

## Savor the Flavor

By Linda Townsend

My grandparents would invite people over to eat a meal with them all the time, when my mother and aunt were growing up. My grandmother was a wonderful cook and her pies were legendary. But, what we all remember the most about her culinary delights was that she was never satisfied with the temperature of her mashed potatoes. By the time it was spooned onto her plate, it was always too cold for her, which she would say every time after taking the first bite; everyone waited for that moment.

When people talk about their fondest holiday memories, it always includes food at some point in the conversation, doesn't it? It just seems like the best times to be with other people always involves eating. Don't we all look forward to old favorite specialties as well as new dishes whenever we have a get-together with family and friends?

Of course, we do try to avoid conversations on the downside of all that feasting, which is how much weight we gain. If you have read some of my prior articles, you know that I strongly believe in fasting. I personally fast at least 50 days a year (one day each week, give or take), plus I also fast at least a week or two during the year and I have even fasted for 40 days straight—no food at all for nearly six weeks! That year I fasted over 100 days in total and benefited from some phenomenal healing. On the flip side, however, I am not against feasting either. Gaining just a bit of weight during the holidays and indulging in foods I normally do not eat is not a terrible thing, *if* done with some moderation.

Actually, our ancestors did not have an abundance of food all the time as we do now. They did not have refrigerators, nor was out-of-season or exotic produce freighted in from other regions. Lifestyles and available foods were very seasonal. Before these modern time conveniences, it was not just a tradition to feast in the fall

on freshly harvested foods and hunted game; it was how people survived winters with only stored foods. Centuries of feasting at harvest time became ingrained in our traditions, however, we now have the convenience of grocery stores and all kinds of food year around, so we do not have that forced feast or famine lifestyle. Instead, we need to use self-discipline.

Eating highly nutritional and organic foods is extremely important; however even eating the right foods without self-discipline can still have undesirable effects. For instance, I have a cousin who is an RN and 100% vegan, but even though she is quite knowledgeable about health, her under five foot frame is carrying about a hundred pounds more than it should.

My secret to having some self-discipline during the holidays when there are trays of yummy looking treats before me is in something my aunt told me as I was growing up: *"The taste of the food is only enjoyed in the mouth, so chew slowly."* I had never really thought about the fact that once the food is swallowed, the real enjoyment of it ends . . . until the next bite, which obviously was my problem. You see, at that time I was on the same course that most of my family was; I was a heavy set young teenager, who was aware that I needed to lose more than just a few pounds and I had no discipline to do so. I tended to eat fast, always trying to get to the next bite for that pleasure factor, but I slowly and steadily began losing weight just by enjoying each bite as she suggested.

It was quite a simple thing really. I did not have to go on a restrictive diet or avoid any particular food. I would just take smaller bites and allow myself to enjoy that one bite longer than I had been doing before. Instead of eating half a box of cookies, I found that I could get as much pleasure eating just one or two and the box would last for a longer time. By doing it this way,

I really was not depriving myself at all! I could eat the same amount of cookies, but just do so over several days, rather than in a few minutes. Each bite of food became less about quantity and more about quality for me.

I also found that avoiding my favorite specialties often resulted in me eating more of something else than I normally would and with far less satisfaction than I would have if I had eaten what I was craving . . . and I was still craving it! So, yes, as much as I am teased about being a health food advocate by some friends and family members, they also know I never say "no, thank you" to an "ooey goeey" brownie—until I have had that first yummy "chocolatey" bite that I will savor as it dances on my taste buds for as long as I can make it last. Then, knowing I have a few more bites from that one piece to likewise enjoy, I can say "no, thank you" to a second. Once swallowed, the enjoyment is over and then it is about calories. It makes no difference to the rest of my digestive tract how good one or three brownies taste, so I do not have to eat more to be happy if I enjoy the one piece as if it was the last one I will ever have. And, it probably will not be—there just must be more brownies in my future—so I do not have to go in all out feasting mode right then and there.

