

## Is The Healthy Lifestyle Strange?

By Linda Townsend

I well remember the first time my husband and I walked into a health food grocery store. I felt like I had stepped into a different country. Not only was the food different, but so were the prices! Then I learned that we ate less, because the food was more nutritious, so the cost difference was not so great as we first anticipated. Now feeling at home in health food stores, I actually feel like I have entered a strange land when visiting any regular grocery store. Instead of nutritious food, there I see an endless variety of packages with over-processed, deceptively-tasty food having chemical-laden ingredients that toxify the body. Judging by what people put into their carts, I am sure they are completely oblivious to the food-health connection!

I can understand that, because I wasn't raised in an alternative health household either. Even though we adopted this lifestyle fourteen years ago, I still remember my previous habits. I used to pride myself on how organized my coupons were, but now I eat more fresh food for which coupons are rare. My skin and my lungs have always been sensitive to cleaning agents; now I use a vinegar-water solution for windows, baking soda to scrub bathrooms, hydrogen peroxide for stains and spots, and other natural cleansing products. I admit that sometimes it requires a bit more muscle—*ah, that would be healthy exercise, right?* I now make a few nutritious treats when I used to make thirty different kinds of cookies and candies for Christmas every year—a tradition I kind of miss. But, now I don't gain ten pounds every holiday season and certainly there is less stress.

My husband and I long ago realized that living the healthy lifestyle is not "the path of least resistance." We travel forty minutes to shop at Life Grocery. We outfitted our home with an air purification system. We lug gallons of bottled water weekly. We have polarized our utility lines and geopathic stress zones. We energetically enhance all our food and supplements, especially when we eat out. We treat ourselves with a frequency machine called the Harmonizer on the average of three to seven days a week. We own—and actually use—workout equipment. Recently, we

decided to add a spa to get the benefits of a private massage at our convenience.

Bottom line: Our ways are... *strange!*

In comparison, average people catch common colds and flus pretty frequently. They drink tap water and shop at the local grocery store. They give no real thought to pesticides, chemical fertilizers, or electromagnetic fields.

Is living the *strange* health-minded lifestyle worth it all? Absolutely! Don't get me wrong. There are times when I think it would be nice to pick up some groceries at a store just five minutes away. I toy with the idea of conforming to society's norms and being blissfully unaware of supplements, organic foods, healing tools, toxins, electromagnetic fields, etc. *Wouldn't it make life easier?* Then I remember that I was sick and in pain and could still be today had I not changed the course of my life. My lifestyle *is* strange and I am proud of it! I spent years experiencing and learning so that my family could be strangely healthier than *normal* people. May your holidays be healthy... and just a little strange (in a health-minded way). It is well worth it!

Linda Townsend is the founder of BioHarmonics Research and Consulting. Contact her at 770-443-8682 or visit BioHarmonics.com.

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# The Wellness Revolution By Michael A. Scimeca, D.C.

The wellness revolution is upon us. More and more people are shifting to a wellness mindset, converting experiences into undeniable wisdom. Being wellness conscious has people participating in different forms of wellness practices.

One aspect of the wellness revolution is the popularity of meditation. The art of meditation is an intimate practice of slowing down the chatter of the mind to enjoy a more peaceful state of being.

Meditation practices are plentiful. Focusing on the breath, stretching, or sitting in silence are all popular forms of meditation. More active practices such as yoga, trance dancing, and chanting also help people dissolve into a restful mental state while awake. For some mentally-active people, jogging is a form of meditation.

The correlation between wellness and meditation is obvious. In both, wellness practices and meditation practices, the objectives are similar. One common objective is enjoying a greater level of awareness concerning the connection that exists between our internal and external worlds. To "realize" this connection helps people make better decisions in support of enjoying a greater quality of life. For this reason, wellness or meditative practices become bridges toward living a more spiritual life.

Meditation offers people many avenues for stimulating deep awareness. As a result, people make better choices in life. How ironic that we often make better choices by slowing down our mind. This is opposite of the more common practice of speeding up the mind in an attempt to problem solve. Through forceful

deliberations, many of us compromise our decision-making ability.

How can we slow down our mind when facing large external demands? The key to achieving a more functional mind is to set aside time for mediation. In the same way that we sleep and eat, we can keep up with the wellness revolution by taking time for ourselves. Taking a few minutes each day for meditation is not only beneficial for increasing problem-solving abilities, it directly influences our ability to enjoy a greater level of wellness or well-being.

The exact type of meditative practice is not as important as participating in the practice. Start by scheduling 10 minutes a day. Make sure this time is uninterrupted. After one month of practicing slowing down the mind, perceptions start to shift. Reality begins to appear different and more supportive. If, after a while of consistent meditation, a desire occurs to increase the amount of meditation time, expand the time to 20 minutes per day. This small investment in time pays big dividends in quality of life.

Resolve yourself to revolve yourself. Become part of the wellness revolution and enjoy a truly new day, each and every day, for the rest of your life. If you're not sure if the wellness revolution is right for you, meditate on it!

*Dr. Michael A. Scimeca is a Life Enrichment Facilitator who combines Chiropractic, Catalyst, and Coaching to help people connect to their optimal state of health and well-being. He can be reached at 770-992-8220 or at [www.GoCatalyst.com](http://www.GoCatalyst.com).*

## life bits

### \$3 Gift Makes Big Difference

At least a billion people on our planet live on less than \$1 a day, according to the president of Alternative Gifts International (AGI). It is possible to give very simple gifts and make a big difference to struggling people around the world.

For the price of a stocking stuffer, you can put a friend's or family member's name on a purchase of ten tree seedlings for the deforested mountains of southern Haiti. They will receive a card describing the gift given in his or her name.

Gifts can cost as little as \$3 to buy construction materials for 3 feet of road in Bolivia up to \$1,100 for materials to build a house in Mexico.

Call **800-842-2243** to order an AIG catalogue or visit [www.altgifts.org](http://www.altgifts.org).

### Recycle Your Old Cell Phone

Donate your old cell phones (working or not) to [www.CharitableRecycling.com](http://www.CharitableRecycling.com). They will be refurbished and distributed in the US and other countries, where they are needed for safety and communication. A monetary donation will also be given to a charitable organization; a tax donation receipt can be generated at the website.

All cell phones are accepted. If they can't be used, they will be disposed of according to environmentally safe standards. Please include the manual, battery, and charger, if available.

In Marietta, phones can be taken or mailed to Good Mews Animal Foundation, 736 Johnson Ferry Rd., Suite A-3, Marietta 30068, or they can be mailed to The Charitable Recycling Program, 794-A Industrial Ct., Bloomfield Hills, MI 48302. Other info is listed at [www.charitablerecycling.com](http://www.charitablerecycling.com).

