

Seven Things You Can Do Today to Get Back on Track with Your Diet

By Frederic Patenaude

I have a confession to make. I'm not perfect. Sometimes, I fall off the wagon with my diet and fitness activities. Sometimes, I eat more fat than I would like to. Sometimes, I eat foods that don't make me feel great. Sometimes, I end up being sedentary for a little while. Let's face it. It's rare that you'll find someone who will commit 100% to something and never look back or have a breakdown. But your ability to succeed will be measured by your determination and focus, as well as your ability to learn from your "mistakes."

So here are seven things you can do today to get back on track with your diet:

1. Don't Be Hard on Yourself

We're really fast at acknowledging our shortcomings, but much less at acknowledging our successes. It's very easy to beat yourself up when you fall off the wagon and never take time to celebrate all the successes you've had so far.

So don't be hard on yourself; just look at what you've accomplished, no matter how small it may look! Compared to where a lot of people are at right now, you've already come a long way.

2. Reset Your System and Fast

In my book, *The Raw Secrets*, I talk about the value of occasionally fasting 24 to 36 hours, or even two to three days (longer fasts should be supervised).

This is especially useful to get back on track with your diet. Fasting just 24 to 36 hours will literally "reset" your system and make it much easier to start eating right again.

Don't get me wrong. I don't suggest doing the harmful pattern of binging now and fasting later. I'm just saying that a short fast might be just what you need to give your body a chance to get back to a state of balance.

You can refer to my book *The Raw Secrets* for more information. If you're unsure about doing a short fast or your health does not permit it, then simply having a couple of days of mono-fruit meals (only eating one type of fruit per meal) will give you great results.

3. List Your Benefits

When you have the time, take a moment to list all of the reasons *why* you are committed to a healthy lifestyle.

Why do it at all? Unless you know the *why* you won't know the *how*. Any small difficulty will throw you off balance.

So your homework assignment is to list at least 25 benefits or reasons for eating well (however you define it at this point) and for exercising. Then put this list in a place where you can see it!

4. Recommit

Commitment is very important. It just means that you're willing to do whatever it takes to get to where you want to go.

After you've listed your benefits, take a moment to commit to your success. All it takes is to *share* your list with someone else, someone who can support you (ideally, your "success buddy!"); be sure to tell them you commit to achieving those results.

5. Give Yourself a Goal

In addition to writing your list of benefits, give yourself one to three short-term goals that you believe you can accomplish within the next six to twelve months.

Maybe it is to *release* a certain amount of weight. Maybe it is to lower your body fat level down to a certain percentage. Or maybe it is to succeed doing a certain number of push-ups in a row.

Set a few realistic goals that are also a little challenging, and keep your mind focused on them.

6. Be Prepared for the Next Breakdown

No matter how well you do in life, there *will* be another breakdown. I'm not saying that you will necessarily fall off the wagon. Maybe it will just be a period of doubt and fear. Or you'll find yourself in a situation where you're not sure how to maintain your diet.

Prepare for success and envision different things that could potentially be challenging. What would you do in those moments? Take a moment to think about that. Discuss it with your coach or someone who supports you.

7. Get Coaching and Support

Even the best athletes in the world have their own coaches. How do you think that you will make it without one?

A good coach will not only push you to get beyond where you want to go, but will also support you in the process and celebrate your successes with you.

Without coaching and support, it will be much more difficult to make your list of benefits come true.

If you can afford it, having a personal health coach will make a tremendous difference for you.

But because I understand that most people don't have an extra \$300 or more it would cost each month to hire a health coach, and because most health coaches believe in eating animal foods and lots of cooked food, we have created a complete coaching and support program called the "*Body Enlightenment System*" that is completely affordable and effective.

So, now that you're armed with the seven tips I have revealed in this article, start using them, and if possible, have a coach help you in the process.

Once you start applying them, you will understand why they make all the difference!

Frederic Patenaude, is the author of the best-selling e-book [The Raw Secrets](#). He is currently giving away free access to his private library of over 100 exclusive articles along with a subscription to his newsletter [Pure Health & Nutrition](#). Visit <http://www.fredericpatenaude.com> while charter subscriptions last.

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Walking is Not Exercise

By Brian Murray, M.Ed.

You could walk all the way from Manhattan to Malibu and not improve your physical fitness. In fact, your physical fitness could get worse.

Everywhere you look, people are walking. People walk from their cars into Life Grocery, walk around the store shopping, and then walk into Café Life for a bite to eat. The fact is people do a lot of walking. And they have walked a lot from the time they first started walking. Has their physical fitness improved with age? No. And more walking will not help. Yet walking is touted as the best form of exercise.

