

New Federal Rule Mandates Sterilization of all California Almonds Farmers, Consumers, and Retailers Upset by Treatment Plan

By Will Fantle

CORNUCOPIA, WISCONSIN: A new federal regulation will require all almonds grown in California to be sterilized with various “pasteurization” techniques. The plan is angering small-scale farmers, retailers, and consumers. The rule was quietly developed by the USDA and the California Almond Board in response to Salmonella outbreaks in 2001 and 2004 that were traced to raw almonds. The rule requires all almonds to undergo a sterilization process that includes chemical and/or high-temperature treatments and is slated to take effect this coming September.

“The new rule is unwarranted and could have many harmful impacts,” says Mark Kastel, senior farm policy analyst at The Cornucopia Institute, a Wisconsin-based farm policy research group. “The costs of the chemical and heat treatments, in addition to the costs of transporting and recording the new procedures, will be especially onerous on small-scale and organic farmers and could force many out of business.”

Cornucopia has formally asked the USDA to re-open the regulatory proceeding to allow for additional public input and review. Only 18 public comments—all from the almond industry—were received on the draft rule when it was open for public comment in early 2007. Unlike consumers, retailers, or other organizations concerned with food safety, all almond handlers received a personal letter or fax from the USDA alerting them to the sterilization proposal and inviting their comments.

The most common method of sterilizing almonds is by propylene oxide fumigation. In lab experiments, the chemical leads to gene mutation, DNA strand breaks, and neoplastic cell transformation. It is listed as a “possible” carcinogen by the International Agency for Research on Cancer because no long-term studies have been done with humans. Its use for treating food for human consumption is banned in the European Union, Canada, Mexico, and most other countries.

The only exemption to these new regulations will be organic “raw” almonds that will not be fumigated, but will undergo the steam-heat treatment, and small-scale growers who can sell truly raw almonds, but only directly to the public from farm stands.

The new rule also creates deceptive labeling. Almonds that have been roasted or blanched will be labeled “raw,” despite having undergone sterilization

treatments. Consumers who purchase “raw” almonds may well think that those almonds are natural and unprocessed. Moreover, there will be no label requirement to specify what kind of pasteurization treatment was used among the approved methods.

The Davis Food Co-op is nestled next to the heart of Almond growing country in Davis, CA. Doug Walter, the co-op’s member services director, believes consumers have the right to know what’s going onto and into their food. “Co-op’s are for maximum information,” Walter says. “To have a treatment on the almond that is not fully disclosed is a problem.” Walter notes a growing interest on the part of the co-op’s members in raw foods. “People,” he adds, “need to have options.”

Glenn Anderson, a small-scale organic almond farmer in California’s central valley worries that “This could be one more way for the big companies and the government to put us small farmers out of business.” The equipment to sterilize almonds is very expensive. A propylene oxide chamber costs \$500,000 to \$1,250,000, and a roasting line can cost as much as \$1,500,000 to \$2,500,000.

Anderson and some other growers believe that the sustainable farming methods they use, such as mowing and mulching, rather than controlling weeds by chemical herbicide applications, protect biodiversity and naturally prevent the spread of harmful bacteria more effectively than the artificial process of pasteurization.

Unlike milk, eggs, and meats, for which *real* pasteurization and cooking offers an important protection from food-borne illness, no scientific evidence exists to show that almonds are an inherently risky food. In fact, Salmonella contamination of almonds can only occur when livestock manure or fecal matter is inadvertently transferred to the nuts through contaminated water, soil, or transportation and handling equipment. Almonds may also be infected by poor employee sanitation, either on the farm or in processing facilities.

While two outbreaks may bring bad publicity and economic losses to the almond industry, it does not prove that almonds are inherently unsafe. Practically any food, raw or processed, has some risk of causing food-borne illness; it is unlikely that almonds are any more dangerous to consumers than lettuce, apples, even chocolate.

Cornucopia’s Kastel asks, “Is it justified to impose these onerous regulations on an entire industry, impacting consumers, because of two relatively small outbreaks, one of which has been traced to Paramount Farms, a giant, industrial-scale farming operation raising 70,000 acres of nut crops that is by no means representative of the industry as a whole?”

If all almonds now require *pasteurization*, what foods will be next on the list of mandatory sterilization, heat treatment, or irradiation? This could, suggests Kastel, be the first step in a slippery slope toward a sterile food environment that protects processors from lawsuits and facilitates industrial-scale food processing and distribution networks while offering fewer food choices to consumers who prefer organic or raw and unprocessed foods.

The Cornucopia Institute is urging concerned consumers, retailers, and farmers to contact the USDA and demand that the new rule mandating “pasteurization” of almonds be re-opened for public comment and review. Cornucopia has a comprehensive fact sheet on the almond issue on its web page at www.cornucopia.org/Almond_FactSheet.pdf and a sample letter for interested individuals to send to the USDA at www.cornucopia.org/Almond_SampleLetter.doc. [An online petition is available at <http://www.gopetition.com/petitions/mandatory-almond-pasteurization-is-wrong.html>.]

Will Fantle is the Research Director for The Cornucopia Institute, a Wisconsin-based organization dedicated to the fight for economic justice for the family-scale farming community.

For information on legislation related to supplements, organics, and Complementary and Alternative Medicine, visit the following websites:

<http://www.healthfreedomusa.org/index.php>

<http://www.newstarget.com/021789.html>

<http://www.wellnessresources.com>

How Many Light Bulbs Does it Take to Change the World?

Just One, and in Ways You've Never Imagined!

By Stephen Hennessy

The perception of those odd-looking swirly, light bulbs—known as Compact Fluorescent Light or CFL—is decidedly mixed. On the one hand, most people are at least somewhat aware of the dramatic energy savings delivered by these weird little anomalies of the light bulb world. On the other hand, there's the lingering notion that they aren't as bright, flicker on and off, and are just way too expensive.

Although most of those criticisms were true only a few years ago, my, how times have changed. No longer \$8 a bulb and now indistinguishable (at least from the standpoint of how they work) from regular incandescent light bulbs, CFL's are part of a worldwide push to stop global warming, reduce unnecessary energy consumption and the pollution that it causes, and save you tons of money off your energy bill every year. Australia has already banned incandescent bulbs as of 2010; California and Ontario, Canada are considering similar legislation.