Let's confess: We know we are going to indulge a little or a lot during the holidays and then bulge a little or a lot for it afterward. We always gain first and go through the pain of losing the weight later.

Now let's make a commitment: This year for the holidays we are going to savor the flavor of every bite of food we eat and every moment of our lives making new good memories and enjoying our family and friends.

Linda Townsend is a freelance writer of health-related issues and can be contacted at [4biohealth@gmail.com](mailto:4biohealth@gmail.com).



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# Holiday Treats with Vegetables

Kim Strickland, ND

It is holiday season: Halloween straight thru to New Year's Eve. Once again we've made it to that time of year when we are bombarded with desserts and candy. Every gathering has them. It's almost as if the gathering is an excuse to eat sweets. Please remember that moderation is the key. The best bites are always the first and the last one so why not try having just two bites. Volunteer to bring a dessert or main dish that you know is at least a little bit healthy.

## Pumpkin Swirled Brownies

2c gluten free flour blend (I use brown rice, arrowroot, millet, sorghum, and amaranth flours)  
 2t baking powder  
 1 t sea salt  
 2t cinnamon  
 1 t nutmeg  
 ½t ginger  
 1 can pumpkin puree  
 ¼c brown sugar  
 ½c maple syrup, plus 1 T  
 2t vanilla  
 2eggs  
 3T melted butter or ghee  
 ½c cocoa powder

- Preheat oven to 350 degrees.
- Line a 9 x 13 pan with parchment paper.
- Mix the flours through the spices.
- In a separate bowl mix the pumpkin through the butter.
- Remove 1½c of the pumpkin mixture and add 1 T of maple syrup and cocoa to it.
- Add the flour mixture to the wet ingredients.
- Pour in the pan and drop the cocoa pumpkin mix in and cut vertically and horizontally with a knife to swirl the chocolate in.
- Bake for 25-30 minutes. Check doneness with a toothpick.
- Cool before removing from pan.

Adapted from: [www.BalancedPlatter.com](http://www.BalancedPlatter.com)

## Pear and Banana Crisp

Recipe from Bob Greene

2 pears, sliced  
 1 banana, sliced  
 1 t sugar  
 ½c oats  
 1 T honey  
 pinch of salt  
 2 T ground walnuts  
 5 T milk of choice (1 for oat mixture, 4 for topping)

- Preheat to 375 degrees.
- Combine fruit and sugar. Place into a pie plate.
- Combine oats, honey, salt, walnuts, and 1 T milk in processor for 1 minute.
- Put fruit on top and bake for 20 minutes.
- Drizzle last 4 T of milk around edges.

## Macaroni and Cheeze with Veggies

1 lb of penne pasta  
 ½ butternut squash, peeled and chopped  
 1 onion, chopped  
 2 carrots, diced  
 4 garlic cloves, minced  
 1 pack Daiya Cheddar, shredded  
 salt and pepper to taste  
 1 lb of turkey bacon (optional)

- Prepare penne pasta.
- In a large pot, place the vegetables with just enough water to cover.
- Bring to a boil and cook until veggies are soft.
- Preheat oven to 350 degrees.
- Place veggies in a blender and puree.
- Pour over cooked pasta in a casserole dish and mix thoroughly.
- Mix in cheese.
- Add salt and pepper to taste.
- If using bacon, add in crumbled, cooked bacon.
- Bake for 30 minutes.

*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.*

## Oldie But Goodie: Mori-Nu Pumpkin Pudding

2 cans pumpkin pie filling  
 1 carton Mori-Nu extra firm tofu, drained  
 1 package Mori-Nu Vanilla Pudding mix  
 1 T pumpkin pie spice

- In a blender or food processor, blend pie filling and tofu until smooth.
- Add pudding mix and pumpkin pie spice. Blend well.
- Turn into an oiled baking dish.
- Bake uncovered in a 350° F oven for one hour.
- Let cool in oven for 20 minutes.
- Refrigerate covered overnight or put into a baked pie crust and cover.