It is painfully obvious that walking is not the best form of exercise and you may know it. Unfortunately, you may not trust your instincts because of social pressure. I hope this article will free you from that pressure.

Before Jack LaLane and Richard Simmons, a little known pioneer of exercise was Leonardo Da Vinci. His drawings of human anatomy demonstrated the relationship between the bones as levers and the muscles as engines that produce human movement. Understanding how the bony levers and the muscles work together is critical for understanding why walking is not productive exercise.

While standing, bend your knees slightly, hold that position, and note the difficulty. How long could you hold this position? Probably you could stand for a very long time. Now stand with your back against a wall and move your feet approximately 18-24 inches away from

the wall. Slowly bend your knees and slide your body down the wall until your thighs are parallel to the floor. Hold this position and note the difficulty. How long do you think you could hold this position? If you can tolerate intense muscle burn, maybe two minutes. Congratulations! You now understand leverage. You also understand why walking will never lead to improved physical fitness—it is too easy.

Exercise should lead to physical improvement. Physical fitness is best improved by putting your muscles in a mechanically DISadvantageous position. Walking is the most efficient form of human movement because it places muscles in a mechanically ADVantageous position. So the question is, "If our bodies only upgrade their capability by exerting effort beyond what is normal, and walking is the easiest and least energy-consuming form of human movement, how can walking lead to improved physical fitness?" It can't.

I have nothing against walking. As an infant it was something I aspired to do, and after one year in this world, I accomplished my goal. I have been doing it ever since and remain amazed how little practice is required to do it well. I enjoy walking and you should too. Walk for fun though, not for fitness.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To learn more, visit www.strengthforlife.net or call 404.459.0270 to schedule a complimentary program orientation.

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- Kid's Digest

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Extract
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HBA

ECCO BELLA

- Vanilla Bath Gel
- Lavender Bath Gel

GIOVANNI

- White Tea Touch
Body Butter
- Lavender Vanilla Snow
Body Butter

NEEMAURA

- Neem Outside
Bug Repellent

QUANTUM

- Athlete's Foot Ointment

SYMPATHICAL FORMULAS

- Eczema Homeopathic Lotion
- Shingles Homeopathic Lotion
- Psoriasis Homeopathic Lotion
- Fibromyalgia Homeopathic
Formula

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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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Getting Enough B12 and Calcium?

By Dr. Joe Esposito

One important issue is the question of vitamin B12 and how much supplementation, if any, is needed in a totally plant-based diet. While some studies show adequate B12 in fruits, especially organic fruits, and that no supplementation is needed, be on the safe side and make sure you have a reliable source of B12 in your diet.

What is the best source? Inexpensive and great tasting nutritional yeast which contains B12 (some yeast does not actually contain B12). Nutritional yeast is available at Life in both the bulk and supplement departments. Unlike other kinds of yeast that may cause infections and other health problems, you'll have no problems with nutritional yeast. Not only is it a great source for the entire B complex, it's loaded with many other vitamins, minerals, and amino acids—the building blocks of all proteins. It comes in a flaky, powdery form and is great sprinkled on salad, popcorn, pasta and rice dishes, pizza, and soups. Be sure to add it after the food is cooked, as cooking with it can destroy much of its

nutritional value. With an almost cheese-like flavor, it is not only good for you, but can be used as a seasoning. Add about one tablespoon of nutritional yeast to your family's food two to three times per week for all the B12 you need. Other good sources of B12 are found in fortified soy milk or a B12 supplement.

Concerned about protein and calcium? The fact is the average person of any age rarely has a problem getting enough protein. As long as they are eating enough good foods to give them sufficient calories to maintain their growth and energy level, protein shouldn't be a problem. And as a rule, we are getting far too much animal protein in our diets. While it's my contention (and the facts bear it out) that we need zero animal protein to be healthy, do what works for you and just be cognizant of the reality.

As far as calcium goes, be sure you eat three or more servings of foods that supply calcium per day and you'll be just fine. These include, but are not limited to, tofu, tahini (sesame butter), green, leafy vegetables such

as dark green lettuces, broccoli, collard greens, mustard greens, most nuts, and kale. If you are not eating the high acid foods such as meats, dairy products (supposedly high sources of calcium, right?), and sodas, you will require less calcium than the average person. More acid in your diet means more calcium is being excreted from your body, which ups your calcium requirements.

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. This information 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 1010 AM radio at 10:00 a.m. on Saturdays to hear Dr. Joe's life changing messages, sponsored by Life Grocery. Contact him at 770-427-7387 for further information.

