

Pucker Power

By Linda Townsend

My husband and I watched as our toddler grabbed a slice of lemon and put it into her mouth for the very first time. We were poised for the sour pucker face response, but she surprised us with a smile and “mmm.” So began her attraction for lemons and even as a teenager now, she still asks for them!

Lemonade is a favorite when we go out to eat, but now it is so complicated. We have to ask if it is sugar free or not, because polyols, or sugar alcohols, can cause bowel discomfort and even diarrhea. We would rather just have regular sugar in the drink, but even then it is too much sugar and we have to ask our server to water it down by about half, which also waters down the best part: the lemon juice. Being overly sweet is unfortunately also true of many organic lemonades, so we were watering them down also.

They say “when life gives you lemons, make lemonade,” but what is a mother with a lemon-loving child to do when the lemon life has given her lemonade?

This year, I went completely radical and decided to stop buying lemonade altogether. Instead, I started buying lots of organic lemons. I use approximately one quarter of a large lemon or half of a small one per person—that is peel and all with a bit of sugar or other sweetener to balance the tartness so the results vary a bit. Our homemade lemonade is now the house favorite drink. During the hot months, it is so refreshing, but more so as a slushie or a frozen popsicle.

This is my recipe for a single serving:

¼ to ½ organic lemon, peel and all (even the seeds, if you want)

1 t (approx.) sugar, honey, or other sweetener of

your choice to taste

10 oz of spring or purified water (or 5 oz. of water and about 5 ice cubes for a slushie)

fruit, such as peaches, strawberries, or blueberries, as desired

- Place all ingredients in a blender and blend on the highest setting.
- Add other fruits like peaches, strawberries, and or blueberries to vary the taste and color, as desired.

NOTE: I must emphasize when using whole lemons that they must be organic, as most of the pesticides are concentrated in the peel.

When making your own lemonade this way, you know it is fresh, it is from organic real whole lemons, and you can adjust the recipe to accommodate your own taste. As good as all that is, there is more that is even better: the health benefits!

Before you throw away another lemon peel, consider the source of its bitterness: the limonoids. The Commonwealth Scientific and Industrial Research Organization (CSIRO) of Australia reports that citrus fruits reduce the risk of some cancers by 50 percent and are most protective against stomach, mouth, larynx, and pharynx cancers.

Lemons are nutritious with vitamins C and B, riboflavin, and minerals like calcium, phosphorus, and magnesium. Whole lemons add more fiber than just lemon juice. Even the lemon seeds have antiseptic, anti-

parasitical, and anti-fungal properties, so is it really worth throwing them out when making your healthy lemonade?

It is claimed that the acidic lemon has an alkalizing effect in the body. While there are conflicting theories and no research to support that the pH of the blood is significantly affected, the best benefit might be in the digestive tract itself. Lemons are like a tonic for the blood filtering liver and they are believed to aid in digestive processes, as well as elimination of toxins. They have diuretic properties and may help reduce kidney stones.

Another side effect that I personally noticed is appetite suppression. When we began having our whole lemonade daily at lunch time, I began to crave less, which led to eating less, and losing a few extra pounds that I really did not need or want to lose.

Citrus trees produce twice a year, once in the spring and again in the fall, so lemons are not just for summer refreshment. In the colder months, hot lemonade is my personal favorite warming drink with its Vitamin C and antiseptic properties for fighting colds and sore throats.

My daughter, of course, did not know all these wonderful benefits from eating lemons. For years, she has just said, “Mmm.” However, if you did not know before, you know now. So, are you ready for some pucker power in your life?

Linda Townsend is a freelance writer of health-related issues and can be contacted at ceisa@bellsouth.net.



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Turmeric: It Does A Body Good

By Brenda Cobb

From the dawn of civilization, herbs and spices have been used to bring flavor and color to foods, as well as for medicinal purposes. The name spice derives from the Latin *species*, meaning “something of a kind” or “to sort things out” into recognizable types.

Personal fame, the glory of God, and a share in the herb and spice trade, an unbeatable combination of fifteenth-century terms, all played a part in sending Columbus off on the voyage that was to end in the discovery of the New World. Queen Isabella of Castile was extremely interested in this highly lucrative trade since her treasury was dangerously depleted by the campaign against the last Muslim garrisons in Spain.

Turmeric is an East Indian tropical herb of the ginger family. It flourishes in the rich, moist soils of Java, China, India, and Bangladesh. It is a valuable cash crop in many other tropical areas of the Far East. Like ginger, it is the underground rhizome of the plant which is used, but it is both sweeter and more fragrant than ginger. Turmeric is sometimes available fresh, when it looks similar to fresh ginger, but is normally bought dried, either whole or ground. In southern India, the bright yellow, aromatic root is eaten raw and has a buttery, slightly peppery and mustard-like taste which is clean and refreshing. Some compare the flavor to horseradish.