What's so great about CFL's? First and foremost, they use 75-80% less energy than incandescent bulbs. This means that for every CFL bulb you use, *you'll be helping to prevent approximately 600 pounds of harmful emissions from entering the environment.* Or, put another way, if every American home replaced just one bulb with a CFL bulb, the pollution reduction would be equal to taking nearly one million cars off the road. Combine that with an annual operating cost of only \$2.60 per bulb, and you can begin to understand what all the fuss is about.

The reduction in pollution is especially worth examining further, given the significant connections between the health of the planet and our personal

health. With breast cancer, in particular, consider the following:

- The vast majority of people with breast cancer don't have any of the known risk factors.
- Industrialized countries, by far, have the highest incidence of breast cancer.
- Chemicals from auto and industrial exhaust and home and personal care products are present in cancerous breast tissue.
- Excess estrogen is a known risk factor. Many chemicals found in home and personal care products act like estrogen in the body.
- Radiation is a proven contributor to breast cancer.

Given what we are witnessing with climate change and the melting of ice caps around the globe, it's not unreasonable to believe there is a serious link between your health and the health of the planet. You can do something to help today . . . it's as simple as changing a light bulb.

So, after wasteful incandescent light bulbs are gone, what's next? What common environmental pollutant would you like to see made illegal? Email us at changetheworld@pinkpenguinpress.org with your answer and we'll email you a coupon for a **FREE CFL Light Bulb**, redeemable at our very own Life Grocery.

Stephen Hennessy is the co-founder of the Vitamin/Supplement company Ribbon Nutrition and the Non-Profit Organization Pink Penguin Press, where he publishes in Pink Magazine. Stephen is a member of Life Grocery. For further information visit www.ribbonnutrition.com and www.pinkpenguinpress.org.

Going Backward Slowly

By Brian Murray, Founder of mPower

Physical activity is a lousy way to burn calories and lose body fat. Although, most people think that more physical activity is necessary to burn calories and avoid packing on excess body fat, the truth is that physical activity burns very few calories. After one hour on a stair stepper or treadmill, the machine may display that you have burned 300 calories, however, this number includes the calories you would have burned if you had done nothing. For example, the average male will maintain his weight on approximately 3200 calories a day, which equals about 140 calories per hour at rest. When this resting caloric expenditure, or basal metabolic rate, is subtracted from the 300 calories displayed on the machine, you are left with 160 calories burned above your basal metabolism. For an hour of your time this doesn't sound like much. And sadly, the five minutes it may require to consume two bananas will completely cancel an hour's worth of work.

When viewed in a biological context, it makes sense that physical activity would not burn many calories. During periods of food scarcity, survival of our species depended on metabolic efficiency. If our ancestors were capable of burning calories at the same rate that a treadmill says you do, they would have died of starvation before finding enough to eat.

One pound of fat contains 3500 calories. To lose one pound of fat requires that you burn 3500 calories more than you consume. Referring to the example above, if you burn 160 extra calories each day and maintain a stable 3200-calorie intake per day, it would take approximately 22 days to lose one pound of fat. This assumes that all other variables are constant. Unfortunately, there are a few variables that are rarely accounted for—muscle loss, economy of motion, and stress hormones.

Popular forms of exercise such as walking, jogging, biking, and swimming are usually carried on continuously

for anywhere from 30 to 60 minutes. The problem is, if you can engage in any activity for this length of time it is because there is very little demand placed on your muscles. Since only a small percentage of muscle tissue is required to move continuously for several minutes, your body perceives the unchallenged muscle tissue as unnecessary and will allow it to wither.

Muscle is metabolically active tissue. It requires approximately 50 calories to keep one pound of muscle alive each day. On the other hand, one pound of body fat has a metabolic activity of just two calories, so it is very easy for your body to maintain fat. If you lose one pound of muscle your resting metabolic rate drops by 50 calories. This means that in order to achieve the same calorie burn, you would have to exercise longer.

The more you practice a specific activity the easier it becomes due to improved movement efficiency. Many mistake this for improved cardiovascular condition when, in reality, the movement is easier because your entire body performs more economically, burning fewer calories in the process. This economy of motion means that instead of burning 160 calories during an hour on the treadmill, you may only burn 120 calories. So for all that effort, you are actually going in the wrong direction.

To make matters even worse, regular low intensity exercise signals the release of stress hormones, which stimulate fat conservation and storage. So all that hard work and time is actually counterproductive.

The simple truth is that exercise is an ineffective way to burn calories. The best way to control calorie balance is by not putting them in your mouth.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To learn more, please visit www.strengthforlife.net.

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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:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
Marietta, GA 30062
770-977-9583

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Kay Bird, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heathere Wilmoth

Contributors: Betty Bearden, Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Will Fantle, Stephen Hennessey, Jewlie Kinnan, Brian Murray, Kim Strickland, Linda Townsend, Nisla Whetsone

Life Grocery Store, Inc.

Mission Statement

Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

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Elizabeth Carter	770-971-9216
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Pamela Meyers	770-977-4275
Sara Sweeney	770-591-0001
Sheree Zink	770-426-7436

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Instructions on How to Eat

By Dr. Joe Esposito

In order to get the most out of what we eat, while steering clear of all sorts of diseases, health problems, and other assorted bad news, we not only need to watch what we eat, but how we eat it. No, we're not talking about new ways to use a knife and fork, but what we might call eating strategies, such as: Eat only fruit for breakfast. What, no bagel? No Egg McMuffin? "I'll just die," you say. Unlikely. Eating fruit will give you all the energy you need while not polluting your body with all that yummy sludge. OK, let me explain.

Your body is detoxifying up until about 12 noon, and anything but fruit will slow down this process and cause a toxic build-up of poisons in your system that can't escape. And thanks to the high fiber content of fruit, it will also help clean out any waste products built up in your colon. Fruit will also supply you with all the nutrients you need to make it through your morning. If you get hungry, just eat more fruit. Very simple.

Bananas are slower to digest than other fruits, so they tend to hold off the hunger pangs a little better. If you eat melon, the rule is, "Eat it alone or leave it alone." Melon digestion requires a slightly different level of "stomach juices" than other foods; mixing anything with melon will prevent proper digestion of all the foods.