The Link Between Gum Disease and Heart Disease

By Don Bennett, DAS

Over the years I've shared with you some tips on how to be as healthy as possible. Most of these issues, although not well known among society's collective consciousness, are recognized by many health-conscious folks. But I've stumbled across a topic, through personal experience, that I'm betting many of you haven't considered. Researchers are finding links between periodontal infections and other conditions throughout the body. Current studies suggest that there may be a link between periodontal (gum) disease and heart disease, as well as other conditions. In fact, research suggests that gum disease may be a more serious risk factor for heart disease than hypertension, smoking, or high cholesterol.

Infective endocarditis: A condition characterized by inflammation of the interior lining of the heart and heart valves, generally caused by bacterial infection. Researchers believe that when individuals who have periodontal disease perform a normal task such as brushing or flossing, gum tissue can be injured, allowing bacteria to enter the bloodstream.

New studies suggest that people who have gum disease are at a higher risk for heart attacks. If bacteria present in infected gums become dislodged and circulate throughout the body, that bacteria may make their way to your arteries. The worse the gum infection is, the more likely the bacteria are to become blood-borne. Once bacteria reach the arteries, they can irritate them in the same way they irritate gum tissue. This can cause arterial plaque to accumulate, which can cause hardening

of the arteries and block blood flow. Compromised blood flow to your heart can cause a heart attack. If arterial plaque comes loose and travels to the brain, it can cause a stroke. Research shows that risk varies according to the level of gum infection.

The most common strain of bacteria in dental plaque can also cause blood clots that induce heart attacks. Mark Herzberg, of the University of Minnesota, said that studies now provide a link between dental plaque and the formation of potentially fatal blood clots. Previous studies had found that the incidence of heart disease is about twice as high in people with periodontal disease.

Additionally, if the bacteria that grow in oral pockets due to gum disease are breathed into the lungs, they can cause respiratory diseases such as pneumonia and may worsen existing lung conditions.

Periodontal Disease and Pre-Term, Low Birth Weight Births: Pregnant women are particularly prone to periodontal disease as they go through the hormonal changes associated with pregnancy. Research has found that women with periodontal disease may be at high risk of developing pre-term low birth weight (PLBW) infants.

Recommendations: Brush, floss, and see a good dentist to insure you have no periodontal disease. My personal research has found that the best toothbrush to use is a Sonicare, just don't use it as you would a non-electric toothbrush, meaning don't brush too hard. Be sure to follow the instructions. For toothpaste, I like JASON's Sea Fresh with Perilla seed extract. Tom's

makes a heck of a good floss. You no doubt visit Life Grocery for its fine selection of food, but do visit its body care aisle too—that's where you'll find healthy alternatives to the junk found in most mainstream supermarkets.

Of course the added benefit of good oral care is having healthy choppers with which to delight in tasty edibles such as those found in *Café Life*. To quote Milton Heinz (a.k.a. Soupy Sales), "Be true to your teeth, and they won't be false to you."

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's new book, How to Have the BEST Odds of Avoiding Degenerative Disease is now available; visit health101.org/book for details.

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Produce of Life: Cherries and Zucchini

Hello hot summer days! I've been staying close to the beach or a pool this summer, with my two sons, to beat the heat. I'm enjoying all of the fantastic fresh, juicy, organic fruits that Life Grocery has to offer. Cherries have just come in, as I write this, and I am so excited, as they are one of my favorites. In my neighborhood, about five families have gotten together and organized a community garden. I've been enjoying lots of produce from it, namely squash. Now is the season for fresh, succulent zucchini.

Glucose and fructose, in nearly equal amounts, totaling about 10%, comprise the sugars that make cherries taste so sweet. The tart flavor is attributed to malic acid. An ideal nutrient-dense snack, one cup of sweet cherries has only 84 calories. That one cup of cherries has 1 gram of protein, 19 grams of carbohydrates, and 1.1 gram of fat. They are also an excellent source of potassium and contain a fair amount of vitamins A and C, folic acid, magnesium, and calcium.

Sweet cherries are inclined toward the deep reds and into the burgundy shades. Look for cherries that are glossy, plump, and undamaged. Cherries should be firm. Avoid fruits that are soft, mushy, or broken. Cherries lose flavor and plumpness when the weather gets too warm or when kept at room temperature too long. Like many fresh fruits that quickly deteriorate and turn brown, cherries contain polyphenoloxidase, an enzyme that makes them perishable. To prevent cherries from spoiling too soon, store them in the refrigerator soon after purchase, and eat them within a day or two. Cherries are best stored unwashed in a plastic bag.

Raw is the very best way to enjoy sweet cherries in season. They require so little—just washing—but offer so much flavor and pleasure. Add cherries to a fruit salad or smoothie, or top a pie or cake with them. Life truly can be “like a bowl of cherries.”