It is one of the basic curry spices and gives a pleasantly warm and rich undertone to food, as well as adding unmistakable coloring to recipes. It can be added to any curried dish, or used alone to lend color and subtle spice to grains, beans, chutneys, and sauces. Turmeric may be used as a cheap substitute for saffron, but the flavor is stronger. Fresh turmeric is a good addition to fresh vegetable juices.

Turmeric has many health benefits. It is anti-fungal and helps heal wounds both internally and externally. For an abrasion, bruise, or traumatic swelling, a half teaspoon of turmeric and a pinch of salt may be made into a paste with water or ghee and applied to the affected area. It stimulates the gallbladder and biliary duct to discharge bile into the small intestine and increase the body's excretion of cholesterol. It stimulates the liver to increase the production of bile which helps emulsify fats in the duodenum and increase peristalsis. It is a noted blood purifier and has a soothing action on respiratory ailments. It benefits circulation, helps regulate the menstrual cycle, and works as a restorative after loss of blood at childbirth.

It is very useful in helping the body digest proteins and when combined with coriander and cumin it aids in the digestion of complex carbohydrates. The most active component in turmeric is curcumin, the yellow pigment, which is effective as an anti-inflammatory and antimicrobial agent, as well as a cardiovascular and gastrointestinal aid. Turmeric is considered to have beneficial effects on the skin, and it is said that Indian women owe their velvety complexions to the daily intake of turmeric in their foods.

One word of warning—conventionally grown herbs may contain some or all of the following: fillers, anti-caking agents, artificial colorings, preservatives, monosodium glutamate, and pesticide residues. Look for organically grown, non-irradiated herbs in the supplement and bulk departments [and fresh turmeric in the produce department when available] at Life Grocery.

Below is a good recipe for curry powder with maximum flavor but minimal heat:

Curry Powder

six parts turmeric
four parts cumin
one part each: cardamom, coriander, cinnamon,
black pepper, fenugreek, ginger

Curried Cauliflower Cabbage

2 c chopped cauliflower
2 c chopped purple or green cabbage
½ c chopped green onions
½ c fresh squeezed lemon juice
2 T cold pressed olive oil
1 t ground turmeric
1 t curry powder
pinch cayenne pepper
1 T fresh chopped ginger
2 Himalayan salt

- Toss the ingredients until all is well coated.
- Put in the fridge for a few hours so the flavors can meld together and enjoy!

Brenda Cobb is author of *The Living Foods Lifestyle®* and founder of *The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation, and Cleansing Therapies.* For more information, call 404-524-4488 or 1-800-844-9876 and visit www.livingfoodsinstitute.com.

By Rene Oswald

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- dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate (Vitamin E)
- Gluconate
- Hydrochloride
- Irradiated Ergosterol, Calciferol (Vitamin D)
- Nitrates
- Palmitate (Vitamin A)
- Pteroylglutamic Acid (Folic Acid)
- Pyridoxine Hydrochloride (Vitamin B6)
- Riboflavin (Vitamin B2)
- Stearic Acid (Magnesium stearate)
- Thiamine Mononitrate and Thiamine Hydrochloride (Vitamin B1)
- Titanium dioxide

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Synthetic vs. Natural Supplements

Even though you can typically get most of the vitamins and minerals that your body requires to function optimally from the food you eat, there are some occasions when this is not possible and you may need to take a supplement.

How do you know if the supplement you are purchasing is a good one? If it says “100% natural” on the label, beware. There are no regulations for the word “natural.” A manufacturer can claim their product is natural even if it's a totally synthetic product. It's always best to protect yourself by reading the ingredient list. Also, be sure to read both the active and inactive ingredients.

Look for food sources on the label and notice if they are listed as organic. If you don't see any food sources, then the product is generally a synthetic product.

Common ingredients found in synthetic supplements that you may want to avoid:

- “Natural Flavors” (may contain MSG or Monosodium Gluamate)
- Aminobenzoic Acid (PABA, which is Para-aminobenzoic Acid)

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Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

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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

Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heathere Wilmoth
Contributors: Brenda Cobb, Dr. Susan Esposito, Ronnie B. Hudson, Rene Oswald, Dr. Kal Sellers, Dr. Kim Strickland, Linda Townsend

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The Sauerkraut Gut

Dr. Kal Sellers DC, MH

Research has been done showing that colon cancer rates are much lower in an acidic gut (The Lancet, Volume 317, Issue 8229, Pages 1081-1083, 16 May 1981 doi:10.1016/S0140-6736(81)92244-3). In addition, research done in the 1920's showed significant benefits for having an acidic gut. Other articles that I have written discuss the importance of an acidic gut if one hopes to have healthy pH of the blood. In this article, we will discuss the benefits of an acidic gut and how to produce that effect long-term.