Be sure the fruit you eat is raw and preferably organic. Why organic? Organic foods are grown without pesticides and in healthy soil, which raises their nutritional value. Such a deal. OK, so they're usually a little more expensive, but you're worth it, right? If you're going to do it, do it right. Eating organic is especially important for fruits, such as apples and peaches, where you eat the skin. [Even if you peel the skin, like with bananas or oranges, and much of the external pesticides are thrown away with the skin, it's still best to use organic produce.] Dried fruits are OK, but be sure they don't contain sulfites, which are used to make dried fruit look pretty, but happen to be toxic.

Trying To Kick The Habit?

1. If you're a coffee, tea, cola, or any other "bad drink" drinker (sorry, just speaking the truth),

and you try to give it up all at once—dream on, right?—you may get a headache or general upset feeling. Caffeine withdrawal is not a pleasant experience, for you or those around you. In addition to caffeine having a serious negative effect on your nervous system, caffeine will block some of the absorption of calcium in your digestive system. Caffeine is often hidden in many foods. Did you know that two aspirins can have as much caffeine as a cup of tea or a glass of cola? If you do want to give it up, put a glass of your favorite caffeinated drink in the refrigerator. For every hour that you don't feel good and are craving some, take one tablespoon of the drink. That should make you feel better. If you feel bad the next hour, repeat the process. If you feel OK the next hour, skip the "fix." Most people report that in two to four days they can kick the habit. Think of all the money you'll save that you can now spend on organic produce!

2. Enjoy a wide variety of foods in your diet, but avoid mixing too many different foods in one meal, or you'll end up having a hard time properly digesting it all.
3. More and more experts are singing the praises of raw food for one main reason: enzymes. Our bodies desperately need enzymes to process our food efficiently and raw foods are our only food source of this crucial dietary element. So, try to eat at least one raw food at each meal. Once any food is heated to 120° F or higher, many of the nutrients and enzymes begin to break down. [Some authorities claim that this breakdown occurs above 105.°] The more we cook our food, the less healthy it becomes. A vegetarian/vegan diet without raw foods is still a long way from healthy. A good variety of raw fruits and veggies spread throughout your day ought to do the trick.

4. Eat as much as you need to keep and maintain a healthy weight and lifestyle, but don't overeat. Too much food dulls and depresses the mind and can cause fatigue, a weakened immune system, and other bad things. Are you reading this after a big meal? Having trouble keeping your eyes open, aren't you?
5. Do not eat meals too close together. Wait until one meal is digested and out of your stomach before piling on another. If the first meal is only partially digested and you dump another pile of food on top of it, the first batch ends up sitting in the stomach too long, waiting for the second round to digest so that they both can pass out of the stomach and into the small intestine. And food that sits too long in the stomach gets "over digested" and won't be absorbed very well.
6. Here are a few good rules of thumb. Before eating again, wait at least:
 - one hour after eating a fruit-only meal
 - two hours after eating a leafy vegetable meal
 - three hours after eating a starch meal, containing grains or starchy vegetables such as potatoes, sweet potatoes, yams, corn, artichokes, carrots, beets, rutabaga, winter squash, and pumpkins
 - four hours after eating a protein meal such as beans, nuts, or legumes

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. Contact him at 770-427-7387 for further information.

Do Whatever Works for You

By Don Bennett, DAS

A common piece of advice when experimenting with different healthy lifestyle habits is to "do whatever works for you." There is a definite danger when following this advice and it revolves around the definition of the word "works." If you're not knowledgeable with respect to what you're experiencing when making significant changes in one of your lifestyle practices, you may draw the wrong conclusions. For instance: How you feel is not always a good indicator of what is really working for you. If you switch from a "Standard American Diet" to a healthy human diet overnight, you may feel worse before you feel better. (I'll explain why in a moment.) If you don't realize that this is normal, you may go back to what you were previously eating to see what happens, and when you feel better—which you most certainly will—you may misinterpret this and mistakenly conclude that a plant-based diet doesn't "work" for you, and that, for example, eating a lot of protein does.

To understand the above mechanism, it's necessary to understand the concept of detoxification. If you're in an unhealthy state of health (and you can be without knowing it), it's unlikely you got into this condition overnight; it probably took years, even decades. So when you decide to get healthy, it isn't going to happen overnight. It'll take time (so obviously, the time to start improving your health is now). And, as I said, you may feel worse before feeling better. So to avoid drawing the wrong conclusions, you need to have a working knowledge of what's happening as your health improves.

A long time ago there were very few toxic substances you could take into your body. And those that were toxic would let you know it; if a plant tasted bitter, odds were it was probably poisonous, and the bitterness was a signal to not eat it . . . so you wouldn't. In this way, you were protected from consuming toxic things. But today, that natural taste bud protective mechanism doesn't do us much good; things that taste delicious can contain toxins. And even if a substance tastes "yuk," many people still consume it because it's the "social thing" to do. To me, whisky and beer do not taste yummy, so I don't consume them, but I did at one time . . . my buddies did, so I did, too. But that was very disrespectful of my body, and not respecting your body is a big mistake if good health is important to you.

When toxic substances enter the body, the body tries to keep these things from harming its tissues. If the body doesn't have enough vitality to expel the toxins as they come in, it has only two choices: leave them in the system where they can go around hurting things, or put them someplace where they'll do the least amount of damage. Naturally, it tries to store them somewhere (in fat cells). When someone who is losing weight feels sick, it is often because those toxins that were stored in their fat cells are now becoming systemic; their storage containers are shrinking.

If you've been exposing your body to toxic substances every day for years, and then you stop doing this, your body is finally able to rid itself of the stored

toxins and begin the task of repairing the damage caused by them. The process of expelling stored toxins is called detoxification (also referred to as detox) and it is never pleasant. And, since you feel terrible, many people mistake detox as a sign that their body did better when it was given beer, cigarettes, or non-human food. And when they go back to doing these things, they feel better. Why? Because the detox process stops! Some people call the detoxification process "withdrawal," but that's a very inaccurate term.

So be very careful when deciding what works for you. Being a well-educated consumer is your best defense against incorrect conclusions.