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# Healthy Holiday Hostess Gifts or Stocking Stuffers

By Susan Esposito, BS, DC, DACNB, FABES, FACNB

Another holiday season is upon us; a glorious time for celebrations, reunions, holiday traditions, and ringing in a new year. All these wondrous events have one major commonality—devouring deliciously delightful delicacies. Although many people use the holidays as their excuse to indulge in all the sinfully delicious and unhealthy treats that are plentiful at this time of year, it is not necessary to stray from the path of health consciousness in order to enjoy tempting tasty treats that will satisfy both pallet and sense of indulgence.

My good friend Paula often brings the most wonderfully rich and decadent tasting healthy snacks to gatherings. She has shared the recipes for three of them with me and allowed me to share them with all of you. Any of these recipes would be perfect for bringing to a party as a hostess gift inside a pretty box or on a holiday plate. They could also be used to serve at your own holiday party, either at home or at the office. The beauty of bringing any of these treats to a gathering is that you will guarantee having something raw, vegan, gluten-free, delicious, and healthy to eat, even if these offerings are not on your chosen diet.

Not only are these good options for bringing to parties, you can also package them for holiday presents to give to your health conscious friends or use them as stocking stuffers.

I wish you all the most happy and wonderful holiday season and encourage you to try these recipes. I've had them all and they are very delicious!

## Raw Brownie Bites

2 c whole walnuts

1 c raw cacao

¼ t sea salt

2½ c Medjool dates, pitted

1 c raw unsalted almonds, roughly chopped

- Place walnuts in food processor and blend on high until the nuts are finely ground.
- Add the cacao and salt. Pulse to combine.
- Add the dates one at a time. The consistency should be like cake crumbs but that when pressed, will easily stick together (if the mixture does not hold together well, add more dates).
- In a large bowl, combine the walnut-cacao mix with the chopped almonds. Press into a lined cake pan or mold. Place in freezer of fridge until ready to serve. Store in an airtight container.

## Chocolate Bark

*Chocolate sauce*

2/3 c cacao butter (melt carefully in double boiler set up)

+1 c cacao chocolate powder

5 T agave nectar

½ t vanilla liquid

pinch of salt

*Combine in a separate bowl*

4 T goji berries

2 T cacao nibs (from cacao beans)

½ c shredded coconut

4-5 brazil nuts, chopped

2 T hemp seeds

- Mix dry ingredients, and then combine with the chocolate sauce.
- Pour into a rectangular cornbread pan or baking dish (or any dish with straight sides).

- Put in refrigerator to set up.
- Take out once set, and cut into squares.

## Holiday Patties aka Cow Patties

*Paula calls these "Cow Patties," but I thought "Holiday Patties" might sound better if you're presenting them as a gift*

2 c raw cashews

¼ c agave nectar

½ t celtic sea salt (or any good salt)

¼ c cacao nibs or cacao chips (chunks of raw chocolate beans)

- Pulse the cashews in Vitamix, food processor, or blender to create a powder.
- Empty into a mixing bowl.
- Add cacao nibs and ½ tsp sea salt.
- Add agave slowly, mixing until clumps form.
- Form the cookies by scooping out between 1-2 tablespoons, depending on how big you want your cookies.
- Roll them into a ball and flatten just a bit to create a cookie shape.
- Periodically dip your fingertips into a cup of water to keep the batter from sticking to them.
- Cover a cookie sheet with parchment paper and place cookies on sheet.
- They can be eaten as is, placed in freezer to harden them, or dehydrated.

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

# Staying Satisfied and Sane Over the Holidays

By René Oswald

Reprinted from Nov/Dec 2012 Issue of *The Life Line*

Did you know the average American gains two to twelve pounds over the six weeks from Thanksgiving to New Years? This weight gain is often their major weight gain for the entire year. Unfortunately, for most, these excess pounds never go away; they just accumulate over the years. This fact can make the holiday season a very stressful time for many. Here are some tips to get you through this season with ease and you may even lose weight in the process!