## NEW HEALTH & BEAUTY PRODUCTS AT LIFE

- **ALBA**  
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- **CALIFORNIA BABY**  
*Calming Non-Talc Powder*
- **GARDEN OF LIFE**  
*Clenzology Hand and Body Soap*
- **NUBIAN**  
*African Black Soap*

## ATTENTION SUFFERERS OF CELIAC DISEASE

**Be sure to visit the expanded Gluten Free Department at Life Grocery**

**Cafe Life now offers gluten-free flax bread for sandwiches. Also enjoy the wide selection of freshly-made, gluten-free, vinegar-free salad dressings and other offerings on the salad bar, daily specials, soups, and regular menu items. The living food desserts are not only delicious, they are also gluten-free!**

*The Life Line is a bi-monthly publication of*



Hours:	Store	Café
Monday-Saturday	9 am-8 pm	11 am-7:30 pm
Sunday	11 am-6 pm	12-5 pm

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

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## Are You A Food Addict?/Part 2

By Dr. Joe Esposito

Research has shown that a few common foods need to be monitored and, in many cases, totally avoided. In his book, *Breaking the Food Seduction* (St. Martin's Press, 2003), Dr. Neal Barnard talks about the four foods—chocolate, dairy, meat, and simple sugars—that can cause a chemical reaction in the brain similar to heroin, cocaine, and other addictive drugs. These foods can cause a physical addiction which must be addressed in order to overcome them and return to good health. They can be as serious as any drug addiction and are treated similarly to the way drug addicts are treated. Many feel that there is no reason to live if they can't have meat, dairy, simple sugars, or chocolate, even after they are taught why they are so dangerous.

The four foods that are the major causes of addiction have a physical effect on your brain by stimulating your pleasure center (the part of your brain that allows you to experience pleasure). There are several reasons why they have this addictive effect. When the human race did not have access to all the foods that most of us have access to today, it was necessary to eat to sustain life. Eating had to be pleasurable or else we would not have done it. Eating is an expensive habit, not only financially, but in time and energy. In the past, it was not a simple trip to the grocery store. Food had to be hunted, gathered, or grown. If eating was not pleasurable, the human race probably would have become extinct a long time ago.

Foods that gave us the most concentration of nutrients were in demand because they were cheaper in terms of energy expenditure. Foods with concentrated proteins, fats, and carbohydrates were on the top of the list. Eating these foods would release chemicals in the brain that would give us pleasure so we would go out and risk life and limb to get more of them. In the process, our bodies were nourished and we thrived.

Today, we have relatively easy access to food in most places in the world. Foods high in protein, carbohydrates, and fats are still sought after, but the problem occurs when these foods are in such great abundance and, worse yet, in a processed, concentrated form. If normal amounts of these foods give you a little pleasure, the more processed and concentrated they are, the more pleasure you experience to the point that you can become addicted. The high amounts of pleasure chemicals (neurotransmitters) can override logical thought and cause you to do things you know logically are not right; the desire to "get high" can lead you to do things that are not in your best interest. You might have experienced this

when you are presented with a chocolate brownie with ice cream. You know that if you eat it, you will feel sick and/or gain weight, but you do it anyway. When you are done, you feel awful and wonder why you did it. You swear you will never do it again, but the next time you are in a similar situation, you become weak, give in, and do it again.

The sugar in an apple will give you a slow release of energy and a slight release of pleasure chemicals; apple juice that is concentrated and has added sugar and high fructose corn syrup (another form of sugar) will give you a rush of these pleasure chemicals and you will want more. Imagine what a great high you will get if you take concentrated sugar, add it to white flour (which quickly converts into sugar), add a concentrated protein, let's say an egg, and add a concentrated fat, such as butter. If you are prone to food addiction, this combination, commonly known as cake, pie, or bread, will make your mouth water; you will go out of your way in time, energy, or money to get it. You, or someone you know, most likely has a food addiction and will act the same way a drug addict or alcoholic will act around drugs or alcohol when they are around concentrated foods.

When an action or food gives you pleasure, a chemical called dopamine is produced and released. Dopamine acts on the part of your brain that stores memories. A good memory is associated with the action that created pleasure. When you recall that action, your body comes to expect pleasure, and you will seek out this action in order to experience pleasure again. Certain things we put in our body will stimulate the pleasure centers in the brain beyond even concentrated foods.

Drugs such as heroine, cocaine, alcohol, marijuana, and other drugs, legal and illegal, can have this pleasurable effect on the brain. Some people's brains will be more stimulated by a certain food, drug, or experience than others. One person might be susceptible to be addicted to food, another might be susceptible to drugs, another to alcohol, and yet another may not have an addiction reaction to any of these. Certain people will develop a physical dependency on certain chemicals, which will cause withdrawal symptoms if they do not get a regular "fix" of the chemical.

There seems to be an association with how many opiate receptor sites a person has in their brain and how susceptible someone is to becoming an addict. An opiate receptor site is the area in the brain that picks up stimulating chemicals such as dopamine and causes you to feel

pleasure. If one has a lower number of opiate receptor sites, they need more stimulation in order to get the same pleasure experience as one who has more opiate receptor sites. The more stimulants taken in, the more side effects will occur. In order for someone who is low in opiate receptor sites to get an "acceptable" amount of pleasure, they need to overload on stimulants; the side effects can be devastating.

In theory, any food can produce stimulating chemicals; some, such as meat, dairy, concentrated sugar, and chocolate are more stimulating than others. Certain drugs can put your brain into overload. Just like dealing with alcoholism, the only way to avoid the addiction reaction is to totally avoid the thing that you are addicted to. An alcoholic cannot have a little alcohol. Even a sip can cause them to fall "off the wagon" and go on a drinking binge. If you are not prone to alcoholism, you can have a drink and then stop. If you are an alcoholic, you can't stop. The same is true for food addictions. The only way to avoid an eating binge is to avoid the foods that cause the chemical reactions in your brain. Different foods effect people differently. If you have a sugar addiction, avoid all processed, low-fiber sugars. If it's meat, dairy, or chocolate that give you a problem, you must avoid them. It will take several days for you to get over the cravings. After several months, you might be able to have some of the foods in question and not have the addiction reaction.

That being said, there is no reason for you to ever go back to eating meat, dairy, sugar, or chocolate. All these foods are counterproductive to your goal of good health. There are over 120,000 foods that will help get you to your goal of good health, so there is no need to include the bad ones. It is easy to see if the foods mentioned cause you to have a reaction. If you can eat just a small portion of them and walk away without any cravings, you most likely don't have an addiction. If you can't walk away and do have cravings, you most likely do have an addiction. Now that you understand why you can't give up certain foods, you can address the issue and deal with it. You can give up the *bad* foods, replace them with good foods such as fruits, vegetables, whole grains, raw nuts, and raw seeds and move quickly toward optimum health.

*Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. Contact him at 770-427-7387 for further information.*

## Remember Our Troops

While recently visiting [www.anysoldier.com](http://www.anysoldier.com), Life Grocery customer Amy Platt, was drawn to read about a unit of soldiers near Baghdad, consisting of approximately 50 troops (25 men, 25 women), although their unit will gain 30 troops by January. The unit sergeant requested healthy snacks, food, and supplies as well as music, books, entertainment, and letters from back home. Some of her soldiers are vegetarian and have a hard time putting a good meal together. Reading through all of the posts on AnySoldier was a heart wrenching experience for Amy. She contacted Life Grocery to see if we would be willing to work with her on sending out packages to the military, on an on-going basis, in an effort to support the troops.

Interestingly, meetings have been on-going at Life to plan activities that would support our troops. This, coupled with Amy's desire, has given birth to an activity for those interested in doing something for our troops. One Sunday a month, we will package donations from the community, distributors, manufacturers, and Life Grocery and send them to our troops. Life Grocery will coordinate efforts to accept donations of money, healthy non-perishable food, personal care supplies, letters, anything that will make someone smile, raise morale, and hopefully make them healthier. A partial list of requested items is provided. Visit any of the listed websites for additional ideas.

The first "packaging party" will be held Sunday, December 19, beginning at 12 noon in the café. If you are interested in attending, please call the customer service department at 770-977-9583, extension 216, and sign up.

*Stationary, pens, markers, pencils, blank cards, feminine products, baby wipes, body lotion, lip balm, mouthwash, dental floss, toothpaste, toothbrushes, deodorant, foot powder, razors, shaving cream, laundry soap, castile soap, bar soap, nail clippers, emory boards, cold medicine, cough drops, eye drops, pain relievers, hand cleaner/sanitizer, sunscreen, food that can be cooked with hot water, powdered hummus, crackers, healthier snacks/foods (pretzels, cereal, dried fruit, energy bars, nuts, trail mix), spices, seasonings, hot cocoa, coffee, tea, herbal tea, powdered creamer, powdered drinks, sugar, microwave popcorn, canned tuna, chocolate, hair ties, batteries (AA & AAA), candles, air freshener, zipper lock baggies, dusters (very dusty there), canned air (to clean dust from supplies and parts), light bulbs, plastic storage bins (shoebox size to keep mice/insects out of food), camping cookware, CDs—any genre, phone cards, books, sports equipment—including balls, kites, used/inexpensive PlayStation or Xbox games and DVDs, support letters/notes, toys for Iraqi children.*

If you would like to do something on an individual basis, links to websites that support the military and their families are listed below. When sending out packages, use real stamps on the package instead of the electronic ones. Many units send the stamps to a veteran's organization, Stamps for the Wounded.

**SEND A CARE PACKAGE:** [www.anysoldier.com](http://www.anysoldier.com). Want to send a care package to Any Soldier in Harm's Way, but have no idea of what to send, who to send it to, or how to send it? This site provides those answers.

**GROCERIES:** [www.commissaries.com/certificheck/index.htm](http://www.commissaries.com/certificheck/index.htm). A new partnership between Certificheck, America's Home-town Gift Certificate Resource Center, the United Service Or-

ganizations (USO), the Air Force Aid Society (AFAS), Fisher House Foundation, Inc., & the Defense Commissary Agency (DeCA) lets Americans make a contribution to the morale & well-being of military personnel at home & across the globe.

**BOOKS, CDS, DVDS, ETC.:** [www.booksforsoldiers.com](http://www.booksforsoldiers.com). This is a great site where soldiers request used books, cds, dvds, snacks, etc. Just pick a soldier that matches what you have sitting around the house (collecting dust) or purchase at a used book store. Complete instructions for sending/shipping are provided.

**PHONE CARDS OPERATION UPLINK:** [www.operationuplink.org](http://www.operationuplink.org). Donate calling cards so military families can stay in touch during their extended separations.

**AIRLINE MILES OPERATION HERO MILES:** [www.heromiles.org](http://www.heromiles.org). Transportation for soldiers is only provided to a major center (like Atlanta). Donate your airline miles so they can get "all they way home" to visit their families. (Note: individual airlines also have these programs).

**ARMED FORCES EMERGENCY RELIEF FUNDS:** [www.afr.trust.org](http://www.afr.trust.org). Each branch of the armed services has an emergency relief fund. Money goes to help soldiers & their families to pay for food, rent, medical/dental expenses, personal needs, funeral expenses.

**HELPING MILITARY FAMILIES; AMERICAN RED CROSS:** [www.redcross.org](http://www.redcross.org). Contact your local Red Cross chapter & find out how you can help military families in your area who are struggling.

**SEND A MESSAGE:** [www.anyservicemember.navy.mil](http://www.anyservicemember.navy.mil). "Operation dear Abby" allows for email messages of support to be sent to service men & women stationed all over the world.

# Produce Of Life

By Kim Strickland

Long nights and short days are upon us. Cool nights and warm days and thoughts of warm nourishing foods come to me. 'Tis the season of greens and pears. The dark leafy vegetables are among the richest source of nutrients. They are very high in vitamins A and C, magnesium, potassium, and iron. Folic acid is also abundant. Calcium is high in the greens, although in chard, spinach, and beet greens, it is bound up because they are high in oxalic acid. Kale, collards, mustard greens, turnip greens, and dandelion have lower oxalic acid levels and, thus, more available calcium.

When storing, remove from the plastic produce bag and place in produce drawer in the refrigerator. Use within two to three days of purchasing. Rinse with cold water and pat dry before using. When the leaves have turned yellow, the greens are no longer fresh.

Pears have a moderate amount of many nutrients. They have fairly high levels of vitamin C and folic acid, potassium, manganese, and selenium. Pears are rich in pectin, a soluble fiber, which helps the body eliminate cholesterol and protects against environmental toxins. Pears are a unique fruit that ripen best off the tree. They are shipped fully mature, but not always ripe. Be careful with them, as they bruise easily. If they are ripe when you purchase them, eat as soon as possible. Otherwise, leave them on the counter until they ripen and then put in the refrigerator, where they will keep for three to four days. Pears will not ripen properly inside the fridge.

Over-ripe pears are still delicious, just not ideal for serving whole or sliced. Use them in smoothies, sauces, or as a tasty thickening agent for soups, stocks, or stews. Browning, or oxidation, is a natural process that occurs

when cut pears are exposed to oxygen. This can be slowed by "acidulating" the cut surfaces with a mild solution of water and lemon juice, which can either be brushed on or dipped in. It will not completely stop the browning though, and cut pears should be used as quickly as possible. Lightly poaching pears will also slow the browning and is a good way to prepare pears for use in salads.

This morning I baked these muffins, along with several loaves of pear bread, using pears from a neighbor's tree. Enjoy the fruits of Mother Nature!