With their high water content (more than 95 percent), zucchini squashes are very low in calories. Nutritionally, zucchinis offer valuable antioxidants, along with being an excellent source of manganese and vitamin C, and a very good source of magnesium, vitamin A, fiber, potassium, folate, riboflavin, and phosphorus. Many of these nutrients have been shown in studies to be helpful for the prevention of atherosclerosis and diabetic heart disease. Summer squash's magnesium has been shown to be helpful for reducing the risk of heart attack and stroke. Together

with the potassium in summer squash, magnesium is also helpful for reducing high blood pressure. The vitamin C and beta-carotene found in summer squash can help to prevent the oxidation of cholesterol.

When purchasing zucchini, look for those that are heavy for their size and have shiny, unblemished rinds. Additionally, the rinds should not be very hard since this indicates that the squash are over mature and will have hard seeds and stringy flesh. Purchase summer squash that are of average size since those that are overly large may be fibrous, while those that are overly small may be inferior in flavor. They should be stored unwashed in a plastic bag in the refrigerator, where they will keep for about seven days.

Zucchini are so versatile. You can shred them and add to soup, bread, muffins, and salad, or use them raw as spaghetti. Yummy sautéed, steamed, boiled, or grilled, you can enjoy them without ever tiring of them.

Cherry Amaretto Mousse

makes 4 servings

1/3 c blanched almonds
1 heaping c fresh sweet cherries, pitted
1/4 c + 3 T evaporated cane juice
1 t almond extract
1 12 oz pkg. extra firm silken tofu

Topping:

1 c sweet cherries, pitted
2 T evaporated cane juice
1/4 t almond extract
4 whole cherries for garnish
2 or 3 oz amaretto liqueur

- Process blanched almonds in a food processor grinder to a fine powder. Set aside.
- Combine cherries, evaporated cane juice, almond extract, and silken tofu in that order in a blender. Blend on low speed, stopping as needed to redistribute the ingredients, until blended.
- Add almonds and blend to a creamy mousse.
- Pour mixture into four long-stemmed wine glasses. Set aside, and rinse the blender.

By Kim Strickland

- For the topping, combine cherries, evaporated cane juice, and almond extract in the blender and process to a thin sauce.
- Pour over creamy cherry mousse, creating a tantalizing two-tone dessert. Top with a whole cherry. Chill for several hours.
- Serve the amaretto liqueur on the side.

Herbed Zucchini

3 T olive oil
1 Vidalia or sweet onion, sliced in half-moons
4 cloves of garlic, minced
3 zucchini, sliced
1 carrot, shredded
2 T dried thyme
2 T dried dill
1/4 t sea salt

- Heat oil and add onion, garlic, and zucchini. Cook for 5-6 minutes on low.
- Add carrots and seasonings.
- Sauté until vegetables are tender but not mushy.

Resources:

www.whfoods.com
www.vegeparadise.com

Kim Strickland earned a Doctorate of Natual Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons and can be reached at mkstrickland@peoplepc.com or 770-218-3952.

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life bits

Save Your Trees and Plants During Droughts

Mulch, mulch, mulch is the number one rule for keeping your plants from becoming dehydrated when water is scarce. Mulch to the outer tips of the tree branches, which will result in covering the small root extensions, where much of the water absorption takes place.

Increase the effectiveness of pine straw or bark chip mulch by first putting down several layers of newspaper or shredded white office paper. (Use non-slick pages and black ink only, as coated paper contains plastic, and colored inks can sometimes contain unwanted chemicals.) The paper will form a papier-mâché layer that will hold even more moisture and will eventually compost into the soil. Paper mulch can be used around garden plants, helping to also keep down weeds.

If you have young trees or valuable shrubs that need plenty of water to survive, consider putting a TreeGator around the base of the trunk. A TreeGator is a donut-shaped bag that is filled with water and placed around a tree trunk or shrub

(up to 4 inches in diameter). For large trees, place two or more TreeGators under the branches. Fill the donut with 14 gallons of water, and over a few hours it will slowly release the water, allowing deep water absorption with little or no run-off. The brown color hides well under mulch, and it is guaranteed for 2 years not to break down due to UV exposure. For more information, go to www.treegator.com.

Protect your yard by not cutting or fertilizing the grass during a drought. The higher the blades, the more protective shade it offers the roots. Most grass goes into a dormant stage when water is scarce, so fertilizing will force stressful growth. If you just have to mow, raise the mower blades to the highest setting.

As water becomes a big issue, plan to drought-proof your landscape with more suggestions from Master Gardener Walter Reeves at www.walterreeves.com. All your other plant questions can be addressed at the same, comprehensive website.