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 in our book department. Visit health101.org/book for details.

Summer Life Fest
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Homeopathy for Life

By Kim Strickland, ND

Many people think that homeopathy is synonymous with herbs, but it really stands by itself. In the 1800s, Samuel Hahnemann brought to light the science of homeopathy. He studied records of accidental poisonings from mercury, arsenic, and belladonna among others. He found that poisons caused symptoms similar to certain illnesses when taken in excess. Further, when the poisons were taken in a highly diluted, potentized form, Hahnemann discovered that, instead of causing symptoms, they would actually assist the body in recovering from the illnesses that had similar symptoms.

The phrase Hahnemann coined to explain this phenomenon was, "similia similibus curentur," Latin for "let likes be cured with likes." In the homeopathic arena, this is known as the law of similars, which says that any substance that can create symptoms in a healthy body can aid healing those same symptoms in an unhealthy body.

There are two main types of homeopathy that have developed, classical and clinical. In classical homeopathy, one single remedy is given at a time. Repetition of the single remedy is based on the chosen potency. In clinical homeopathy, low potencies of multiple remedies are combined, thus creating a new remedy. Homeopathy is safe, does not generally cause any side effects, and is curative. Properly chosen remedies will improve the symptoms without suppressing them. Incorrectly chosen remedies will generally produce no reaction from the body.

Every acute disease is the result of a positive, adaptive, cleansing, healing response of the body to the stresses it experiences. Homeopathic remedies assist nature with her work of curing—they do not attack, kill, or stop the action of any cell, organ, or tissue. A correctly chosen homeopathic dose goes directly to the area it is most needed and then stimulates and supports the affected cells in their cleansing efforts.

It should be noted that symptoms accompany a disease, but they are not the dis-ease. Homeopathy assists the body in removing blocks to healing, and, thus removing the symptoms of dis-ease. It will work with

much greater effectiveness when combined with a rational vegetarian diet, hydrotherapy, massage, exercise, and a positive mind frame. A holistic approach is important when choosing a homeopathic remedy. Using allopathic treatments, one medicine may be given to twenty people who have the flu. By contrast, with homeopathy each person may receive a different remedy, based on the nature and demonstration of their symptoms. The whole symptom "picture" guides a homeopath to the best remedy.

Homeopathic remedies are made from plant, mineral, and animal kingdom substances that are diluted in distilled water. Remedies come in various potencies. For example, one part substance is diluted in nine parts water, then the entire mixture is shaken vigorously (potentization). When this process is repeated three times, each time further diluting the original solution, it is labeled 3x. If the mixture is one part substance to ninety-nine parts water and the dilution and potentization process is repeated three times it is called 3c. As a layperson, you will be able to purchase potencies up to 30c. The lower potencies will need to be repeated more frequently and they usually have faster results with physical symptoms, whereas, the higher potencies work better for mental and emotional issues.

The healing process, via homeopathy, is based on Hering's Law of Cure, which states the following:

- Healing will occur from the inside to the outside.
- Healing progresses in reverse order of appearance.
- Healing occurs from top to bottom.

It is possible to treat yourself or your family members with homeopathy safely at home for acute illnesses that are not serious. Life Grocery carries several lines of homeopathic remedies, both single and combination formulas. There are homeopathic teething and earache tablets for babies, as well as homeopathic eye drops and ointments available. The next time you have a headache, constipation, heartburn, indigestion, or a cough consider trying homeopathic remedies.

Several remedies are listed here for you to start:

- Aconite—first stage of diseases, sudden onset particularly after being exposed to cold, dry wind; symptoms include restlessness, anxiety, fear
- Apis—swelling, burning, and stinging pains, bites, stings; aggravated from heat and pressure, usually around 3 pm; better from cold; often indicated after vaccinations
- Arnica—shock, bruising, muscle aches from overuse; use before and after surgery
- Belladonna—sudden onset, especially of fevers, spasms, and cramps; dry, hot red face and mucous membranes; throbbing pains; hypersensitive to touch or light
- Chamomilla—very irritable; experiences pain out of proportion; screaming; being carried temporarily pleases them; worse during teething
- Ferrum phosphate—first stages of inflammation; flushed face; general weakness; lack of specific symptoms

When using homeopathic remedies, all efforts should be towards allowing the body to heal naturally. Using allopathic remedies at the same time may confuse the body, as their action usually suppresses the symptoms, rather than assisting the body to heal. For more serious conditions or constitutional homeopathy (for conditions you were born with), seek the help of a professional who is certified in homeopathy.

Resources:

www.abchomeopathy.com

Dana Ullman, M.P.H. *Homeopathic Medicine for Children and Infants*

Kim Strickland, *Doctor of Natual Health*, is currently a stay-at-home mother and can be reached at mkstrickland@bellsouth.net or 770-218-3952. Visit www.naturallivingresource.com.

life bits

By Kay L. Bird

The Correct Answer Used to be Canvas

The question: paper, plastic, or canvas? The answer used to be canvas, but move over canvas. The **ChicoBag** is here. Designed to eliminate all the excuses, a **ChicoBag** quickly stuffs into an attached 3" x 4" nylon bag and fits easily into a purse or pocket—or use the hook to attach it to a belt loop.

Weighing a mere 1.5 ounces, the **ChicoBag** opens up to approximately 18" x 18" and has a 20 pound capacity. The handles even fit over the metal bars that hold the plastic bags open at the cash register.

If the bags are not wet from produce, I unload them and immediately stuff them back into their little bags and put them in my purse. No more leaving the bag on the door handle and forgetting to put it in the car. No more leaving it in the car and not remembering it until I reach the front of the checkout line.

If the **ChicoBag** gets wet, it will dry quickly, hanging over a doorknob. If it gets dirty, wash it in cold water and let it air dry. The **ChicoBag** is made of strong and durable woven nylon. It comes with a one-year warranty against defects in material and workmanship. When its life is over, the ChicoBag company will take it back and recycle it into other products such as door mats, dog beds, and prayer flags. How cool is that? An attached tag inside the bag contains the contact information for recycling. The bags are made by a fair labor, fair wage manufacturing company.

Why Bother?