- When at a party with an "all-you-can-eat" buffet, try to visit with your friends far away from the food table. This will reduce the temptation to keep grabbing food as you talk. You'll eat less and feel better later.
- Go for the fresh fruit and vegetable platters while refraining from the high-fat dishes.
- Avoid starving yourself before going to a party. This will reduce your temptation to

overeat. Eat healthy foods before you go and you'll be less tempted to indulge in unhealthy choices.

- Limit alcoholic beverages, they are high in calories without the nutrients. Alcohol stimulates your appetite and diminishes your self-control. Have a drink of Kombucha as a celebration drink. The fizz may give you that familiar feeling of champagne. You'll still have fun without the morning after hangover!
- Stick with your usual exercise routine and if you have to change your usual regimen because of winter weather be sure to schedule your activities ahead of time and take the time for yourself every day.
- Refrain from telling your loved ones anything negative about the foods they are eating. Live by example and they will take notice of

the positive energy you emit and they may even ask you what you're up to.

- Check out the *Living Cuisine for Happy Holidays eBook* and build your confidence in the kitchen, making these easy and tasty holiday favorites for both your health-conscious and not-so-health-conscious acquaintances.

*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>.*

# "... But What's in It?"

By Betsy Bearden

Reprinted from Nov/Dec 2011 Issue of *The Life Line*

Deck the halls with boughs of holly! What does that mean, exactly? I haven't a clue, but it is a very big part of the Holiday Season. Just as shopping, cooking, visiting, decorating, singing, eating, shopping, eating, shopping—and eating. The Holiday Season also signifies a time for looking back on the year that has past and in reminiscing. Since September, my son's 14-year old cat, Zena, passed away. So did our beloved Lhasa Apso, Yogi. He, too, was 14.

However, for each loss, there is always gain: some big, some small. For us, it was little Birdie. She has returned to the nest. She is back and nesting in the same nail pouch in our garage where she hatched her five eggs over this past spring if you will remember from an earlier story I wrote. I know it's her, because I recognize her face! Who could ever forget that sweet little face? I watched her for hours as she showed the baby chicks the way out of the garage, and into the big wide world of adventure. When we noticed she stayed close to our house for months after her chicks had hatched, Steven vowed to leave a way back in for her should she ever return home, and she has! I don't believe she is "on the nest," but she is roosting there comfortably for now.

It is always a happy time when family comes home, especially during the holidays. What a wonderful, festive, happy, chaotic, surprising, interesting, nerve wracking, and frustrating time we always have. Nerve wracking? The year someone forgot to bring the ham and we had to eat a totally veggie Christmas dinner: what a disaster, right? Chaotic? Forgetting to put sugar in the eight pumpkin pies I made one time, and trying to correct the mistake by poking them with a wooden spoon and drizzling the only sweetener left in the house on Christmas Eve (molasses) all over the top of them. That didn't exactly work out as I had planned.

Frustrating? Have you ever brought tofu to Thanksgiving or Christmas Dinner? I rest my case. I am forever cursed when it comes to bringing any dish to a holiday gathering. "Oh... that looks delicious—but what's in it?" I have been practicing responses to this question with lines like "Oh, just a little eye of newt; toe of frog; high fructose corn syrup; monosodium glutamate; nitrates; hair of the dog that bit me." You know, things they would probably go for as long as it's anything other than T-O-F-U!