The focus of this article is on normal fermentation within the gut in order to produce an acidic gut that absorbs nutrients the way it should and which is healthy and toned so that it does not promote allergies or infection. A healthy gut leads to a healthy blood pH. Efforts to manipulate blood pH without healing the gut are allopathic in nature, rather than natural healing. As we will show, those approaches sometimes inadvertently do both. Proponents of alkalizing the body promote lots of raw plant roughage (especially from vegetables) which ferments into a lovely sauerkraut within the gut!

A healthy gut starts with two things: First, inherently healthy, live food as the overwhelming majority of the diet and second, the mixing of healthy food with saliva by chewing well. Chewing well starts the change in pH in the whole gut and helps prevent digestive distress.

Experience has taught us that chewing is often neglected and stress in life and chemical stress around us is too big to expect the gut, that seems disposed to be too alkaline, to acidify naturally. For this reason, the following information has become one of our modern approaches to healing.

Most people have a lot of cooked and processed food matter in their abdomen. Unfortunately, much of this is no longer inside the lining of the bowel, but has leaked out into the lymphatic system. Normally, the lymph returns to the blood and the liver filters the blood and everyone stays happy. If the liver cannot handle the load, however, something else happens. The lymph will slow down when the liver is overloaded. The vessels will

start to expand if debris continues to enter it. The collecting ducts around the bowel can get very much overloaded and enlarged by several times its normal size. This phenomenon may be one reason that people who use bowel herbs often find that asthma and allergies are far better. When the lymph is cleared up, the other things draining into it (from the lungs, bronchials, and sinuses) can drain more freely and everyone is happier! If the lymph is overloaded, it is not unlike rush hour traffic on an interstate. Nobody moves, the onramps are crowded, and maybe even stopped sometimes, and the whole thing is just not very healthy. This phenomenon explains a lot about why people on a modern diet, living a modern, stressed-out lifestyle are sick in the way they are sick.

Imagine if the immune system has to manage this debris all the time, as what has now turned into a sewer in the lymph ducts gets infected or toxic. The immune system might get pretty sensitive. If the gut is also alkaline, the leakage will be greater and the immune system will be more irritable.

In clinical work, we have learned how to disinfect the body using a protocol of juicing and disinfectant enemas, coupled with aggressively acidifying the gut. Pretty much everyone feels better with an acidic gut. We shall share here what we do for acidifying the gut.

- We have the person mix up raw apple cider vinegar with water, ¼ cup to the quart. This is not for the same purpose or made the same as the commonly touted apple cider vinegar and honey drink. This is just vinegar and water. This is to be drunk 3 times per hour and at least one quart should be finished per day. More is fine or better.
- We have the person eat raw sauerkraut with each meal, as much as they want.
- We have the person start (at the end of the seven days of juicing) eating plenty of raw vegetable matter. This should be chewed well. In the beginning, we have them avoid nuts and seeds.

- We often have the person supplement with Standard Process products for acidifying the gut, including: Cal Amo (2 tablets 2 times daily), Zypan (1 with each meal) and Lactic Acid Yeast Wafers (if it specifically appears to be needed—bread and sugar cravings is a good excuse for using this product).
- Avoid foods that deplete the body: refined sweeteners of any type, flour products, chemical-rich foods, processed meats, dairy products, and many vitamin supplements where the vitamins are isolated chemically and then measured into a supplement.

This program works well and you will find that acid reflux may be gone forever, protein digestion goes way up, and many irritations and inflammatory responses are gone or greatly reduced. In the opinion of the author, the focus on the pH of the gut has been ignored or neglected with many negative side-effects.

This program is calculated to maintain a healthy gut for life. Normal flora can get out of balance for a lot of reasons. Sometimes resetting the flora using our disinfectant program is indicated. These instructions are available from Dr. Kal. Usually, people will feel a distinct aversion to the acidifying supplements if they need a break from them and then they can be started up again later if symptoms begin to return. The disinfectant program can also be repeated if abnormal flora gets out of control again.