- The average American uses between 300 and 700 plastic bags per year.
- If everyone in the U.S. tied their annual consumption of plastic bags together in a giant chain, the chain would reach around the Earth, not once, but 760 times.
- According to the American Forest and Paper Association, in 1999, the U.S. also used 10 billion paper grocery bags, requiring 14 million trees to be cut down.
- Plastic bags don't biodegrade, they photodegrade—breaking down into small toxic bits, contaminating soil and waterways and entering the food-chain because animals and fish mistake them for food. It has been reported that baby birds that are fed those plastic bits by their parents usually die of starvation, because they feel full and quit begging for food.

ChicoBags are sold at Life Grocery. They are located at the front of the stores, with the magazines, but they are so small it is easy to overlook them. They are available in black, burgundy, purple, brown, neon green, neon blue, neon pink, and neon orange. Try three or four of one color for groceries and pick another color for clothing and dry goods. They are truly lifesavers.

New Products

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- Frontier Loose Tea
- Kettle Bakes Pretzel Chips
- Living Harvest Hempmilk
- Lundberg Wild Rice

GLUTEN FREE GROCERY

- Jo-Sef Graham Crackers & Linzer Cookies
- Laras Rolled Oats
- Laras Whole Grain Oat Flour

Persistent Symptoms

By Linda Townsend

Have you ever had a condition that was treated and treated and treated again—one that either never really went away or easily recurred? The first time I really learned the difference between symptoms and their true causes happened when I adopted a puppy some years ago.

Jasmine came to us with round worms and tapeworms, nothing uncommon. We treated her with herbs for parasites and then there were no more round worms; however, the tapeworms proved to be quite tenacious. We tried several natural and homeopathic remedies under the advice of our holistic veterinarian. Even he finally shook his head and suggested a prescription medication that causes the tapeworm to dissolve within the intestines. It's practically foolproof, but . . . it did not work either.

Everyone told us that our dog was being reinfected. You see, dogs get tapeworms from ingesting infected fleas. However, we had followed the vet's recommendations, so Jasmine had not had any fleas at all for months during and after the treatments. After a few more weeks, another seemingly unrelated problem

emerged, she began having difficulty walking. Having given up on treating the tapeworms, the vet gave her some supplements and a homeopathic remedy called Phosphorus for a rare birth defect causing a malformation of her legs and hips.

Two weeks later, Jasmine was walking much better, but more astonishing was the fact that the tapeworms had also disappeared during that time, and she never had any parasites for the rest of her life, even though we did not treat her for them. I found, through my own research in the years that followed, that parasites are merely opportunistic creatures that are unable to survive in a healthy body. Jasmine's abdominal area had energetic imbalances resulting from being between the two malformed hips. The hips apparently were the source of this energy imbalance, because once the hips were treated, the abdomen's bioenergy patterns corrected, and the parasites were not able to survive.

I have seen this phenomenon many times over the years; in fact, I had an experience even more personal a few years ago. I had increasing upper back pain causing restrictions in my arm and neck movements that

had lasted for about a year. I went for regular chiropractic adjustments, but they did not seem to be working. As it worsened, I tried massage and that helped a bit more, but still the problem persisted. Finally, I realized that it may be connected to some issues I had been having for over a year with my mother. Imagine my amazement when this year-long, painful condition simply disappeared in just two weeks, after I faced the issue and forgave her.

Sometimes we are more interested in treating the symptoms, which can be nagging us, than finding the true cause, but if any condition persists after treatment, most likely it is merely a symptom and the core problem is not yet being remedied. In such cases, I believe one should explore the possibilities that the persistent symptom could be caused by something seemingly unrelated, because one thing is not really independent of another if it is within you. The body, mind, and spirit are interrelated in ways that are mysterious and wonderful. This is why both illness and healing are also mysterious wonders.

Linda Townsend of BioHarmonics Research can be contacted at ceisa@bellsouth.net.

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- Sprinkle Fiber
- Colon Fit
- Fiber Chocolate Chews
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- *The Secret* Book and DVD

Colorful Organic Food is Good for You

Hippocrates, the father of medicine, said, "Let food be your medicine. Let medicine be your food." Put this quote into practice on a regular basis and you will have much better health. Good health is something you must work at. It does not happen by accident. Become better educated about how to take care of your body and what to eat to promote health, and you'll do a better job taking care of yourself. Save many thousands of dollars on doctor's visits, drugs, hospital stays, surgery, and other "health" care when you eat really good food!

Eat organic produce so you will be sure you are not putting toxic chemicals and pesticides in your body. If a pesticide can kill a bug, it can hurt you. Investing in good organic produce just makes good sense. Not only will it make you healthier, it will save you money down the road. You will save on medical bills when you are healthy.

There is an abundance of nourishment in organic fresh fruits, vegetables, nuts, and seeds. If they are not cooked, they are rich in enzymes, vitamins, and minerals. Once cooked, the enzymes are destroyed; the vitamins and minerals are decreased; it is virtually dead. Eating cooked, dead food is a huge contributor to poor health. Make it a goal to eat at least 80% of your food raw and living. The other 20% cooked food should be vegan. The more raw and living foods you consume, the better you will feel.

Go shopping in the fresh produce section and look at the beautiful vibrant colors of the fruits and vegetables. It looks like an artist's palette of beautiful colors. Eat all the colors of the rainbow and you will be giving your body the best it can get. Eat lots of green foods like kale, mustard, collards, and chard. Dark green leafy vegetables have more calcium than dairy products. The green chlorophyll in these special foods will heal all the way to the cellular level.

Yellow squash is a very alkaline food and excellent for acidosis of the liver and blood. It is full of calcium,

iron, magnesium, phosphorus, potassium, zinc, copper, manganese, and vitamins A, B complex, C, and E.

Vibrant and beautiful red bell peppers are full of vitamin A, making the body resistant to colds and promoting a sense of well-being. Red peppers are antibacterial and have up to six times more vitamin C than oranges.

Orange carrots are excellent detoxifiers and will alkalize, cleanse, nourish, and stimulate the body, liver, digestive tract, and kidney function. Carrots help prevent and treat cancer, balance the endocrine and adrenal systems, depress blood cholesterol, and increase bulk elimination from the colon.