Now that I think of it, it's been a while since I have "experimented" with the family during the holidays. I think I am overdue, what do you think? I have recently made another road trip to Life Grocery where I can find anything and everything I want to put in my recipes that are all natural, organic, wholesome, and healthy. But I don't have to tell the *family* that, do I? Muwahahaha. I am not banned from making macaroni and cheese, as long as it does not contain hidden chunks of tofu, or is not made with the little red, green, and yellow Santa Claus-shaped noodles I happened to make it with one year. I was almost banned from the making of Mac and Cheese over that one. The noodles looked so cute in the box, but something happened to them during the cooking process. They sort of "grew" and became, well, big soft globs of red, yellow, and green in a sea of cheddar cheese. It actually looked more like something you would serve at Halloween instead of Christmas. That did not work out as planned, either.

I am leaning toward nutritional yeast flakes in place of cheese for the Mac and Cheese this year. Yep—that may be the ticket. A *healthy* version of my famous Mac and Cheese. I could place it on the table and tell them I

have revamped it this year because we all need to eat a healthier diet. Maybe I could decorate it with a mini wedge of cheddar cheese on a toothpick or something to that effect and explain to them how great it tastes, and that it's loaded with ALL the essential amino acids and B-vitamins [Veg Support Nutritional Yeast Flakes even include B12], not to mention an excellent source of vegetarian protein! I can hear it now—"But what's in it?" Nah, I guess I will just stick to the gooey Mac and Cheese I usually make with a whole stick of butter, half gallon of whole milk, five cups of cheddar cheese, one container of sour cream, and white elbow noodles. You know the *real* stuff. But that's fine with me, because I love to make it, and I love to see the happy face of my nephew Kenny who always asks if I am bringing it. Oh well, the thought of mixing it up a bit was fun anyway.

If you have not tried nutritional yeast flakes, I highly recommend you do. Life Grocery has them in the bulk section next to their organic produce section. Today Steven made us a batch of Golden Gravy\* from nutritional yeast flakes and served it on fresh buttermilk biscuits, with veggie sausage patties. This is so warm and filling on a cold morning. To me, the gravy is reminiscent of Sunday dinner gravy, served up in a gravy boat and ladled over fresh roast beef slices like those that Mama served when I was a little girl. The flavor of the Golden Gravy is wonderful, and I have included the recipe below.

So as I began, I will end. It is time to *Deck the Halls, Jingle the Bells, Go Rockin' Around the Christmas Tree*, and to sing *The Chipmunk Song*: OooohhhKAY! It's also time to remember lost loved ones, and to get ready to greet new loved ones. To visit, reminisce, laugh, cry, eat, eat, eat, and shop. And as with Birdie, the most important thing of all is to just make sure that those coming back home during this joyous time of year will always have a way back in.

I wish you all Peace on Earth, Happy Thanksgiving, a Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and perhaps even a "Happy Festivus for the Rest of Us!"

## Golden Gravy

½ c nutritional yeast flakes

¼ c flour

½ c vegetable oil

1½ c water

2-3 T Bragg's Liquid Aminos or soy sauce

\*\*salt and fresh cracked black pepper to taste.

(I like to use Bragg's Liquid Aminos because it is not as salty as soy sauce and it has added nutrients to boot!)

- Over medium heat, toast the yeast and flour in skillet until it becomes aromatic and you can smell it.
- Add the oil and stir. It will become crumb-like at this point. Continue stirring until golden brown (about 2-3 minutes.)
- Add water, and begin whisking until it changes to a gravy consistency.
- Add Bragg's Liquid Aminos (or soy sauce) and pepper. Continue to cook over medium heat, stirring frequently, for about 4-5 minutes.
- Taste first for saltiness before adding salt.

\*Source: *The Farm Vegetarian Cookbook*

Betsy Bearden is a certified, published writer, author of *Normal People Eat Tofu, Too*, and president of *Creative Writes*. She has worked as a volunteer chef and cooking class instructor and as a reporter for *The Paulding Neighbor Newspaper*. You can reach her at [betsybearden@bellsouth.net](mailto:betsybearden@bellsouth.net) or visit her website at [www.creativewrites.net](http://www.creativewrites.net) or at [www.tofucookbook.net](http://www.tofucookbook.net).



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