## Pear Muffins

- 3 c barley flour
- 1 c oats
- 2½ t baking powder
- 1 t baking soda
- ¼ c sunflower seeds, ground
- ½ c pecans, chopped
- ½ c raisins
- 1 t ground ginger
- 1 t cinnamon
- ½ t nutmeg
- ½ t allspice
- ¼ t cloves
- ¼ c molasses
- ⅓ c maple syrup
- ¼ c canola oil
- 2-3 c shredded pears, slightly under-ripe
  - Preheat oven to 350 degrees.
  - Spray muffin tins with olive oil.
  - Mix dry ingredients in a large bowl.

- Mix wet ingredients in a small bowl.
- Add pears to wet ingredients and combine with dry.
- Add milk or water, if necessary, to make wet enough.
- Fill muffin tins <sup>2</sup>/<sub>3</sub> full and bake for about 15-20 minutes.

## Fall Green Salad

- 1 bunch kale, sliced thinly
- 1 small beet, shredded
- ½ c walnuts, chopped
- 1 apple, chopped
- ½ c raisins, soaked
- 2 green onions, chopped

Top with:

- 2 t apple cider vinegar
- 1 t fresh lemon juice
- 2 T Flaxseed oil
- 2 T Bragg's Liquid Amino Acids

Resources:

- [http://www.annecollins.com/diet\\_nutrition/pears.htm](http://www.annecollins.com/diet_nutrition/pears.htm)
- [http://www.usapears.com/about\\_faq.php](http://www.usapears.com/about_faq.php)
- Staying Healthy with Nutrition*, by Elson Haas, MD

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# Endometriosis: Prevention And Healing: There Is Much You Can Do

By Dr. Janine Romaner

We know that the health of the uterus and ovaries are essential to the health of the entire female reproductive system. However, in recent years, lifestyle, environmental, and nutritional factors have contributed to an increase in health problems with these reproductive organs. Common conditions on the rise are uterine fibroids, ovarian cysts, and endometriosis. Here we will discuss much of what contributes to developing endometriosis and what *you* can do about it.

Each month the tissue inside the uterus, the endometrium, thickens and releases with the onset of a woman's period. In the case of endometriosis, this sloughed-off tissue reattaches itself somewhere other than the inside of the uterine wall. These tissue implants can attach to the fallopian tubes, ovaries, the outside of the uterus, peritoneum, or the intestines. Although the endometrial cells have transplanted, they still respond to the monthly hormonal (estrogen) messages just as they would if they were still living inside the uterus. Thus, these cells still fill with blood through the first half of the menstrual cycle, often releasing a small amount of blood during the second half. These drops of blood, however, have nowhere to go and can become the cause of inflammation, excruciating pain, and repeated irritation to the surrounding tissue. Over time, this can cause scarring or adhesions in the reproductive organs, pelvis, and intestines. Presently, there are no laboratory tests to detect endometriosis, however, a biopsy can be performed in a doctor's office.

Although endometriosis is not always easy to diagnose, many women know the symptoms all too well. Symptoms, such as menstrual pain, bloating, pain with sex, or pelvic discomfort from ovulation to menstruation,

heighten the possibility of endometriosis, but aren't conclusive. Some women have the condition without symptoms, while others have symptoms but no endometriosis. An experienced practitioner can tell a great deal from a pelvic exam, but the only definitive diagnosis is surgical. Thus, we recommend a natural approach as a first step, since it can often provide relief from symptoms.

The North American diet has dramatically changed with the abundance of processed and fast foods. Most women are estrogen dominant or high in estrogen, which is a large contributing factor. Hormonal imbalance also often runs in families. Liver congestion and toxicity are often involved, which is why it is important to cleanse the liver since many hormones are conjugated or metabolized there. In many women there may be a correlation to immune dysfunction, as well as stagnation of blood flow. Also, experience shows that emotional issues are often (dare I say always?) involved. However, in all cases I have found the theme of hormonal imbalance as a common denominator. Contrary to what you may have been told, we can often do something to re-establish hormonal balance without drugs or surgery and will usually see great improvement. One key is making the necessary changes to pertinent lifestyle factors. Another key is compliance to a program with supplements or remedies to regain metabolic balance.

The natural function of estrogen is to stimulate cell growth. However, excess estrogen contributes to unnatural growth. Reports show that American women have the highest levels of estrogen in the world. Processed foods containing unhealthy levels of pesticides, hormones, and antibiotics are a huge

contributor to this. Pesticides, or xenoestrogens, register as estrogen mimickers in the body. They have compounds whose molecular structure is so similar to estrogen that they have estrogenic effects in the body. These compounds include the growth hormones common in milk and meat production, agricultural pesticides, and the chemicals given off by plastics when heated in microwaves. For most of us, such xenoestrogens are pervasive. In *Conscious Eating*, author Gabriel Cousens, MD writes, "Examples of estrogen mimickers are DDT, DDE, dieldrin, dicofol, methoxychlor, some PCBs . . . as well as bisphenol-A (the building block of polycarbonate plastics, used in many common detergents, toiletries, lubricants, and spermicides)." Dr. Cousens says, "There are at least nineteen major chemicals used on US crops that are associated with disrupting the human hormone system." So, can you begin to see the value of eating organic foods whenever possible? And, the nutritional value of organic produce is said to be 88% higher than non-organically grown produce!

In our clinic, we implement an individualized program for each woman, depending on applicable factors. These may include dietary changes, nutritional support, detoxification, castor oil packs to reduce pain and inflammation, emotional healing, and other alternative therapies, if needed. We often use herbal medicines to increase circulation in the pelvis to promote drainage and address stagnation in that area. The non-invasive testing we perform is designed to uncover and eliminate underlying causes and to support the body's healthy metabolic function.

In extreme cases, surgical treatment may prove the best option if less-invasive, preventative, and conventional approaches have failed to provide relief. Surgical removal or lasering of the tissue implants, usually after a course of hormone therapy, may be the wisest option for some women. And more extreme, *continued on page 5*

# Gluten-Free Holiday Feasts, Easy As Pie

By Nisla C. Whetstone, LMT and Amateur Chef

It's that time of year when my thoughts turn to the holidays and, of course, my favorite holiday meals! Since holiday feasts are such a huge part of my family's traditions, I don't want to have my gluten-free diet overshadow everything else that goes along with enjoying family and friends during the holidays. This will be my second Thanksgiving and Christmas since "going gluten free," and I intend on having as many of my favorite traditional foods as possible. As a holiday gift, I want to share my recipes with the rest of my family and all of *The Life Line* readers! Hopefully, you will enjoy my favorite traditional holiday meals and feel like you can share them with your loved ones!

This is my granny's cornbread stuffing recipe. I made it last year and everyone loved it!

Cornbread adds a denser texture and heartier flavor to traditional stuffing. Use this for stuffing game hens, chickens, or the annual Thanksgiving turkey or Tofurky.