Blueberries are a great laxative and blood cleanser. They improve sluggish circulation and benefit night vision. Blueberries protect against the development of cataracts and peptic ulcers and have a healing effect on mouth infections. Blueberries are one of the fruits that are highest in iron.

Celebrate beautiful, colorful organic food. It is a precious gift from nature. Freshly picked and unprocessed food can supply over two thousand different enzymes, which are destroyed by heat greater than 105 degrees, so eat it fresh, raw, and living and you'll receive the benefits that God intended in every little bite. Take care of your precious health; no amount of money or possessions matter if you are sick.

Learn all you can about the vibrant colorful foods available to you and include as many as possible in your daily nourishment. You will love the way they taste and you will love the way they make you feel. Remember to use only 100% organic ingredients!

Recipes

Rainbow Salad

1 c kale, chopped
1 c carrots, chopped
1 c squash, chopped

By Dr. Brenda Cobb

1 c red bell peppers, chopped
1 clove garlic, minced
1 c sunflower sprouts
1 T chickpea miso
2 T fresh lemon juice
1 T olive oil
2 T water (only add the water if you need a thinner dressing)

- Chop the vegetables into small, bite-sized pieces. Don't chop so much that it is mushy.
- Mix miso, lemon juice, and olive oil in a bowl. Add water to thin.
- Add dressing to vegetables and toss well until all are coated.

This is yummy and so good for you!

Blueberry Blissfulness

1 c fresh blueberries
1 banana
1 T raw coconut oil
1 c buckwheat lettuce sprouts
1 c filtered water

- Blend all in the Vita-Mix until creamy and smooth.

Brenda Cobb, author of The Living Foods Lifestyle®, available at Life Grocery, is founder of the Living Foods Institute, featuring a 10-Day program to help people detoxify, rebuild, and heal the body naturally with organic raw and living foods. The next 10-Day class will be held on June 1-10; free banquet on June 10. For limited available scholarships and further information, visit www.livingfoodsinstitute.com or call 404-524-4488.

life bits

By Kay L. Bird

Do They Really Work?

Have you seen those blue plastic, tennis-size balls that have nubby spikes all over them? You can find them for \$9.99 in most of the big-chain drug stores, either along the laundry products isle or in the *As Seen on TV* section.

Put them in the dryer with the wet laundry. They lift and separate the fabric, and allow the air to flow more efficiently. They are proven to decrease lint and reduce drying time up to 25% in independent testing (info from www.gaiam.com).

The first time I used them was to dry a load of towels. I had a good idea of how long it would take them to dry, so I set the timer at approximately 1/3 less the usual drying time. I checked them when the buzzer went off and was delighted to find they were completely dry. To my surprise, those old towels felt much softer and thicker than usual. They get my vote of confidence.

I have just become aware of chemical-free, reusable dryer sheets that claim to eliminate static, soften fabric, and reduce lint. *Static Eliminator* sheets are described at www.gaiam.com as "incredibly effective . . . and work wonders with removing pet hair."

Unlike the commercialized brands of throw-away, anti-static sheets, these hypoallergenic sheets are free of the harmful chemicals, three of which appear on the EPA's Hazardous Waste List. That means safe for babies and a relief to allergy sufferers.

Static Eliminator sheets are cloth, woven with carbon fibers, which absorb static electricity. (This is a mechanical process; no chemicals are used.) The two sheets are used together and can be reused up to 500 times. They work at any heat setting and are guaranteed to never spot or stain. If you have been using those other dryer sheets, it may take up to four washings for the chemicals to dissipate, after which the *Static Eliminator* sheets will work properly. Two sheets per box cost \$20 at www.gaiam.com.

Using all-natural clothing and hanging them up to dry will also go a long way toward eliminating static problems. To reduce wrinkles, shake out each piece of wet clothing, put in the dryer for a few minutes, then hang up to finish drying.

The dryer sheets leave a waxy build-up on the mesh lint screens, causing the hot air to back-up in the dryer and overheat—much the same way that lint will do, only it is invisible. If you have been using dryer sheets, you can do a quick scrub and rinse of the screen in warm, soapy water, which should remove most of the build-up.

Many newer dryers use moisture sensors rather than the old familiar timed cycle. The residue from the throw-away dryer sheets can coat the sensors and interfere with their proper function. Save your money and your health, and spare me that artificial perfume smell that makes me step back a few feet.

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Vegetarian Staple "Must-Haves"

By Betty Bearden

Tofu, otherwise known as bean curd, is pronounced **TOE-foo**. Tofu by any other name would still be . . . tofu. It is one of the most versatile, not to mention nutritious and healthful foods, there is. Let's explore the options: "Well, Forrest, you got 'cha deep-fried tofu, and you got 'cha sautéed tofu, broiled tofu, baked tofu, marinated teriyaki tofu, scrambled tofu, barbecued tofu . . ." Tofu is really cool.

HOW DOES ONE MAKE TOFU?

Tofu is made from soybeans. First, you cook the beans, then you mash them. The beans render "milk," to which you add a solidifier like nigari, magnesium-chloride, which is extracted from deep sea water, or calcium sulfate, an excellent source of non-dairy calcium. The solidifier forms curds, which are then pressed into large blocks that are cut into the little tofu cakes you buy in the store. This is much like the process of making cheese from milk. Sounds like too much work to me. It's best to just purchase it from the large selection Life Grocery has to offer.

Extra firm tofu contains the following per serving, which is approximately four ounces, or 1/5 slice of the block: 80 calories, 4 grams fat, 8 grams protein, and 2 grams carbohydrates. There is, on average, five servings per container of tofu.

Saturated fat is approximately 0.5 grams. Unsaturated fat content is a little over 2.5 grams. Extra firm tofu contains the most calories and fat. Firm and soft tofu contains more water, which equals less fat and calories! As you can see, over 3/4 of the fat content is unsaturated fat, which is actually good for you. Low-fat tofu is now becoming more readily available. When purchasing tofu, always be sure you are buying non-GMO (non-genetically modified) organic tofu. It should be prominently displayed on the package.

WHERE TO BUY TOFU

You can find tofu just about anywhere, but why go anywhere else when Life Grocery has an abundance of it. Its texture ranges from soft (silken) to firm and extra-firm. The soft or silken tofu has a custard-like consistency, due to higher water content. This type is best for making dips, desserts, and sauces. I prefer the firm, as opposed to the silken, for the majority of my recipes. The packages are always clearly marked as to the texture of the tofu.