Dr. Kal Sellers DC, MH has a practice in the Atlanta area, as well as in Wyoming. He teaches natural healing, herbal medicine, and chi gong. He does a blend of techniques including chiropractic, visceral manipulation, reflexology, the Rolf Method of Structural Integration and Oriental diagnosis and treatment. Contact him at 307-413-9664, holisticchiro.org, or starvalleyherbalcollege.com.

Belly Fat

By Kim Strickland, ND

An article in the July *Prevention Magazine* addresses belly fat on women. It talks about how around 35-40 years old the body starts storing fat and putting it around the belly as a way to have estrogen since we make less as we age. When we are stressed we produce excess cortisol and this signals our bodies to store more fat. Relaxing is a big factor for slowing this process.

Since 1996, I have been very aware of my diet; food, emotional, and mental. What you eat is important, but it is also crucial to take time to enjoy the relationship that you have with food. If you are eating collar greens and thinking how disgusting they are, then you're better off without them. We are what we think about what we eat! Bless that which you eat. Take time to enjoy preparing your meal. Wash fruits and vegetables mindfully. If you eat animal products, thank the animal for giving its life so that you might consume it.

To reduce belly fat cut out sugar, artificial colors and flavors, and carbohydrates, such as chips, crackers, cookies, ice cream, cake, and bread. Start your day with a cup of green tea. Try honey or stevia to sweeten it. Then eat a meal that is deprived of water through dehydration. Water rich foods like watermelon, cucumbers, and oranges. Life Grocery has organic teas, honey, stevia and organic chocolate stevia for both

green tea and peppermint tea. If you have to get ready for work then go back and let your fruit digest. When you eat next try scrambled eggs and some sautéed veggies. You might have a piece of salmon or meat. If you eat a large breakfast that actually nourishes your body you will not have mid-morning cravings for sweets. Try it.

Instead of snacking after dinner on processed foods try grabbing several pieces of fruit. Life's selection of organic fruits and vegetables makes it easy to choose them. For optimum health eat four to five small meals rather than one or two. The largest meal should be in the middle of the day, rather than at night as is the custom here in the U.S. When you are hungry at night it means you should have consumed more calories throughout the day. It is best to finish eating at least three hours before going to bed.

For exercise try doing core strengthening activities with yoga, Pilates, or an exercise ball. Try holding a plank position for a minute and you will know it takes core strength. It is also important to add in dynamic moves like jumping from one position to another or jumping with a rope or a pogo stick. Also remember to get enough quality aerobic exercise to burn what you eat. I enjoy walking my dog daily, hiking trails, biking, and swimming. It is important to find something you love to do that helps you relax. Take a few minutes to enjoy the

morning light or the evening sunset. Take mindful breaths before each meal to bring your attention to why you are eating.

Kim Strickland earned her doctorate in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother, as well as an online college mathematics professor at South University Online.

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Synthetic vs. Natural Supplements

Also, the letters "d" or "dl" that appear before the name of an ingredient indicates the supplement is synthetic.

René Oswald, RN, APH, is the author of "Transitioning to Living Cuisine," "Juice Feasting for Life," "Living Cuisine for Happy Holidays," and "Wholesome Cooked Creations." She travels around the country teaching her Transitioning to Living Cuisine Program. For free videos and an informative Blog, check out her website at <http://RawFoodRene.com>.

Fatty Foods for Ferocious Fat Fighting

By Susan Esposito, DC, DACNB, FABES, FACFN

In this article I discuss a couple of super foods that are typically categorized as “fatty.” Due to this categorization, they have often been cast off of “healthy” dietary regimens in an attempt to help people avoid the obesity and other health issues that are associated with the consumption of “unhealthy fat.” However recent opinions are changing on these foods, because they contain many nutrients that are essential for health and that can actually help you burn your body fat faster.

Coconut milk, coconut flour, and coconut oil

Coconut, in all of its forms, is a great source of medium chain triglycerides (MCTs), which although a saturated fat, is very healthy because it contains a component called lauric acid. Lauric acid in the body creates a compound that has antiviral, antimicrobial, antiprotozoal, and antifungal properties. It destroys the integrity of the lipid membranes in organisms like fungus, bacteria, and viruses, thus killing them. Another beneficial quality that MCTs provide is they are easily used for energy by the body and less likely to be stored as body fat compared to other types of fats.

Coconut flour is a healthier flour option for baking. It is an extremely high fiber flour alternative (almost ALL of the carbs in this flour are fiber and not starch!). Coconut flour is not only gluten free (which is a big benefit for those who need to avoid it), it is also significantly higher in protein compared to most other types of flour. When baking with coconut flour, it is absolutely critical that you mix it with other flours, because it will absorb all the moisture of your baked goods if used exclusively in a recipe. You might also want to add a little extra of your liquid ingredients to the mix, as well.