## Gluten-Free Cornbread

- 3 T butter
- 1 c celery, finely chopped
- ¼ c onion, chopped
- 3 c soft, gluten-free bread crumbs
- 3 c crumbled gluten-free cornbread (The Gluten-Free Pantry's Yankee Cornbread is perfect. Follow directions on bag)
- 3 c chicken or vegetable broth
- 1 apple, cut into very small pieces
- 2 large eggs (or equivalent gluten free-egg substitute)
- 1 t Gluten-Free Pantry brand poultry seasoning
- 1 t salt
- ½ t ground black pepper
- ½ t ground sage
  - Preheat oven to 350 degrees.
  - Heat butter in a skillet over medium-high heat. Add celery and onions. Cook, stirring, until tender, about 5 minutes. Remove from heat.

- Combine celery mixture with bread crumbs and cornbread; mix well. Add broth, apple, eggs, poultry seasoning, salt, pepper, and sage; mix well. Spoon into a 13x9-inch baking dish. Bake until light brown and crisp around the edges, about 20 minutes.
- Stuff a turkey or chicken before roasting, if desired.

This is another one of my granny's recipes that I have altered to fit the gluten-free requirements:

## Grits Casserole

- 1 c gluten-free quick-cooking grits
- 4 eggs or (or equivalent gluten-free egg substitute)
- 3 c water
- 1 c milk or milk substitute
- ½ c butter
- 1 c shredded cheddar cheese
- 1 t garlic salt and pepper to taste
  - Preheat oven to 350 degrees.
  - Place grits in water and cook over medium heat until very thick.
  - Remove from heat and add butter. Stir in salt and pepper to taste.
  - Beat eggs and milk together. Add to grits and mix well. Add cheese. Pour into 3 quart greased casserole and bake uncovered for 45 minutes (until done in center—not jiggle).

Here is a quick and easy gluten free Pumpkin Pie recipe:

## Pumpkin Pie

- Gluten-Free Pantry's Perfect Pie Crust Mix
- 1 15-oz can Farmer's Market Pumpkin Pie Mix
- ¼ c evaporated milk (or non dairy equivalent)
- 2 eggs slightly beaten (or equivalent gluten-free egg substitute)

- Prepare pie shell according to directions.
- Empty pumpkin into mixing bowl and stir in milk and eggs.
- Pour into pie shell. Bake at 425° for 15 minutes, then reduce temperature to 350° for an additional 35-40 minutes. After crust is brown, cover with a pie crust edge protector or aluminum foil.
- Cool before serving.

Another family favorite is my cranberry relish. This is so different from the traditional cranberry sauce; the oranges give it a tartness that is an excellent addition to a turkey or Tofurky dinner:

## Fresh Cranberry Orange Relish

- 12 oz cranberries, fresh or frozen
- 1 medium sized orange
- ¾ - 1 c sugar (or sugar substitute)
  - Slice unpeeled orange into eighths; remove seeds.
  - Place half of the cranberries and half the orange in food processor container.
  - Process until mixture is evenly chopped. Transfer to a bowl.
  - Repeat with remaining cranberries and orange slices.
  - Stir in sugar to desired sweetness. Store in refrigerator or freezer.
  - Makes about 2 ½ cups.

Just about any family recipe can be modified to fit a gluten-free diet. The rest of your family will not know the difference if you don't tell them. Here's to a Happy Gluten-Free Holiday Season!

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if necessary, would be a total or partial hysterectomy if the endometriosis were diffuse in the pelvic area. I think it is important to remember, however, that the body has an innate ability to heal if it has the right support! Endometriosis is simply one indication of imbalance in the body.

### Effective Steps You Can Take:

- Change your diet to minimize xenoestrogen exposure. As much as possible, eliminate processed foods, non-organic dairy products, beef, and chicken. Eat organic foods whenever possible.
- Increase nutrient-rich foods, such as cruciferous vegetables, soy (non-genetically modified), cold-water fish, and fiber. They support hormonal balance and help clear excess estrogen from the body.
- Body fat is a secondary production site for estrogen. So it is important to decrease body fat to reduce endogenous estrogen production, particularly if you are carrying extra pounds.
- Follow a lower-carbohydrate diet to support healthy insulin metabolism,

which is important to overall hormonal balance.

- Supplement with vitamins and minerals to supply what is lacking in your diet. Include calcium and magnesium.
- For some women, taking natural progesterone to offset estrogen dominance is important.
- Include Omega-3 essential fatty acids as a natural anti-inflammatory.
- Don't microwave food in plastic wrap or containers. Minimize use of plastics for food storage.

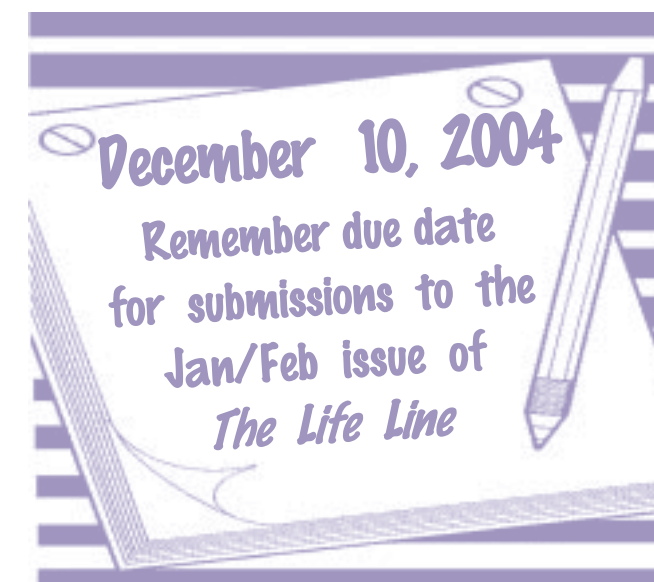
Thankfully, today there is more recognition of the impact of emotions on our health than was the case even two decades ago. Being both a naturopathic doctor and an emotional counselor of 22 years, it is unmistakable to me that there is a distinct connection between endometriosis (and hormonal imbalances in general) and unresolved emotional issues. Although the issues vary, almost always they relate to unresolved problems relating to family of origin (parents and siblings, especially). It is crucial to deal with the issues, *for once and for all*, so they are not churning underneath and feeding ill health.

Suggested reading:

*Women's Bodies, Women's Wisdom*, by Christine Northrup, MD

*Natural Treatment of Fibroid Tumors & Endometriosis*, by Susan M. Lark, MD  
*Conscious Eating*, by Gabriel Cousens, MD

*Janine Romaner, ND, CHT, is a naturopathic doctor practicing in Atlanta, GA, where she and the clinic staff regularly assist patients to reclaim their health with dignity and knowledge. Rather than covering symptoms and giving temporary relief, her personalized and natural approach to health care, which includes extensive bio-energetic testing, is designed to aid healing from inside out and to encourage improved quality of life. Janine can be reached at 770- 640-6690.*



# Adult Diseases Begin In Childhood

By Don Bennett, DAS

An important thing to understand about ill-health is that it doesn't occur overnight. In most cases, disease takes years, even decades, to progress to the point where you get symptoms. The diagnosis may seem sudden, but the condition was a long time in the making. Take cancer for example. When my dad was diagnosed with colon cancer, the tumor was as big as my fist. I asked the oncologist how long it takes to get that big, and his reply was, "Decades." How about diabetes? It is estimated that in another ten years 95% of the U.S. population will have it in some form. Ninety-five percent! Good news for the medical/pharmaceutical industries; bad news for the human race. For sale now are insulin pumps for children, decorated with their favorite TV characters, in an effort to make diabetes easier and more acceptable to live with. I prefer focusing on the cause, which *is* known—it's just not common knowledge. Avoiding degenerative disease is certainly better than having to deal with it.