Chemical Body Burden - Part 1

By Linda Townsend

Health-conscious people have believed it for a very long time. Now studies prove it. The human body can be polluted with toxic chemicals. In fact, *every* person's body has some measure of chemicals stored or passing through it. *Not surprised?* Yet, have you ever really thought about how we know more about the chemicals in fish than the chemicals in our own bodies?

Suspecting a chemical presence is one thing, but seeing cold, hard facts is quite another. Imagine being handed test results of your own chemical load. Andrea Martin, a body burden research participant said this about her results: "I was completely blown away. There were 95 toxins, 59 of which were carcinogens." Michael Learner, also a participant in the same study stated: "The bottom line is that our body burdens of toxic chemicals represent a form of toxic trespass into our bodies. . . . That is not an abstraction for me anymore."

Chemicals Are Everywhere

Andrea Martin and Michael Learner were two of nine people from five states, whose blood and urine were tested by the Environmental Working Group (EWG). In the study, over 170 pollutants were identified overall with 56 carcinogens included in the collective average of each person. Just like them, you are exposed to hundreds of chemicals in the products you use, as well as those in your home or work environment. Some chemicals may have come from bleach, car waxes, carpet, colognes/perfumes, computers, cleaning fluids, detergents, drugs, flooring, food additives, furniture, gasoline, liquid soap, paint, plastic food containers, and vaccinations.

These chemicals are only a small sampling of possible sources to which nearly everyone is exposed in some fashion. In addition, US industries made 6.5 trillion pounds of 9,000 kinds of chemicals in 1998. Reports from US companies indicate that over 7.1 billion pounds of at least 650 different industrial chemicals were released into the air and water in 2000.

There are also pollutants from many sources you might not suspect or believe are not around anymore. Chemicals that are no longer used may still be found in the body of people living today. Applied for three decades as a pesticide, DDT was banned in 1972, over three decades ago; however, scientists still find DDT in air, rain, soil, water, animals, plants . . . and human bodies.

Water in which you bathe, swim, and drink is polluted. Dust particles with which you come in contact and breathe into your lungs are contaminated with chemicals originating from miles away. So, even if you live a healthy lifestyle, you are still exposed to chemicals through the food you eat, the air you breathe, and the water you drink and in which you bathe. You cannot escape this exposure completely, even by eating organic food and drinking purified or spring water.

Troubling Complexities

Chemical body burden is a very complex problem, because no one has ever studied what this chemical soup in our bodies will do when so many different kinds of chemicals are mixed together. The possibilities are frightening! One study on liver damage of just two

compounds, Polychlorinated Biphenyl (PCB) and dioxin, is enough to cause alarm. The PCBs alone cause no liver damage and dioxin alone causes some. However, when the two were mixed together, the liver showed *400 times the damage* of the dioxin alone. [Van Birgelen, A.P.J.M., et al. *Environmental Health Perspectives* (1996) 104:550-557.]

The EWG study tells only part of the story. The tests were only for 214 industrial chemicals, a tiny fraction of the number being used today. The Environmental Protection Agency (EPA) has calculated nearly 10,000 chemical ingredients in food, cosmetics, and other consumer products. Considering that there are 75,000 chemicals compounds licensed for commercial use with new ones added at a rate of 2,000 a year, the 214 chemicals that were tested in the EWG Study are less than .3 percent of the chemicals to which we may be exposed at any time without knowing.

Unfortunately, the worse news is yet to come. . .

Linda Townsend, founder of BioHarmonics Research may be contacted at research@bioharmonics.com.

life bits

It's All in the Numbers

Free 411

Instead of paying \$1.00 or more for directory assistance, get information free by dialing 1-800-FREE-411. It's an automated service, but if you don't get the number you want, an operator will come on the line to help you.

The catch? When requesting some business numbers, you may hear an ad before being connected to the information system. (Remember that if you call from a cell phone, you will still pay for the minutes used.) Another option for finding a number at no charge can be found at www.411.com.

Locate Toll-Free Numbers

Need a company's toll-free number? Try toll-free information at 1-800-555-1212.

If you buy products and services on the internet, there's one thing you may have noticed about some of those big retailers: They hide their direct customer service numbers from their own customers. Visit www.HardtoFind800Numbers.com to get around that. Company names are listed alphabetically, with the top five requested 800 numbers listed on their home page (Amazon.com, Ebay.com, Microsoft.com, PayPal.com, and Yahoo.com).

In Case of Emergency

If you will program the acronym ICE (in case of emergency) into your cell phone's directory, it can help paramedics decide who to call in case you're hurt.

Type ICE into your directory and include a name and phone number under the heading. For more than one name, list them in priority as ICE1, ICE2, and ICE3. You can also designate next of kin, such as ICEmom and ICEbrother.

