

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

July/Aug 2017

Two Months of Super Savings

Life Savings

**NORDIC[®]
NATURALS** 

- **Ultimate Omega (60's & 120's)**
- **Omega 3 (60's & 120's)**
- **Vitamin C Gumies(60's)**
- **Vitamin D Gumies(60's)**

25% off



- **Maxi Skin**
90 tabs \$16.99
- **Maxi Skin**
2.74 oz \$12.49
- **Maxi Collagen**
7.5 oz \$17.29

**natural
Factors[®]**

**All Stress/Relax
Formulas**

25% off

KYOLIC[®]
Aged Garlic Extract™

**Aged garlic extract
helps support
cardiovascular health**

- Kyo-Dolphilus 9**
90 caps \$20.99
- Kyo-Dolphilus**
90 caps \$14.99
- Kyo-Dolphilus**
180 caps \$24.99



- **Super Enzymes**
90 caps \$15.99
- **Beta-Sitosterol Plant Sterols**
90 softgels. . . \$19.99
- **Sunflower Lecithin**
100 softgels. . . \$7.99



All Swirls
20% off



All Curamin Products
10%-15% off



- **Neuro Optimizer**
120 caps \$35.99
- **Ultra Bone Up**
120 tabs \$22.99
- **NAC 500 mg**
100 caps \$12.99



All Buried Treasure Products
25% off



All Udo's Oil Products
20% off



- **Adrenal Health**
60 vcaps . . . \$19.99
- **Turmeric Supreme**
60 vcaps . . . \$19.99
- **Maca Powder**
8 oz \$12.99



- New Products!**
- **Adenosyl B12**
90 micro tabs . . \$10.99
 - **Methyl B12**
90 micro tabs . . \$10.99
 - **Heritage Activated Charcoal Toothpaste**
5 oz \$5.99



All Products
20% off



All Products
20% off

NEW SUPPLEMENT PRODUCTS

- Earth Therapeutic Bath & Body Care Products
- WishGarden Herbs Assorted Products
- Nubian Bath Bombs Assorted Scents
- Nubian Hand/Body Scrubs Assorted Scents
- Garden of Life My Kind Gummies-Mens, Womens, & Kids Multi's
- Plantfusion Plant Protein
- Plantfusion Lean

GREAT SUPPLEMENT DEALS!

- Dr Bronners Coconut Oil \$12.00 32 oz
- Nubian Bar Soaps \$2.99
- Natural Vitality Calm Raspberry/Lemon \$25.00 16 oz
- Nubian Shea Butte \$7.00 4 oz
- Manitoba Harvest Hemp Pro Fiber \$9.99 1 lb
- Organic India Whole Husk Psyllium \$9.99 12 oz



Introductory Special
All Products
20% off



Peas Please
3.3 oz \$2.49

Is It Really Still Organic If ... ?

By Linda Townsend

I tend to be a fairly trusting person when I see the USDA Organic label, but when it comes to produce . . . there are so many ways what was grown organically can be contaminated at wholesale distribution centers and retail grocery stores. Ways that you may not have considered, but since so many large retail grocery stores are now vying for your patronage by offering organic produce, you might want to take a closer look in their handling of the organic fresh foods.

Let's consider all those stores that carry both conventional and organic grown produce. The USDA has standards about handling, but is everyone working in the produce section trained properly or do they follow through with that training? Have you ever seen the person stocking the produce handling both conventional and organic at the same time? There is no need for them to change their gloves switching from organic to conventional grown, but have you seen them change their gloves after handling the conventional before working with the organic produce?

I rarely shop in large grocery stores as I try to avoid them, but I have noticed the few times I happened to catch the produce being stocked that the same gloves were used for both the entire time while the person was stocking back and forth between organic and conventionally grown fresh foods. I suspect that this kind of contamination happens occasionally because of customer handling, but the grocery store personnel should know better.

You probably wash off all your produce, which is always advisable, and the store probably has a misting system to keep the produce fresher, so that some of that contamination may be washed away but . . . to where? Water always goes downward and some stores have conventionally grown foods under the organic horizontal section, which is ideal in the situation of having both available, but others do not. Some stores have a vertical organic section where the mist would wash down from possibly "contaminated organics"—an oxymoron—from improper handling to add more contaminants to the organics that are under them. Although I rarely see this now, some stores were placing organic produce kind of willy-nilly amongst conventional with such misting systems!

When you shop at stores that have both organic and conventionally grown produce, you absolutely must see the USDA label. Many of those stores carry the exact same items from both. For instance, they may have two bins of Gala apples, one with an organic sign and the other, not. If any apple in the organic bin does not have a label that starts with the number 9, do not trust that it is organic! The label could have come off, *but* then it could be a conventional grown apple misplaced and contaminating the other organic apples! How could you be certain?

Organic produce also should not ever be placed in containers that have been used for conventionally grown fresh foods, so when the produce section gets rearranged, you might wonder if contamination

is occurring. Have you ever wondered if the organic produce is being handled properly in for-organic-only containers in the places you cannot see like the back room?

Buying organics means that you are committed to your health and trusting the label, but you also are trusting the grocery store. The defining question to ask yourself is which do you trust more: a grocery store that added organics in their conventional produce department to build their business or a store that has been committed to carrying organic produce for over 20 years and has high standards about the handling of them because they strongly believe in preserving the integrity of the USDA organic label?

If you want commitment to organic fresh foods, you definitely want to shop at Life Grocery! You will never need to wonder if any item in the produce department is organic or not because every single one is organic and there are no concerns about cross contamination from conventional pesticides and herbicides at Life Grocery.

Linda Townsend has been a member of the Life Grocery Co-op for 20 years and is a freelance writer of health-related issues. She can be contacted at 4biohealth@gmail.com.

NEW GROCERY PRODUCTS

- **Harvest Soul Organic Juices**
- **Mina's Simply Chopped Bars**
- **Amy's Chili Bowls**
- **Amy's Enchiladas**
- **Amy's Whole Meals**
- **Clifia Nitro Iced Coffees**
- **Rudi's Organic Rocky Mountain Sourdough Bread**
- **Rudi's Organic Country Morning White Bread**
- **GTS Kombucha: Cayennade, Heart Beet, Tantric Turmeric**
- **Earthbest Kidz Chicken Nuggets**
- **Wonder Organic Cocoroons: Brownie, Cacao Nib**
- **Mananatha Almond Butter No Stir**
- **Imagine Organic Low Salt Vegetable Broth**
- **EvoHemp Hemp Seed Oil**
- **Nadamoo Organic Rockiest Road Frozen Dessert**
- **Choice Organic Shiitake Mate Tea**
- **Wholeme Granola Clusters**
- **Better Oats Organic Bare Hot Cereal**
- **Follow Your Heart Organic Vegenaïse**
- **Farmhouse Organic Gut Shots: Classic, Ginger Beet, Garlic Dill Pickle,**
- **Spectrum Organic Refined Oils: Grapeseed, Peanut, and Sunflower**
- **Spectrum Organic Unrefined Oils: Olive, Sesame, Toasted Sesame**
- **Dang Coconut Chips**
- **Earthbest Organic Infant formula**
- **Larabar Fruit and Green Bars**