

Seven Keys to Real Health

By Jordan S. Rubin

Center for Disease Control (CDC) spokesperson Dr. Julie Gerberding states, “Unfortunately, poor diet and a lack of exercise have almost caught up with tobacco as being the leading cause of death in the United States.”¹ Those are *preventable* premature deaths that can be averted by diet and exercise lifestyle changes.

There are dietary and lifestyle guidelines that, when implemented, can lead to greater health. While there is no “magic bullet” for great health, there are seven important keys that can unlock health potential.

1. Eat a Healthy Diet

Eating healthily can be tricky. Consider these two criteria *BEFORE* ingestion of food: *Eat only what has been naturally created for food and consume food in a form that is healthy for the body.*

The healthiest people in the world generally ate a primitive diet. Today, more of what we eat is man-made, devoid of naturally-occurring nutrients and loaded with man-made chemicals. However, our human physiology is designed for a diet of healthy meat, fish, fruit, vegetables, dairy, grains, nuts, and seeds.

Foods we eat should be grown, raised, prepared, and preserved *healthfully*—locally grown or raised, organic, and chemical-free fresh foods.

2. Supplement with Whole Food-Based Nutrients and Superfoods.

An article titled “Vitamins” from the Harvard School of Public Health states: “If you eat a healthy diet, do you need to take vitamins? Not long ago, the answer from most experts would have been a resounding ‘no.’ Today, though, there’s good evidence that taking a daily multivitamin makes sense for most adults. What’s changed? Not only have scientists determined why we need pyridoxine (vitamin B6), but they are also accumulating evidence that this vitamin and others do more than ward off the so-called diseases of deficiency, things like scurvy and rickets. Intake of several vitamins above the minimum daily requirement may prevent heart disease, cancer, osteoporosis, and other chronic diseases.”²

A whole foods-based diet is the optimal form of nutrition; however, modern society processes whole foods—leaving them void of essential nutrients. For example, whole grains have been refined so that the germ, bran, and other vitamin-rich portions are removed. Meanwhile, modern food preparation and sterilization processes destroy many of the vitamins in the foods. Additional adulteration of foods comes with additives, chlorine, fluoride, etc.

Farming methodologies can also detract from nutritional wholeness of foods. Add air pollution, water

pollution, and stress-filled lifestyles—and it is not the most optimal for health.

If you choose to supplement, select whole food supplements that include a whole food multivitamin/mineral, cod liver oil, and a green superfood blend containing cereal grass juices, vegetables, sprouted grains, and seeds.

3. Practice Effective Hygiene

An effective hygiene protocol systematically cleanses and removes germs from the five areas where they are most likely to enter the body: *the hands* (particularly underneath the fingernails), *the corners of the eyes*, *the nasal passageways*, *the ear canals*, and *the mouth*. Proper hygiene can support a healthy immune system and can assist in the reduction of colds and flu, allergies, and sinus problems.

4. Condition Your Body With Exercise and Body Therapies—and Get Enough Sleep!

Exercise, such as walking, rebounding, deep breathing, or “functional fitness”—an exercise system where you train movements, not isolated muscles—is essential for health. Additionally, body therapies are soothing to the body. Incorporate body therapies such as hydrotherapy, therapeutic baths, and moderate daily sunlight exposure.

Consistent, adequate sleep is essential. Sleep deprivation or disorders can lead to numerous serious illnesses including high blood pressure, heart disease, a higher risk of diabetes and obesity, heart attack, heart failure, stroke, fetal and childhood growth retardation, and psychiatric problems, including depression and other mood disorders.³

5. Reduce Toxins

We live in a toxic world, so consume and bathe in pure water, breathe fresh air, and avoid the use of toxic skin and body care products and chemical-laden household cleaners. (Life Grocery sells a wide variety of cosmetics, shampoos, creams, deodorants, and natural household products that do not contain unhealthy ingredients.)

6. Avoid Deadly Emotions

Unhealthy emotions such as anger, resentment, anxiety, and fear can affect us systemically. In his book *Deadly Emotions*, Don Colbert, M. D. states, “No person experiences an emotion just in his ‘heart’ or in his ‘mind.’ Rather, a person experiences an emotion in the form of chemical reactions in the *body* and the *brain*. These chemical reactions occur at both the organ level—stomach, heart, large muscles, and so forth—and at the *cellular* level.”⁴

Life is too short to harbor deadly emotions, so avoid them.

7. Live a Life of Purpose

Perhaps the most important “health key” is to find purpose. Alignment with what is most important to an individual’s life is a daily essential and can add to health and productivity. Living on purpose is the best way to live! People *with purpose* characterize success and significance. Seek purpose for your life—and then live it!

For healthy living, make these seven keys the foundation of your health plan.

Footnotes

1. “CDC chief: Obesity top health threat” CNN.com. Available from: <http://cnn.health.printhis.clickability.com/pt/cpt?action=cpt&title=CNN.com=-=CDC=chief%> Accessed: November 1, 2004

2. “Vitamins.” Harvard School of Public Health. Available from: <http://www.hsph.harvard.edu/nutritionsource/vitamins.html> Accessed : June 16, 2003.