Make sure your contacts have basic medical information about you, such as your blood type, allergies, or prescribed medications.

This program is supported by the National Association of Emergency Medical Technicians and is spreading worldwide.

Privacy Warning

If you give your home phone number to someone, check into what happens if that someone enters your number into the *Google* search engine. It will probably display the full address and a map search option. Cell phones do not appear to be listed, but check to be sure.

Determine if your number is in the *Google* database by typing your full phone number (using dashes, like this: 770-000-9999) into the search box. If it comes up, click on the heading "Phone book results for 770-000-9999" and you will be taken to a form that you can fill out to have your number removed from the *Google* database. Recheck your number in 48 hours to be sure it has been removed.

Lost Cell Phone?

To help the person who finds your lost cell phone, use a permanent marker or put a label on your phone, and write "If found please call (home phone or work number)." [Editor's Note: Another tip is to send a text message to the lost phone number, asking whoever found the phone to call a specified number. Recently, my son "lost" his phone and just on a whim I text messaged his number. Two hours later I got a call from the person who picked up the phone by accident. I was thrilled to retrieve the phone by using this technology.]

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Fall
Life
Fest

12-4 pm

members
receive

10%
off

all in-stock
purchases
all day
9 am-8 pm

life bits

Make Things Work Better and Last Longer

- **Towels:** Use a quarter-cup of white vinegar in the rinse water instead of fabric softener. Fabric softeners can make towels water repellent instead of absorbent.
- **Clothes:** Hang them up to dry when possible. Dryers wear out fabric, set stains, make seams twist, and cause some hems to turn up; anything with elastic or spandex in it is especially susceptible to heat deterioration.

Most outdoor clotheslines have disappeared, but you can create an indoor version. Use the shower curtain rod to dry clothes overnight, or put a tension shower curtain rod in a lesser used door frame. The old fashioned wooden clothes rack has come back in style and can be found at many department stores. To release wrinkles, put clothing in a dryer, set on the lowest setting, and tumble for 2-3 minutes before hanging them up. This method will save on your utilities bill, as a dryer is a large consumer of energy.

Strong, supermarket brands of laundry detergent leave residue in the fabric which weakens the fibers. Use the gentle, natural brands that you find at Life Grocery and your favorite clothes will last longer and remain softer.

- **Small Appliances:** When storing appliances, wrap their cords around the appliance loosely. Wrapping cords tightly can weaken them.
- **Dishwashers:** Once a month, run your empty dishwasher using lemonade mix instead of detergent. The citric acid will dissolve gunk and hard-water buildup.
- **Air Conditioners:** Replace or clean the filter regularly to ensure that important parts, like the blower and cooling coil, stay clean. It will work more efficiently, consume less energy, and last longer.
- **Cordless Phones:** Keep them well charged by using a new pencil eraser to clean the metal contacts on the phone's base.
- **Door Hinges:** For stiff and squeaky hinges, forget the smelly WD40. Coconut oil works just as well and often lasts longer. Dip your finger into liquid coconut oil and work into the gaps in the hinge while moving the door back and forth with your other hand. If you have a bottle dropper available, fill it and direct a drop or two of the oil into each gap. Keep moving the door back and forth to distribute the oil. Keep a rag underneath the hinge as you work to catch any drips.
- **Cut Flowers:** Put them in a vase with half water and half light-colored soda, such as ginger ale or lemon-lime soda. Use the kind with sugar in it, not the artificial sweeteners. They will stay fresher and last longer than using the floral packets that often come with purchased flowers. Just before putting each stem in the arrangement, make a fresh cut on the end of the stem and slit the stem an inch or two, creating more area of absorption. The water will stay fresher longer by allowing no more than 2 inches of the stem to be covered by the water/soda and if leaves are removed from the bottom three-fourth's of the stem.

References:

Woman's World. 7/4/06

Linda Cobb, author of *Talking Dirty with the Queen of Clean*

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Oh, Those Emotions!

By Brenda Cobb

Are you addicted to food? Are your emotional feelings driving you to eat, even when you're not hungry? Are you constantly battling food? Are you eating because you're angry, lonely, frustrated, fearful, tired, or just plain bored? What is your true relationship with food? Many of us eat for every reason other than the right reason: to nourish ourselves completely.

Every imbalance within the body is caused by an emotional reason. The most serious of diseases or annoying symptoms manifest from an emotional reason, first and foremost. Dieting only is futile in keeping weight off, because it addresses only the physical. It's the emotional stuff that's left unhealed that causes the real problems with health and well-being.