HOW TO STORE TOFU

Fresh tofu is usually packaged in water in a plastic tub/container. You can store it in the refrigerator in its original packaging until you're ready to use it. Be sure to notice the expiration date on the package. Believe me, you do not want to smell tofu once it has spoiled. Woo-pretty bad.

Once you remove the tofu from its original packaging to prepare it, you will need to store any unused tofu in a container, filling it with pure water and changing the water on a daily basis.

If you want to purchase a bunch of tofu at once, you can freeze it. First, remove it from the packaging, discard the water, and completely drain tofu on paper towels or a wire rack. Place the tofu in a freezer-proof plastic bag or container. You can even slice it or cube it before freezing. You can also freeze it after you have cooked it.

Important: After freezing, be sure to allow the tofu to completely thaw and drain on paper towels before frying.

Another thing I want to point out is that the texture of tofu will change after it has been frozen. Some prefer the chewy texture of frozen tofu, as opposed to the soft texture of regular tofu. Frozen tofu will become a little "spongy" and tougher, which makes it great for soaking up marinades. It also makes for a better char-grilled "burger," because it has become much firmer. Once frozen, tofu also changes to a golden/amber color, so don't freak out, this is normal.

If you don't care for tofu, try edamame, (pronounced **ED a Mah** may). Edamame is the mighty

soybean, totally unprocessed. Try tossing a fistful into virtually any dish, especially salads, for added protein and crunchy-good flavor. You can even munch on edamame for a healthful snack. You can find it in the frozen foods section at Life Grocery.

SOY MILK

Many people are trying to cut back on dairy products, and I, for one, should follow their lead. I eat way too much cheese, but I love it. I do, however, drink a lot of soymilk. It's great on cereal, for making smoothies, or just for a nice afternoon snack with peanut butter crackers. However, as far as baking, it just won't do! I have ruined more recipes cooking with soymilk, rather than whole milk. I have even tried a half milk-half soymilk combination, but have not yet found a suitable substitute. If you know of one, please let me know. However, as far as an excellent source of protein or just as a pick-me-up in the afternoon, it is a very good thing.

TVP

TVP is "textured vegetable protein," which is defatted, dehydrated soy flour; it contains virtually zero fat. This is due to a process performed by extracting the vegetable oil from the flour. It also provides excellent fiber and protein, and contains vitamins A, B6, potassium, calcium, phosphorus, iron, and amino acids, as in tofu. TVP contains approximately 82 calories per half cup serving, reconstituted, 12 grams protein, and 7 grams carbohydrates.

BULGUR WHEAT

Bulgur wheat contains 75 calories and relatively no saturated fat per 1/2 cup cooked serving. It also contains protein, fiber, potassium, calcium, and amino acids.

COUSCOUS

Couscous is made from semolina wheat and contains 107 calories per 1/2 cup cooked serving and contains relatively no fat. It also contains potassium and calcium.

TVP, couscous, and bulgur almost double in volume when cooked or reconstituted, so keep in mind if you want one cup of prepared TVP you will only need to measure out 1/2 cup dry mixture, as with bulgur and couscous.

NUTRITIONAL YEAST

Nutritional yeast is a food-yeast grown from molasses, not to be confused with Brewer's Yeast. It contains approximately 60 calories per 2 heaping tablespoons. Nutritional yeast flakes contain all the essential amino acids, and the following is just the tip of the iceberg: it provides approximately 8 grams protein, 7 grams carbohydrates, is rich in vitamins B1, B2, B6, B12, and folic acid, and has about 1 gram of fat per serving. Talk about a super-food!

I will be including some recipes on how to use these staples in upcoming issues of *The Life Line*.

A WORD ABOUT ORGANIC LABELING

To GMO or not to GMO, that is the question . . . The term "organic" is sometimes misunderstood. Basically, everything we eat *is* organic. But, if you would like to know what it means in regard to food labeling and whether food is genetically altered or non-genetically altered, (gmo vs. non-gmo), which is a growing concern among many people, there are a few websites dedicated to enlighten us all. The following is a link, which will take you to FDA guidelines and regulations regarding bioengineering of foods and labeling thereof:

<http://www.cfsan.fda.gov/~comm/biorpt.html>
U.S. Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857-0001
1-888-463-6332

Not known for being single-minded, here is another view on this subject:

<http://www.organicconsumers.org/ge/fdalabelingfails.cfm>

Classifieds

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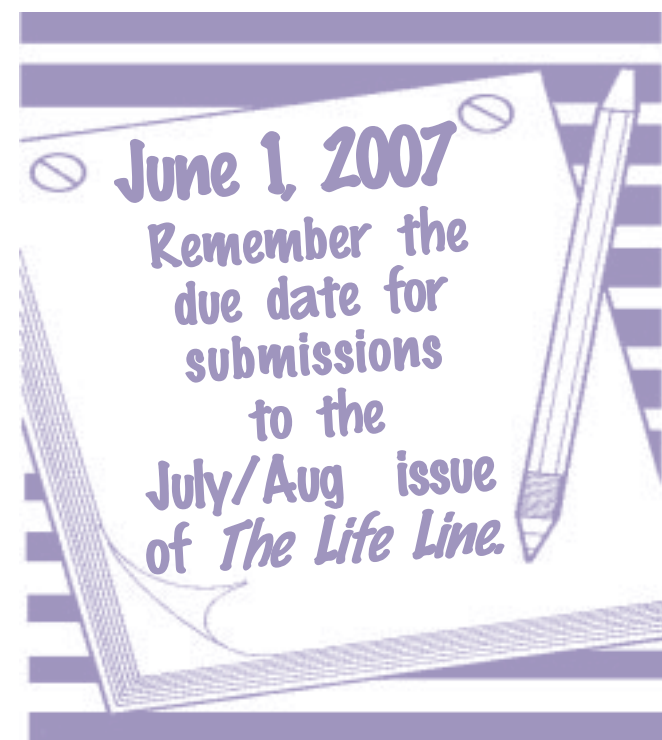
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Now you are ready to go to Life Grocery and stock up on the staples we have discussed here. So, the next time you're invited to a cook-out, hey Babe, go ahead and take a walk on the wild side. Walk over to that grill and slap on a big honkin' slice of tofu. See, you *can* have your "burger" and eat it, too.

