

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Sept/Oct 2015

Two Months of Super Savings

Life Savings



**Purchase Raw Meal Shake
receive FREE Shaker Cup**



Real Food Organics



25% off



All Biosil Products

25% off



All Kyo-Green Formulas

25% off

Moducare

90 vcaps \$23.99



- **Olive Leaf**
60 vcaps \$19.99
- **Ashwagandha**
60 vcaps \$16.99
- **Milk Thistle**
60 vcaps \$21.99



- **UT Vibrance**
2 oz \$24.99
- **Gigartina RMA Ointment**
.25 oz \$9.99
- **Gigartina Red Marine Algae**
90 vcaps \$22.99



- **Sanchi Inchi Oil**
8.5 oz \$17.99
- **Udo's Choice Fermented Green Blend**
8.9 oz \$30.99



- **Women's Phase I**
120 vcaps \$22.99
- **Cramp Bark Extra**
60 vcaps \$13.99
- **Slow Flow**
60 vcaps \$12.99



Immune Boost

- 1 oz \$8.99
- 2 oz \$15.99
- 60 softgels ... \$14.99



All Digest Formulas
20% off



- **Herbatonin (Plant Melatonin) .03 mg**
90 vcaps \$11.99
- **Femmenessence (Maca Pause)**
120 vcaps \$27.99
- **Men's Revolution**
120 vcaps \$29.99



All Liquid Omega 3 Oils
25% off



- **Brown Rice Protein**
17 oz \$10.99
- **Alpha Lipoic Sustain**
60 tabs \$18.99
- **Magnesium Optimizer**
100 tabs \$8.99



All Co-Enzyme B Formulas
and **20% off**
Ageless Men and Women Formulas



All Derma E Products
25% off



All Probiotics
20% off



All Products
25% off



All Cold n Flu Formulas
25% off



All Shampoos & Conditioners
20% off



All Diffusers
\$36.99

All Essential Oil
10% off



Broccoli
Bites

1.5 oz

\$3.49

New Grocery Products

- **Food Should Taste Good Bars**
- **Alive Coconut Oil**
- **Enjoy Flour Gluten Free All purpose**
- **Enjoy Gluten Free Baking Muffin Mix**
- **Enjoy Gluten Free Brownie Mix**
- **Enjoy Gluten Free Pizza Crust Mix**
- **Puroast Coffee 12 single serve cups (House Blend or French Vanilla)**
- **Kashi Sweet Potato Organic Cereal**
- **Natural Sea Albacore Tuna Pouch**
- **Rhythm Broccoli Bites**
- **QuePasa Organic Tortilla Chips (Ancient Grains, Black Bean, or Purple Corn)**
- **GoVeggie Vegan Dips**
- **Jacksons Potato Chips (Sea Salt or Purple Hairloom)**
- **Royal Hawaiian Macadamia Nuts (Hawaiian BBQ, Maui Onion, or Sea Salt)**
- **Traditional Ginger with Chamomile Tea**
- **Komplete Organic Meal Replacement (Cocoa or Vanilla)**
- **Jovial Organic Einkorn Crackers**
- **Bobs Red Mill Gluten Free Muesli**
- **Bobs Red Mill Muesli**
- **Bobs Red Mill Gluten Free Steel Cut Oats**
- **Woodstock Fiber Fruit Blend**
- **BuoNatural Tamales Vegan**
- **Tofutti Ricotta Vegan**

Where is Your Heart?

By Linda Townsend

Being a homeschool mom and a health advocate, I try to teach my daughter more about anatomy and how the body works in greater detail than most students her age. She has learned about the heart and its function. She diagrammed the names of the major parts. She did the same about the blood cells too. She then began to think she knew all she needed to know, at least to pass a textbook test. If I was a “teaching to the test” kind of teacher, I probably would let her get by with that, but, I am just not that kind of a teaching mother, so the lesson continued because everything in the body is connected and complex.

Eating just a little bit of the wrong thing or even too much food causing red blood cells to clump together in stacks, is just not found in the textbooks. Rouleaux, usually a temporary and reversible condition, is basically how red blood cells react to toxins and acids within the bloodstream. Just drinking one can of soda can cause this condition for two hours, so drinking several sodas a day could have an accumulative effect where more cells are clumping and do not have time to recover. Rouleaux can cause fatigue, aches, increased pain, poor circulation in the extremities, difficulty concentrating, and a number of other side effects from blood being sluggish and not flowing freely, especially in the smaller blood vessels.