3. Breus, Michael. “Sleep: More Important Than You Think.” *WebMD*. Available from: <http://my.webmd.com/content/article/64/72426.htm?printing=true> Accessed: May 17, 2004

4. Colbert, Don. *Deadly Emotions: Understand the mind-body-spirit connection that can heal or destroy you*. Thomas Nelson Publishers, 2003.

At the age of 19, Jordan Rubin was stricken with an incurable illness. Now in vibrant health, he credits his dramatic recovery to an enduring faith in God and a biblically-based health program he calls The Maker’s Diet. Jordan has earned doctoral degrees in naturopathic medicine, nutrition, and natural therapies. Jordan and his New York Times bestselling book The Maker’s Diet have been featured on Good Morning America, NBC Nightly News, Fox and Friends, Inside Edition, USA Today, and Newsweek. Jordan is on a mission to transform the health of the world one life at a time.

Jordan’s parents were part of the small group of health enthusiasts that founded Life Grocery in 1977. Jordan has frequented the store since he was two years old.

The Truth Will Set You Free

By Michael A. Scimeca, D.C.

As a licensed chiropractor, I have been able to witness, firsthand, the negative effects of living a lie. I have personally laid my hands on thousands of people whose bodies were expressing an all-too-familiar spinal pattern that reflected the manifestations of being conflicted. This personal hell creates the illusion of being stuck or imprisoned by life's circumstances.

In working with many types of people, I began to discover certain "character traits" that would accompany specific physical challenges. I would observe how certain people would be able to receive care and get well, while others lived on a merry-go-round of repeated challenges.

What causes some people to have the courage to face personal discrepancies while others fear looking honestly in the mirror to the point that disease becomes a real concern? What could possibly be so uncomfortable to look at internally that dying becomes a more comfortable option?

I began to formulate a personal understanding that answered many questions I had regarding people and their challenges. To summarize: Many people are over-committed to certain beliefs. I propose that defending one's understanding of what is "true" often invites repetitive challenges to reappear. When we hold firmly to any perceived truth, no matter how philosophically or spiritually sound, we cut ourselves off from the source of our vitality. New cells take on the same qualities as old; dying cells and regeneration give way to degeneration.

The words I share are not "truths." They are simply the result of my personal observations based on years of study that accompany my own prejudices and opinions.

When we open ourselves up to the ever-evolving truth, whatever that truth may be, we open up to the vitalistic energy that ensures our well-being.

One sign of living a lie is easy to recognize since it accompanies accessing some form of disturbance. Consider any disturbance to be an alarm or wake-up call. We "answer the call" when we become more honest with ourselves regarding the role we play in accessing any disturbance, familiar or otherwise. By taking responsibility for the quality of life we access, we can make the changes that result in living a truly liberated life, a life of great peace and joy.

We intuitively know that challenges we face are not the result of external factors. We somehow know that—with mindful action—we have the power to right any wrong that presents itself. Yet, few people, relative to the entire population, fully embrace this innate ability. Instead, we look outside ourselves for the cause of the "problem" or, worse, for the correction of the "problem."

Looking outside ourselves for causes and answers must become obsolete; otherwise, we will continue to go on living a lie and experiencing the challenges associated with it. When we "answer the call" and move in concert with life's ever-evolving truth, we not only set ourselves free, but our life becomes a peaceful offering for others to follow.

Below is a simple four-step process. Begin immediately integrating these strategies into your life and enjoy the rewards. May you find the courage to meet these suggestions with your greatest attention:

1. **Be Honest**—Honestly share information and feelings and be honest, distinguishing facts from feelings.
2. **Be Respectful**—Focus mostly on yourself and your response to things (including people) of which you have no control. Be in charge of your own peace, and respect the rights of others to be peaceful or not.
3. **Be Grateful**—Be grateful for everything. If you are sad, be grateful for the sadness and you instantly shift from being sad to being grateful.
4. **Be Humble**—Be a student of life, not a prisoner of what you know. Admit how relatively little you know and allow that "truth" to be your guide.

If after applying these four steps, you find yourself unable to find the peace and freedom that truly are your birthright, give me a call and we can embark on a personalized journey I affectionately call Wellness Coaching. Until next time, go within or go without.

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In This Issue

- 1 *Seven Keys to Real Health*
- 2 *The Truth Will Set You Free*
- 2 *New Products at Life*
- 3 *Dietary Treatments for Pain Management*
- 4 *Produce of Life*
- 4 *Blood Group O*
- 5 *Living LaVida Gluten Free!*
- 5 *Spring Cleaning*
- 6 *Obesity—Do Diets Really Work?*
- 6 *Lyme Disease and Getting Our Health Back*
- 7 *BVS: Meat-Out 2005*
- 7 *Classifieds*
- 8 *Café Life Menu*

Dietary Treatments for Pain Management

By Dr. Joe Esposito

This may come as a shock to many of you. If you suffer from pain, any pain, what you eat may be making the pain worse! In my many years of practice, I have seen patients with pain that was difficult to manage with conventional methods improve dramatically when they made some simple changes in their diets.

