't want to

have two toasters, you can use a toaster oven and make sure the rack is thoroughly cleaned before you use it. Or you can place a metal pan or foil under your gluten free bread. Make sure your cooking and prep surfaces are clean before making your food or have a designated "gluten-free zone" in your kitchen. Never set your food down on a bare counter or surface; always use a plate or paper towel as a barrier.

Now to address the emotional flack you may be getting. Keep in mind that this is an adjustment for them just as much as it is for you. Just as you need to be patient with yourself, be patient with them and ask them to be patient with you as you learn the "ins and outs" of this new life. Your life WILL BE NORMAL again, maybe even better than before, as now you will be healthier because of your gluten-free diet. In time you will feel more in control of the diet; your family will become more accepting (hopefully) and be more supportive of you. It may help if you are the main cook in the house, so that you can cook as many meals as you can that are naturally gluten free, such as fresh fruits and vegetables, clean organic meats, grains like brown rice and quinoa, potatoes, and salads . . . lots of salads!

Here are some recipe ideas for naturally gluten-free meals:

## Creamy Cucumber Salad

2 cucumbers, peeled and seeded

¼ c plain yogurt

¼ c sour cream

1 t salt

fresh ground black pepper

1. Slice seeded cucumbers into thin slices.
2. Sprinkle salt on cucumbers and mix.
3. Let drain in a colander for half an hour.
4. Rinse cucumbers briefly.
5. Mix yogurt and sour cream together.
6. Mix cucumbers into that mixture. Serve cold.

## Bean Salad with Avocado

1 can garbanzo beans

1 can kidney beans

1 small red onion

1 avocado

1 red bell pepper

1 large carrot

½ t garlic salt

½ t cumin

¼ t cayenne pepper

¼ t sage

1/3 c honey-mustard dressing (see next recipe)

1. Finely chop the onion, bell pepper, and carrot.
2. Coarsely chop the avocado.
3. Combine all ingredients and mix thoroughly.
4. Serve cold.

## Honey Mustard Dressing

2 T rice vinegar

2 T white wine vinegar

2 T golden balsamic vinegar (or more rice vinegar)

2 T honey

1 T dry mustard

1 T Annie's Dijon Mustard

1 T olive oil (optional)

1. Combine all ingredients in a small bowl.
2. With a fork or whisk, stir vigorously until combined

## Baked Lemon Chicken

3 lemons

4 chicken breasts, boned and skinned

salt

pepper

1. Cut the lemons in half and juice 5 of the 6 halves.
2. Put the chicken breasts in a ziploc bag. Add the lemon juice and seal with as little air as possible.
3. Marinate for at least half an hour, preferably an hour.
4. Heat oven to 350° F and put chicken in a baking dish (single layer), along with lemon juice.
5. Sprinkle chicken with a pinch of salt and pepper.
6. Bake until 170 ° F internally (around 45-55 minutes).
7. Place chicken with the top side down, squeeze more lemon juice on top, and sprinkle with another pinch salt and pepper.

Enjoy and have all the wonderful gluten-free food you want!

*Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic, 770-509-2433.*

*Check out our expanded menu!*

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