*Betty Bearden is a writer and author of a self-published cookbook, **Normal People, Eat Tofu, Too**. She has worked as a volunteer chef, a cooking class instructor, and a reporter for The Paulding Neighbor Newspaper. For further information, you can contact Betty at bbearden@joimail.com.*

Reflections on my Gluten Free Life

By Nisla C. Whetstone, L.M.T., Gluten Free Lifestyle Coach, and Amateur Chef

I've now been officially gluten free for over four years now, and while it's hard to believe it's been four years, it seems like second nature to me now. I wanted to share with you just a little bit of what I've learned during this time. First of all, I can live without wheat in my life. I can remember saying "But I just can't live without WHEAT!" Oh, so not true. I couldn't live WITH wheat; I just had to get it through my thick head that wheat/gluten was poison to my body and treat it as such. Second of all, it does get easier with time.

In the beginning, I was just as depressed, angry, bitter, and afraid as most people are when they first find out they have either Celiac Disease or Gluten Intolerance, or have to give up wheat/gluten for other reasons. I really thought that my life was over. I thought for sure I'd never be able to eat good tasting food ever again. Again, not true . . . I've discovered so many delicious foods out there and have become much more excited about sharing my finds with others. In the beginning, I wouldn't have served my feeble food experiments to the dog; they were that bad!

My daughter is also on this gluten free diet with me so this brings me to the third thing I've learned. Children are way more adaptable to this diet than we give them credit for being. Once my daughter learned just how much better she felt off of gluten, and how terrible it makes her feel if she accidentally gets a hold of some hidden sneaky glutens, she was way more willing to be compliant on the diet and to actually take responsibility for her own food choices. With children it is important that you let them have a sense of control over their food. You can help them make smarter healthier choices, but let them have some say in what they can eat. Eventually, they will be out with friends or other family members without you there to make the menu choices for them, and you need to be able to trust that they will know what to order or choose. Teach them to read labels as soon as they are old enough to read.

Speaking of reading labels, the fourth thing I'd like to share with you is this: ALWAYS read labels. Even if you have bought the same product many times before and it's always been gluten free before, even if you've previously verified a product as safe through contacting the manufacturer, always read the label again. Ingredients change, formulations change, suppliers change, and the ingredient statement on the package SHOULD be the most accurate source of information as to what is in that product. I don't know how many

times I've picked up a box of whatever that I've been getting for a while and tossed it in my basket, only to stop and think "I need to double check the label." I have found that yes, the company has added wheat to the formula in some form or another and now my favorite cereal is no longer safe. This is why I prefer to shop at Life Grocery, with it's wonderful gluten free section and many products that are actually labeled gluten free!

The last little tidbit I want to share with you is this: Just because a food is verified gluten free, it does not mean that you aren't going to react to it. Many of us have multiple food intolerances that show up the longer we are on the gluten free diet. So, just because you ate something that made you sick, it doesn't mean it was necessarily gluten. You could have developed an intolerance to dairy, corn, soy, legumes, or any number of things. Only you can truly determine what other intolerances you may have. Whenever I start reacting to foods and I know that I've been strict about my gluten free diet, I have to go back to the basics. I eliminate all suspect foods, then I add back one at a time, keeping a journal of any reactions. Ultimately, you become your own food detective! Good luck and never give up hope! The most important thing to remember is to focus on what you can have, not on what you can't. On that note, I want to share some of my favorite foods.

Chicken or Tofu Rice Casserole

2 c water
1 c Basmati rice
½ c Imagine Creamy Portobello Mushroom Soup
1 c cooked chicken breast, shredded, or baked tofu, cubed
1 clove garlic, minced
¼ t black pepper
¼ t salt
2 T butter or olive oil

- Bring water to a boil, add rice, and stir.
- Reduce heat and cover.
- Simmer for 20 minutes.
- Add the rest of the ingredients and mix well.
- Place in casserole dish and bake at 350 degrees for 10 minutes.

Chicken Broccoli Casserole

2 c cheddar cheese or non-dairy substitute, shredded
1½ c cooked chicken or pre-cooked firm tofu, cut up
2/3 c onion, finely chopped

10 oz fresh broccoli, chopped into small pieces, or 1 pkg frozen chopped broccoli, thawed and drained
1 1/3 c milk or non-dairy substitute
3 eggs or equivalent egg replacer
¾ c The Gluten Free Pantry's Quick Mix
¼ t pepper
1/8 t dried thyme leaves
1 c cheddar cheese or non-dairy substitute, shredded, for topping

- Heat oven to 400 degrees.
- Mix 2 cups of the cheese, chicken or tofu, onions, and broccoli in a greased casserole dish.
- Beat remaining ingredients, except cheese for topping, with wire whisk or hand beater until well mixed. Pour into dish.
- Bake until knife inserted in center comes out clean, (approximately 25-30 minutes).
- Top with remaining cheese.
- Bake just until melted; cool for 5 minutes.

Grits Casserole

serves 6

1 c gluten free quick cooking grits
4 eggs or egg substitute
3 c water
1 c milk or milk substitute
1/2 c butter
1 c cheddar cheese or non-dairy substitute, shredded
1 t garlic
salt and pepper to taste

- Preheat oven to 350 degrees.
- Put grits in water. Cook over medium heat until very thick.
- Remove from heat and add butter.
- Stir in salt and pepper.
- Beat eggs and milk together, add to grits, and mix well. Add cheese.
- Pour into 3 quart greased casserole and baked uncovered for 45 minutes, until it is firm in the center and is not jiggly.

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

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Barlean's Fortiflax

16 oz \$5.99



All Skin Eternal Products

30% off



- Ionic-Fizz Magnesium Plus
6 oz \$14.99
30 packets . \$14.99
- Ionic-Fizz Calcium Plus
6 oz \$19.99
30 packets . \$19.99



All Bar Soap

20% off



All Products

20% off



All Oral Care Products

20% off



All Products

20% off



All Suncare Products

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