When I was in my late teens, I experienced "roller-coaster" blood sugar levels. When my blood sugar was high, I couldn't sit still or concentrate. When it was low, I was without energy, and my thinking was fuzzy at best. When it was in the middle (normal), I felt great and I loved life! This blood sugar level behavior, if allowed to continue, can lead to diabetes. If I hadn't adjusted my eating habits to halt this daily roller-coaster ride, I'd probably have diabetes today (regardless of genetic predisposition).

My eight-year-old niece is currently experiencing abnormally high and low blood sugar levels (hyper- and hypo-glycemia), but more profoundly than I ever did. When her level is low, you can't carry on a conversation with her—she's too out-of-it. And when it's high, well, don't try and take her anywhere in a car. The cause? Her diet. How do I know? When she spends extended time with me, she gets no junk food and no dairy products, only healthy fare (fruits and veggies), and her blood sugar levels remain in the normal range. When she eats right, she's a delight to be with—creative, articulate, bright, fun, eager to learn, and most notably, well behaved. Diet can have a profound effect on ones health, especially that of a child's.

Many children have been put on drugs to deal with symptoms that may very likely be caused by poor diet. For most parents, this is due to a lack of knowledge, which is easy to remedy. For some parents who have been given truthful information, it's just easier to put the child on drugs than to impose, and have to enforce, "strict" dietary habits (granted, most school lunch programs don't make this any easier). And, shame on the pharmaceutical companies that give school districts financial incentives to recommend that students be put on Ritalin or other drugs.

It seems to be the thing now-a-days to see how many acronyms can be created for "emerging" diseases. Is there an evil species on another planet that's pointing an ADHD/SAD/CFS ray, or a diabetes ray, at this planet? Or is it more likely that an unhealthy diet and the lack of attention to the other "basics of health" are to blame?

Even if a child's uneven blood sugar level is sociably tolerable, since it can lead to diabetes later on in life, isn't this reason enough to feed the child a healthy diet? Yes, drugs can control behavioral problems, but what if they are behavioral problems caused by an unhealthy diet. The drugs deal only with the behavior. What about the diet's damaging effects on the child's internal organs? The pancreas plays a big role in the management of blood sugar levels; damage the pancreas, say hello to diabetes.

A healthy diet in childhood is an investment in your future health. No one would argue that it is a wise thing to start investing for your financial future early in life, but how many of us actually think about investing for our future health? There are parallels between health and finances; if you wait too long to start investing, it can be a case of *too little too late*. An example of a good investment, health-wise: Eat pesticide-free, organically grown fruits and veggies (in abundance at Life Grocery).

Where do you go for sound, truthful health information? Well, I know people who were told by their doctor, in no uncertain terms, that they'd have to be on medication for the rest of their life. Yet, with adherence to proper lifestyle practices, they were able to eliminate

the meds *and* the symptoms that warranted their prescription. Now, I'm not suggesting you stop taking medication, just that there's a lot of misinformation out there. Many mainstream (and alternative) healthcare practitioners are simply lacking truthful knowledge, so you can't blame them for relying on drugs when there are better options. The remedy? Educate yourself, keeping in mind that there is *nothing* more important than your health or the health of your children. This will help you stay well ahead of the *too-little-too-late* curve.

*Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. For enlightening and empowering health information, visit [www.health101.org](http://www.health101.org).*

## MEMBERSHIP INFORMATION

**As a result of the vote at the Annual Membership Meeting on June 30, 2001, all memberships are now \$5.00 per year for each adult over the age of 18.**

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*Shopping is open to the public; memberships are not required.*

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- *New Choices in Natural Healing for Dogs and Cats*
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- *Eat Right 4 Your Type—Cancer, Cardiovascular, Diabetes*
- *Gluten Free Gourmet Cooks Fast and Easy*
- *Living Cuisine*
- *Sunfood Cuisine*

# Organic Food Is More Important Than You Think

By Dr. Brenda Cobb

Eating organic food is one of the best things you can do for your good health. Pesticides and chemicals are poison, and if you are eating conventional produce, you are getting buckets full of these dangerous substances. Chemical toxicity is a leading cause of illness, and in order to heal, a person must get the toxic chemicals out of the body.

Eating fruits and vegetables is good for the body, but not as good for you if they aren't organic. It's worth it to spend the extra money on organic food, because you are definitely worth it. Investing in top quality food will reward you for years to come. Spend more on good quality organic food and less on drugs, and you'll be better off for it. Not only will you be supporting your own good health, but you'll also be supporting organic farmers and organic food distributors who both need our financial support.

## Good Reasons To Eat Organic

- Organic foods have a higher food value content, including a higher mineral and trace mineral content.
- Organic produce contains more iron, potassium, magnesium, and calcium.
- Organic spinach contains up to 78% more vitamin C.
- Organic cabbage contains up to 91% more vitamin C.
- Organic wheat has twice the calcium, four times the magnesium, five times the manganese, and thirteen times more selenium than commercial wheat.
- Organic corn has twenty times more calcium and manganese and two to five times more copper, magnesium, molybdenum, selenium, and zinc.
- Organic potatoes have two or more times the boron, selenium, silicon, strontium, and sulfur and 60% more zinc.

- Organic pears have two to three times more chromium, iodine, manganese, molybdenum, silicon, and zinc.
- Organic produce has lower quantities of toxic trace elements like aluminum, lead, and mercury.

The commercial fruits and vegetables containing the most pesticides and harmful toxins are strawberries, dates, carrots, pears, cabbage, lemons, grapes, sweet potatoes, peaches, and nectarines. The lowest pesticide use is in figs, avocados, pecans, and garlic.

Each year people are exposed to thousands of toxic chemicals and pollutants in the earth's atmosphere, water, food, and soil. These pollutants manifest themselves in a variety of symptoms including decreased immune function, neurotoxicity, hormonal dysfunction, psychological disturbances, and even cancer. Today people are exposed to chemicals in far greater concentrations than they were in previous generations.

To make matters worse, food and product labels do not always list every ingredient and there is no way to know the amount of toxins that are in these foods. All of this leads to heavy toxicity in the body. The only way to restore health is to remove the toxicity so that the body can do its own internal healing.