Let's say you want to lose weight, have more energy, and get rid of allergies and depression. If you keep trying diet after diet, but you resist or fall off the wagon time and again, or you feel controlled by food and are constantly obsessed with what and when to eat, now's the time to heal these issues, once and for all, by getting at the emotional reason and healing that. If you feel deprived and always hungry, then look to your emotions. If you feel empty, even when you're full, check your emotions.

Emotions you repress and hide can resurface at the most inconvenient times and cause you to do things you really don't want to do. Consciously, you know you shouldn't eat those greasy French fries, but you do it anyway. What drives you to go against your better judgment and do something you know is bad for you? It's your emotions. Emotions rule us on every level; even those who think they are unemotional are not immune. No one is exempt from emotional stuff.

There have been countless books written on emotions, and yet so many of us are still wondering exactly what we can do to help ourselves so we can become free of our emotional stuff.

The emotion of fear can cause us to eat all the wrong things for all the wrong reasons. Some of the most common fears that are related to food addictions are: fear of abandonment, fear of being alone, fear of confrontation, fear of criticism, and fear of rejection.

If you sometimes feel like there's no way out, let me assure you, there is help. Learning about the emotional stuff and how to heal and release it completely, is one of the best things you can do for yourself. When you heal your emotions, your body will heal itself. If you feel stuck, defeated, or hopeless you can change all that by healing your emotional stuff. If your emotions and fears are making you eat the wrong things, stay in the wrong relationships, or keep the wrong jobs, then you'll always struggle with diets, relationships, and jobs. Changing the diet, relationship, or job won't fix anything. Changing you will fix everything. Heal your emotional stuff, and then you can experience life to the fullest as well as have great health.

The food you eat affects how you feel. When you eat better, you feel better. Do your best to eat at least 80% of your food raw and living (sprouted).

Cooked food is dead and produces health problems and depression. Raw and living foods bring health and life to the body. When you feel better you act better. Try these quick and easy recipes and see how your body responds!

Broccoli, Squash & Carrot Salad

2 c broccoli, stems and flower tops
1 c carrots
1 c yellow or zucchini squash
½ c onion

Dressing Ingredients

¼ c tahini
¼ c chickpea miso
½ c lemon juice
1 T water

- Chop the vegetables into small pieces using your food processor.
- Blend dressing ingredients in the Vita-Mix.
- Pour over the vegetables and coat completely. Enjoy!

Key Lime Coconut Custard

5 avocados
2 c dates, pitted and soaked in 3 c water overnight
1 t vanilla extract
½ c lime juice
¼ c raw coconut oil
½ -1 c date juice

- Combine all the ingredients in the Vita-Mix and blend until creamy.

Brenda Cobb, author of *The Living Foods Lifestyle* and eight other books on health and healing naturally, is founder of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program every month. For dates and info on ten-day classes, free seminars, or Emotional Healing to Restore Your Health workshop call 404-524-4488 or visit www.Livingfoodsinsitute.com. (Mention Life Grocery and get half price tuition for the October 1, 2006 Emotional Healing workshop.)

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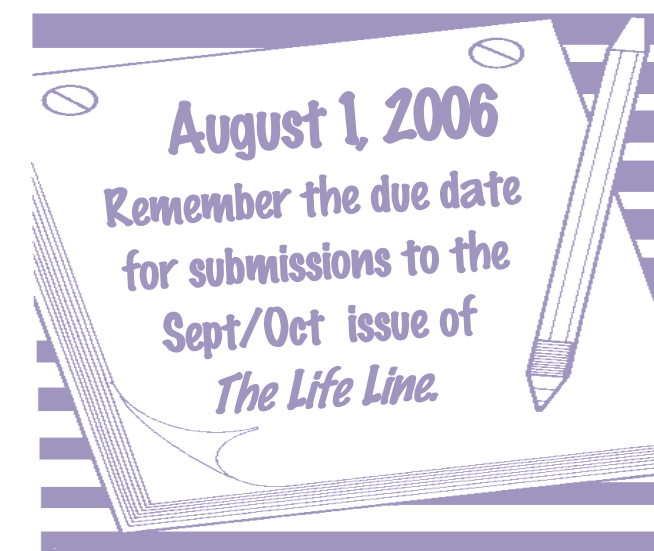
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Question from a Celiac About Cookouts: Can They Safely Be Gluten Free?