Should Rouleaux persist, it can, over time, contribute to many health issues because the clumping together interferes with the individual blood cell’s job of bringing oxygen and nutrients to body tissues and organs. It also makes the blood harder to pump adding stress on an already oxygen and nutrient deprived heart.

I learned many years ago that a liver-gall bladder flush (also not mentioned in textbooks) is one of the best ways to clear up the bloodstream, because once the liver is cleaned out, it is far more effective in doing its job of filtering toxins from the blood. I had a live blood cell analysis the day after I did a flush and my blood cells looked perfect, something the doctor said he never had seen without taking digestive enzymes regularly! As a part of an experiment, I ate a restaurant meal in the evening and then had my blood tested the next morning. I already knew what I was likely to see because I felt achy and had a mild stomach ache. Rouleaux was confirmed. Then I took a digestive enzyme supplement that he suggested and within ten minutes the aches were gone. A follow up blood test a few minutes later proved that my blood was again back to perfect.

The man being tested next to me was not so fortunate. His blood had lots more “garbage” in it and after he was given the supplements, his blood had improved some, but it was still not in a good state at all. I began thinking about how many people go about living their lives with their blood in such a bad state most, if not all, of the time and never know if that is contributing to or even causing whatever health problems they may have, especially with the heart. Then I wondered what my blood might have looked like before the flush because I felt so much better after it. It is the things we cannot see that can affect us the most!

People know where the heart is, they can feel it pumping. Many people, too many, do not really know where their other organs are or what they do. Far more people are not in touch with the basic connections between something as simple as poorly digested foods having a bad effect on the blood, which contributes to a number of health problems.

This is why health education beyond the textbooks is so important to me and why I desire my daughter to understand how essential a healthy, organic diet is to maintaining better health. She has become so self-aware in the last year, but she has also taken her parents’ health for granted as much as she takes her own. A younger body can take so much more abuse to its systems than an older one, but that does not mean young people should be putting their bodies to the test. We need to teach our children, be an example for them, and live it with them heart, mind, and soul.

You probably know where your physical heart is, but what about the heart others see? That is the one that makes your desires known, what you treasure. That is why it is said home is where your heart is. I say your health is where your heart is. So, where is your heart?

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

Savory Flatbread or Crackers

By René Oswald, RN, APH

This is one of my favorite raw/vegan recipes when I’m craving a chewy bread alternative. It’s also very fast and easy to make. That’s all you’ll need is a high-speed blender and a dehydrator.

Ingredients

- 1 medium zucchini
- 2 c water
- 3 cloves garlic, core removed
- 2 ½ c sunflower seeds, sprouted
- ¼ c sesame seeds, soaked for 8 hours
- 2 t fennel seeds
- 1 t celery seeds
- 1 T dill weed
- 1 c ground flax seed

- Cut zucchini into 1½” pieces and place in high-speed blender container. Pour water over the zucchini and cover with sunflower seeds, sesame seeds, fennel, and celery seeds.
- Blend on high speed for 15 seconds or until smooth. Transfer batter to a large bowl and stir in the dill weed and ground flax seed with a wire whisk.
- Spread batter evenly onto 2 dehydrator trays lined with Paraflex. Score bread into desired size and shape. Sprinkle with Himalayan salt if desired.
- Dehydrate at 110°F for 2-3 hours or until the sheet easily pulls away from the batter.
- Flip the sheets over and remove the Paraflex sheets. Continue dehydrating until the bread is the consistency that you desire.
- If you would prefer to make crackers with this recipe, just dehydrate them until crisp.
- Store bread or crackers at room temperature.

René Oswald, RN, APH, and author of “Transitioning to Living Cuisine”, “Juice Feasting for Life”, “Living Cuisine for Happy Holidays” and “Wholesome Cooked Creations”. She travels around the country teaching her Transitioning to Living Cuisine Program. She has several free videos and an informative Blog that you can check out at her website and Health Coaching Forum at <http://RawFoodRene.com>.