Organic raw and living foods can detoxify the chemicals and pollutants out of the body and, at the same time, they can restore and rebuild the body to perform at its optimum. One of the very best things you can do for yourself is to eat more fresh uncooked fruits and vegetables. The enzymes, vitamins, and minerals in fresh raw and living foods are at their peak; these are the very elements that the body must have to thrive.

Make it a part of your life to shop for the best produce that is organic and fresh. Feed this to yourself and your family, and enjoy the benefits that only healthy food can bring. It's easy to do the right thing for yourself when you decide that you're worth it. Buying and eating organic is a great place to start in taking better care of you!

# Classifieds

**PART-TIME HELP WANTED AT LIFE GROCERY.** Seeking customer-service oriented, reliable people for cashiering, supplement, and produce positions. Must be available nights and weekends. Apply at Life Grocery or call 770-977-9583, extension 216.

**PART-TIME HELPWANTED AT CAFÉ LIFE.** Seeking customer-service oriented, reliable people for café front end and kitchen. Experience and flexible schedule a plus. Must be available nights and weekends. Apply at Life Grocery or call 770-977-9583, extension 216.

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*Ads are due by the 10th of the month prior to publication and are limited to 30 words. They are free to Life Grocery members and \$3.00 to non-members. Ads will not automatically renew. Life Grocery reserves the right to edit or refuse any classified ad for any reason. Multi-level marketing ads will not be accepted, nor will ads selling goods or services in competition with Life Grocery. The classified section is offered as a community service. Life Grocery neither endorses nor supports the products or services contained herein.*

## Resources:

*Sunfood Diet Success System* by David Wolfe  
*Alternative Medicine* by Burton Goldberg  
*The Hippocrates Diet* by Dr. Ann Wigmore

*Dr. Brenda Cobb is author of The Living Foods Lifestyle, available at Life Grocery at a 20% discount. She is Director of the Living Foods Institute, featuring classes in the Living Foods Lifestyle to help people detoxify and rebuild their bodies naturally with organic raw and living foods and to heal the emotions and stress behind all illnesses and symptoms. For more info call 404-524-4488 or visit them on the web at [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

# Journey To Peace

By Jill Sutherland

Not too long ago I wrote an article from the painful shadow of a deep valley. I was standing in a very uncomfortable place of confronting my creations, learning core lessons, and choosing the path of surrender. Now, some time has passed, and I'm faced with a new situation. What do you do when all your prayers are being answered? Isn't this a great problem to have? This is such a time of joy for me. It's easy to get really attached to this "top of the world" experience. I want this to last forever, but I know that this, too, shall pass.

Each time I make this journey from valley of despair to mountain top, I find myself as a different person—wiser perhaps, certainly more stripped of artifice. I have enough experience to know that nothing is permanent. Nothing stays the same and, for the first time in my life, I will surrender this experience, too. I will not try to hold it, but I will allow it to flow through my life, and, perhaps, those near to me will feel joy, too. I know that they felt the pain in my situation before, and it just seems fair that they get the joy.

It seems somehow easier for me to think of surrender when times are difficult. It hadn't really occurred to me to release the experience of joy. Experimenting with this action is teaching me something very deep about my true nature. When I let go of my experience, whatever that experience is, what is left is peace.

*Surrender*, according to the Random House College Dictionary, means "to yield (something) to the possession or power of another." For me, what I am surrendering is my experience. I am not judging it, defining myself by it, or getting caught up in it. It is the event that happened, not more. Who I am surrendering my experience to is, of course, the Divine Power. I am showing that I mean it when I say, *Thy will be done*.

The most interesting tidbit that I have learned about myself is just how much I project fear into the future. When I maintain the role of observer of my thoughts, what I observe myself thinking is all kinds of terrible situations, conflict, and drama in the future. And so, I began to experiment.

What I mean when I say that I follow a path of surrender, is that I choose, in every moment, to find and follow the deepest wisdom that I can access for making decisions about my next course of action, instead of immediately reacting. I have been trying to remain the observer of my thoughts and decisions. When I catch myself thinking how something is going to be (projecting into the future), I stop and, instead, surrender those thoughts to the Universe (Divine Power, Higher Power, God, you get the idea). What I have begun to notice when I do this is that it doesn't turn out like I thought (feared) it would. It turns out better. When I am

successful in doing this, what I am able to witness are miracles occurring—real miracles. What I observe is everything falling into place while I just witness and continue to be a conduit for peace, joy, and love to flow through. Wow. It's amazing how this really works. I hope you try it for yourself. Just ask, "How can I be a loving presence in this situation?" Then just watch the unfolding. It takes a bit of awareness. You have to know that you are projecting fear into the future (worrying); you have to be willing to stay present, even in tough situations; and you have to be committed to really being a loving presence. Believe me, the temptations will arise to escape, fall back into old patterns of hostility and meanness, or whatever defense mechanism you have been using. But when you decide that you can do this, and you can, you will also be able to witness miracles happening for you in your life.

I hope you try this path of surrender, and I hope you let me know how it works for you in your life. I wish for you a peaceful journey.

*Jill Sutherland may be contacted by e-mail at [ReikiJill@aol.com](mailto:ReikiJill@aol.com) or by phone at 770-386-4853 for sessions, classes, or workshops.*

JUICES	
16 ounces	\$4.99
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SMOOTHIES	
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<b>Grasshopper:</b> Wheatgrass, banana, apple juice, and ice	
<b>Banana Shake:</b> Banana, almond milk, honey, and ice	
<b>It's Alive Shake:</b> Vitamineral Green Superfoods, banana, water, and ice	
<b>Blueberry:</b> Blueberries, almond milk, honey, and ice	
<b>Tropical Twister:</b> Pineapple, banana, apple juice, vanilla date syrup, and ice	
<b>Lemon Lassie:</b> Lemon juice, water, vanilla date syrup, and ice	
<b>Berry Blast:</b> Strawberries, raspberries, banana, apple juice, honey, and ice	
<b>Pina Colada:</b> Coconut milk, pineapple, honey, and ice (no Living version)	
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<b>Un-Tuna Salad:</b> Carrot tuna, lettuce, and tomatoes	\$5.95
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<b>Falafel:</b> Sliced cucumbers, tomatoes, spring mix, tahini dill sauce, and crumbled dehydrated falafel	\$6.75
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<p><b>Salad and Living Food Bar</b>            \$5.99 a pound  <b>Soup of the Day</b>            Cup...\$3.25 Bowl...\$4.25</p>	
<p>All ingredients are organic except for the following or where otherwise clearly indicated (due to availability):            Honey, bread, sea salt, vegan cheese, wheatgrass,* sunflower sprouts.* All added supplements, except for Vitamineral Green, are non-organic.            *Chemical- &amp; pesticide-free            Cheese contains dairy casein</p>	