One tablespoon of dried coconut provides two grams of lauric acid; two ounces of quality coconut milk contains about three and a half grams. But coconut oil by far contains the best concentration of lauric acid—about seven grams per tablespoon. According to coconut oil experts Mary Enig and Bruce Fife, “The average person should eat about three tablespoons of coconut oil each day. This amount will not only provide protection against bacteria and viruses, but it will also increase your metabolism and improve the condition of your skin and hair, in addition to many other benefits. To reap the full benefits of using coconut oil, choose a high-quality source that offers coconut oil in its best form: organic, cold-pressed, and extra virgin.”

Whole Eggs (both the yolk and the white)

Eggs are one of the highest quality sources of protein. In fact, they are the only source of all 12

essential amino acids in the right ratios, and therefore are sometimes referred to as the perfect protein food. Some people, in an attempt to eat healthier, eat only the egg whites, thus avoiding the egg yolks. However the “yoke’s” on them, because it’s the egg yolk that contains most of the nutritious lipids, vitamins, minerals, and antioxidants (such as lutein) found in eggs. According to whfoods.org in their article, *Eggs, Pasture-Raised*, “All B vitamins are found in eggs, including vitamins B1, B2, B3, B5, B6, B12, choline, biotin, and folic acid. Choline is a standout among these B vitamins. In fact, eggs rank higher in choline than any of our other WHFoods (world’s healthiest foods). In the U.S., an average diet provides about 300 milligrams of choline per day—less than the recommended amount for an adult woman (425 milligrams) or an adult man (550 milligrams). Since one egg provides over 100 milligrams of choline and only 75-80 calories, it provides far more choline for far less calories than most other choline-rich foods.”

Choose free-range organic eggs rather than average grocery store eggs, because the nutrient content of the eggs and the balance between healthy omega-3 fatty acids and inflammatory omega-6 fatty acids is controlled by the diet of the hens. Many people attest that they even taste better.

In the past, eggs have been avoided due to their high cholesterol content; however studies have shown that the liver actually produces less cholesterol when an individual consumes higher quantities of it. Thus, the overall level of cholesterol in the bloodstream remains the same. A single egg contains 212 mg of cholesterol, which is over half of the recommended daily intake of 300 mg. In a recent study, 70% of participants who consumed eggs had either no rise or a negligible rise in cholesterol. Those whose levels did rise, had a rise in both the LDL (low density lipoprotein), as well as the HDL (high density lipoprotein, which is the desirable one). However, individuals with genetic disorders, such as familial hypercholesterolemia or a gene type called ApoE4, are advised to minimize or avoid them. LDL particles can either be small and dense or large. People with large LDL particles have a lower risk of heart disease than those with small dense LDL particles. “Egg consumption appears to change the pattern of LDL particles from small, dense LDL (bad) to large LDL, which is linked to a reduced heart disease risk,” according to Kris Gunnars in her article *10 Proven Health Benefits Of Eggs*.

Eggs are the most fulfilling macronutrient. In his 2008 study, Douglas Paddon-Jones states, “Potential beneficial outcomes associated with protein ingestion include the

following: (1) increased satiety—protein generally increases satiety to a greater extent than carbohydrate or fat and may facilitate a reduction in energy consumption under ad libitum dietary conditions; (2) increased thermogenesis—higher-protein diets are associated with increased thermogenesis, which also influences satiety and augments energy expenditure (in the longer term, increased thermogenesis contributes to the relatively low-energy efficiency of protein); and (3) maintenance or accretion of fat-free mass—in some individuals, a moderately higher protein diet may provide a stimulatory effect on muscle protein anabolism, favoring the retention of lean muscle mass while improving metabolic profile.” In other words, eating eggs helps you feel full and satiated and helps you burn fat while retaining lean muscle. So it’s a great tool for those who are trying to stay healthy and lose weight.

All these great benefits of coconut products and eggs were provided in an attempt to help you decide for yourself which foods will be most beneficial for inclusion in your diet. Remember that although you can reap nutritional benefits from consuming these foods, don’t go overboard to the extreme, because they do contain fat, which eaten in the extreme has been linked to a myriad of health issues. As my mother would say, “moderation is the key.”

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



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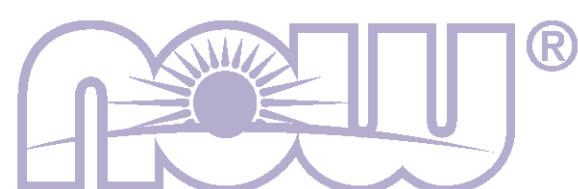


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