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

Dear Nisla

I've been invited to a cookout at a friend's house but I don't know if I should go. I am on a gluten free diet because of Celiac disease, and I am afraid there won't be anything safe for me to eat. Can I just take my own food and toss it on the grill? I don't want to miss out on any of the fun! Thank you in advance for your advice.
Yours truly, "Silly Yak"

Dear "Silly Yak,"

Of course you should go. You should never ever stop living your life because of Celiac disease. The gluten free diet can be easily adapted to most circumstances. Yes, there are some considerations to keep in mind, especially when you are at someone else's house. You will probably feel a lot more comfortable if you take your own food. That way you know it is safe, but if you feel comfortable asking your host or hostess about any ingredients used, do not hesitate to do so. They are probably not going to be aware of cross contamination issues that come up from shared utensils, double dipping of condiments, crumbs on the grill from toasting buns, or marinades that may contain gluten.

I think the most important question to ask is if they are using a gas grill or a charcoal grill. Some charcoal briquettes use wheat as a binder and the smoke from those briquettes can actually contaminate your food. In that case, make sure your food is securely wrapped in foil and cook it that way, or ask if briquettes that do not contain wheat as a binder can be used instead. You may even want to provide the briquettes. A simple solution is "lump charcoal," charcoal made from large pieces of wood without a binder. A gas grill is safe as long as the grill is clean, but just to be safe, I would also put a piece of aluminum foil under the food to avoid any chance of contamination. Use a separate utensil to turn your food with, as well.

Is this being overly cautious and extreme? I don't think so. This is your health we are talking about.

If you don't want to take your own food, just make sure your hosts are aware of acceptable ingredients and cross contamination; do not be afraid to ask what is in something. If you are a vegetarian and want to eat a veggie burger that has been grilled, make sure it's not one that contains gluten. Make sure your food is prepared on a clean grill or on foil, and consider taking a side dish to share with everyone!

Have fun and enjoy your summer. I am including some grill-friendly recipes to enjoy! Be sure you use organic ingredients.

Grilled Artichoke Hearts

makes about 4 servings

1 qt spring water
2 T extra virgin olive oil, plus additional
for brushing the artichokes
5 thin lemon slices, seeded

3 medium garlic cloves
3 thyme sprigs
8 small artichokes, halved, outer leaves removed,
stems and tops trimmed
juice of 1 lemon
sea salt

- Blend marinade ingredients and seasonings.
- Pour marinade over chicken in a non-reactive dish and cover.
- Chill 45 minutes, stirring occasionally.
- Drain chicken; reserve marinade.
- Heat reserved marinade to a boil; set aside.
- On 12 skewers, thread chicken cubes, green peppers, mushrooms, and tomatoes.
- Grill or broil kebabs 4 inches from heat source for 10 to 15 minutes or until desired "done-ness," turning occasionally and brushing with marinade.

Grilled Asparagus

1 lb asparagus, washed and trimmed
2 T extra virgin olive oil
1 T seasoning blend* (approximate measurement)

- Place asparagus in large bowl.
- Drizzle with olive oil and sprinkle with seasoning to taste.
- Toss to coat evenly.
- Place vegetables in grilling basket.
- Grill over medium-high heat for 8 minutes, turning occasionally, until asparagus is fork-tender.

**Seasoning blend: Blend your favorite seasonings. I like to mix garlic powder, salt, pepper, oregano, marjoram, basil, thyme, rosemary, and sage.*

Barbecue Chicken Kebabs

2 lb boneless chicken breasts, cut into
1- to 2-inch cubes
1 large green pepper, cut into chunks
12 mushrooms
12 cherry tomatoes

Marinade Ingredients

1 c vegetable juice cocktail
1/2 c onion, finely chopped
1/3 c vegetable oil
2 T hickory seasoning

- Blend marinade ingredients and seasonings.
- Pour marinade over chicken in a non-reactive dish and cover.
- Chill 45 minutes, stirring occasionally.
- Drain chicken; reserve marinade.
- Heat reserved marinade to a boil; set aside.
- On 12 skewers, thread chicken cubes, green peppers, mushrooms, and tomatoes.
- Grill or broil kebabs 4 inches from heat source for 10 to 15 minutes or until desired

"done-ness," turning occasionally and brushing with marinade.

Skewered Cantaloupe (dessert)

1 medium cantaloupe
1/4 c butter
1/2 c honey
1/3 c chopped fresh mint leaves

- Preheat grill for medium heat.
- Thread the cantaloupe chunks onto 4 skewers.
- In a small saucepan, heat butter or margarine with honey until melted.
- Stir in mint.
- Brush cantaloupe with honey mixture.
- Lightly oil grate.
- Place skewers on heated grill.
- Cook for 4 to 6 minutes, turning to cook all sides.
- Serve with remaining sauce on the side.

Nisla is a Licensed Massage Therapist and a Gluten Free Lifestyle Coach in private practice. She can be reached at 770-653-6017 or by e-mail at nisla@comcast.net Please check Life Grocery's calendar regularly for Nisla's mini massage days at the store!

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