Cooked Foods	
<i>Wraps &amp; sandwiches served with choice of side salad or corn chips</i>	
<b>WRAPS</b>	
<b>Roasted Vegetables of the Day:</b> <i>A tortilla filled with pepper jack rice cheese, spinach, and assorted roasted vegetables</i>	
<b>Spinach and Portabella Mushroom:</b> A tortilla filled with pepper jack rice cheese, spinach, and roasted portabella mushrooms	\$6.50
<b>Tempeh Reuben:</b> A tortilla filled with pepper jack rice cheese, tempeh, sun sauce, and sauerkraut	\$6.50
<b>Black Bean:</b> A tortilla filled with seasoned black beans, roasted red bell peppers, salsa, and spinach	\$6.50
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<b>Almond Butter and Banana Sandwich:</b> Toasted sprouted spelt bread spread with almond butter and topped with bananas and honey	\$4.95
<b>Avocado Melt:</b> Toasted sprouted spelt bread, spread with sun sauce and topped with avocado, rice cheese, roasted red bell pepper, and lettuce	\$6.50
<b>Pesto Sandwich:</b> Roasted zucchini, onions, red bell pepper, avocado, lettuce, and tomato on spelt bread with basil pesto sauce	\$7.25
<b>Sunburger:</b> Served with lettuce and sun sauce on an Ezekiel Sprouted Grain bun	\$5.95
with salsa and guacamole	\$6.50
<b>ENTREES</b>	
<b>Ravioli:</b> Roasted vegetable ravioli tossed with mushrooms, onions, broccoli, spinach, and basil marinara sauce	\$7.25
<b>Black Bean Burrito:</b> A tortilla filled with black beans, roasted vegetables, and salsa then baked and served with brown rice	\$7.25
<b>Steamed Veggies and Brown Rice:</b> Broccoli, carrots, cauliflower, onions, and mushrooms, steamed and served over brown rice	\$6.99
with coconut curry	\$7.25



# LIFE GROCERY

*A Natural Foods Co-op*

1453 Roswell Road, Marietta, GA 30062

*November/December 2004*

*Two Months of Super Savings*

## LIFE SAVINGS



- Omega Vegetarian  
3-6-9  
Liquid 8 oz \$12.99**
- Ultra  
Omega 3-6-9 8 oz \$15.99**



- Flor-Essence**
  - 17 fl oz ..... \$21.99
  - 2 oz ..... \$21.99
- Flor-Essence Kit**
  - 6 pk ..... \$119.99



- Thyrosense**
  - 60 v caps ..... \$10.99
- Adrenasense**
  - 120 v caps ..... \$19.99



- Seasonal Relief**
  - 63 tabs ..... \$19.99
- Primal Defense**
  - 180 tabs ..... \$61.99



- **Vanilla Wafers**
- **Ginger Snaps**

**8 oz \$2.49**



**Mashed Potatoes**

**8 oz \$1.29**

**Go Go  
Grahams  
All Flavors**

**12 oz \$2.29**



**Protein Bars  
All Flavors**

**2.2 oz**

**69¢**



**Yogurt**

**All Flavors**

**6 oz**

**69¢**



**Pure Aloe Juice**

12.5 oz ..... \$1.99

32 oz ..... \$4.99

**Pure Aloe Gel**

32 oz ..... \$4.99

*located in supplement department*



**French Meadow**

**Healthy Hemp Bread**

**24 oz**

**\$3.89**



- **Tofurky Vegetarian Roast**  
26 oz ..... \$8.89
- **Giblet Gravy**  
14 oz ..... \$3.19
- **Wild Rice Stuffing**  
14 oz ..... \$3.19
- **Tofurky Vegetarian Feast**  
3 lb 8 oz ... \$17.99

**NEW FOR THE  
HOLIDAYS**

**Wholly Healthy**

*Brown & serve rolls  
Traditional pie shells  
Chocolate chip cookie dough*

**King Arthur**  
*Scone mixes  
Popover Mix*

**Sonoma  
Sparkler**  
*Organic Apple  
Organic Lemonade*

**FOOD FOR  
THE HOLIDAYS**

- Farmer's Market Canned Pumpkin, Canned Sweet Potato; Canned Pumpkin Pie Mix
- Knudsen Cranberry Sauce, Spiced Apple Cider
- Wholly Healthy Frozen Pumpkin Pie, Apple Pie
- Now & Zen Chocolate Mousse, Hip Whip Vegan
- Unturkeys
- Tofurky Vegetarian Roast, Vegetarian Feast, Giblet Gravy, Wild Rice Stuffing
- Elberlys Organic Fresh Turkeys
- Organic Valley Egg Nog, Heavy Whipping Cream
- Wave Organic Silk Nog
- Amazake Vanilla Pecan Pie Rice Shake, Rice Nog
- Maple Love Wheat Free Pie Shells
- Spectrum Organic Shortening
- Sno-Pac Frozen Cranberries
- Barbara's Mashed Potatoes
- Fantastic Foods Soup & Dip Mixes
- Arrowhead Mills Graham Cracker & Chocolate Cookie Pie Crusts

**ENZYMEDICA**  
Therapeutic Enzymes

- **Muco Stop**  
48 caps . . . \$22.99
- **Purify**  
180 caps . . . \$31.99

**Nature's Plus**  
The Energy Supplements

- **Spirutein**
  - **Chocolate**
  - **Vanilla**
  - **Strawberry**
- 1 lb \$14.99



**All  
Emergen-C's**  
20% off

**NEWCHAPTER**

- **Prostate 5LX**  
60's . . . \$17.99
- **Zyflamend**  
60's . . . \$18.99

**Futurebiotics**

- **Pressure Lo**  
90 tabs . . . \$7.99  
270 tabs . . . \$21.99
- **Cholosta-Lo**  
60 tabs . . . \$5.99  
120 tabs . . . \$10.99



**Singers  
Saving Grace**  
all flavors  
15% off

**Yerba Prima**

- **Psyllium Husks**  
12 oz. . . . \$4.99
- **Psyllium Husk powder**  
12 oz . . . . \$5.99
- **Psyllium Husk caps**  
180's . . . . \$7.99

**Jarrow FORMULAS**

**Jarrow-  
Dophilus  
EPS**  
60 v caps \$12.29

**Enzymatic Therapy**  
NATURAL MEDICINES®

- **Ivy Calm**  
3.4 oz . . . . \$4.99
- **Super Immuno Comp**  
60 caps . . . \$11.99



**Wellness Family  
of Products**  
35% off

**XLEARINC**

**Xlear  
Nasal Wash**  
1.5 oz \$8.99



- **C-1000 mg plus Citrus Bioflavonoids**  
90 caps . . . . \$8.99
- **Olive Leaf 300 mg**  
60 v caps . . . . \$11.99

**TWINLAB**

- **Women's Ultra Daily**
  - **Men's Ultra Daily**
- 120 caps  
\$19.99

**AUBREY**  
ORGANICS

**All Aubrey  
Bar Soap**  
15% off

**Green Foods**  
THE EXPERTS IN GREEN NUTRITION™

**All Green  
Magma**  
20% off