Certain foods are considered excitotoxins; this means that they will excite the nervous system. An excited nervous system can cause nerves to send more impulses to the brain and the person can perceive this as pain. Two foods that have become a major part of the standard American diet that are known excitotoxins are MSG (monosodium glutamate) and aspartame, which is a very common artificial sweetener. Many folks equate MSG with Chinese food, but MSG, and its chemical cousins which are just as bad, can be found in a wide variety of foods.

In my book, *Eating Right for The Health of It*, I have a whole chapter devoted to ingredients that are actually MSG but may not be listed as MSG. Some of the common foods and ingredients that always contain MSG are glutamate, monopotassium glutamate, glutamic acid, calcium caseinate, sodium caseinate, gelatin, textured proteins, hydrolyzed protein, yeast extract, yeast food, and autolyzed yeast. Some foods and ingredients that often contain MSG are bouillon, natural beef, chicken, or pork flavoring, natural flavoring, soy sauce, whey protein, stock, pectin, smoke flavoring, malt flavoring, and even plain "flavoring." There are over 5000 foods that now contain aspartame, including diet sodas, sugar free gum (and many things that say "sugar free"), artificial sweetener packets, and even many drugs and chewable vitamins. One of the most common pain reactions to these excitotoxins are headaches; however, they can contribute to arthritis pain and fibromyalgia, as well as exacerbating any pain syndrome. You can get vegetable broths that taste fine and do not have MSG; substitutes are available for most other foods that contain MSG. Be sure to read the labels of any food that you purchase.

If you suffer from any type of nerve viral infection, such as herpes I, herpes II or shingles, you have to be careful to avoid products that contain peanuts. Peanuts are high in an amino acid known as arginine. Arginine

can block the amino acid Lysine from suppressing the viral growth and can lead to outbreaks which can be very painful.

Acid foods, such as alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners, require the body to neutralize the acid; the body uses calcium as one of its primary neutralizing agents. Calcium is not only used for building bones, but it also helps muscles to relax. If a person is in pain, it is common for muscles around the area of pain to spasm to protect the area. The muscle spasms can pull on or pinch nerves and this can be a primary source of pain. If you take calcium supplements, it is best to use calcium citrate or calcium lactate. Calcium carbonate, which is the most common form of calcium on the market, is not absorbed as well and may not be as effective. It is also good to eat lots of raw celery, spinach, and/or figs. These foods are very alkalizing and help neutralize acids in the body.

Electrolyte imbalances can contribute to pain. Not getting enough potassium, magnesium, calcium, or vitamin E can cause muscle spasm and pain. Fever, vomiting, diarrhea, or use of diuretic drugs (such as some blood pressure medications), can lead to an electrolyte imbalance. Be sure to eat lots of raw fresh fruits, vegetables, nuts, and seeds and to drink eight to ten glasses of distilled or filtered water every day. This will help to maintain your electrolyte balance.

Poor circulation can contribute to pain. Blood helps to bring nutrients to injured parts of the body and it helps to flush out toxins. If there is a toxic build up or if a part of the body is not getting enough nutrients, pain can result. A diet high in alcohol, meat, sugar, coffee, soda, and artificial sweeteners can contribute to hardening of the arteries which can cause a lack of proper blood supply. Coffee and alcohol are diuretics which can cause you to dehydrate, which can lead to poor blood flow as well. Coffee has also been shown to increase your homocysteine levels, which can cause low density lipoproteins (LDL's) to stick to your artery walls, which will lead to hardening of the arteries. It is important, for many reasons, to be sure you keep your body well hydrated, especially if you partake in diuretic foods or medications.

There are some foods that you can add to your diet that might help with pain management. Green leafy vegetables are loaded with nutrients that can help with muscle relaxation and healing. Nutritional yeast is a wonderful, flavorful, and healthful topping for salads, and even popcorn; it is high in nutrients that can help heal the body and reduce pain. If you do take diuretic medications, be sure you supplement with potassium, unless the medication is "potassium sparing," which means it does not drain the body of potassium. Check with your doctor or pharmacist to be sure. Valerian root taken at bed time might help you sleep and allow the body to get the rest it needs to heal. Be sure you get at least one tablespoon of omega-3 rich oils such as flax seed oil for every 50 pounds that you weigh every day. (For more information on how fats can affect your pain

level, see my web site drjoesposito.com for the article entitled *Can What You Eat Determine How Much Pain You Feel?*) Essential fats such as omega-3 fatty acids act as cox-2 inhibitors, much the same way some prescription drugs do. You can also rub flax seed oil directly on the area of pain or put about 25 drops of flax seed oil in a bath tub of warm water and soak in it. Potatoes and bananas help to build up serotonin levels in your brain, which can help you relax and get that much needed sleep your body requires in order to help you heal properly. Ginger is an anti-inflammatory and can be taken in pill or tea form. (See my website drjoesposito.com for a great ginger tea recipe under the "articles" section). Boswellian is an herb that has anti-inflammatory properties as well. Bromelain is an enzyme found in raw pineapple and can also be taken in a supplement form. It, too, has anti-inflammatory properties. Glucosamine and Chondroitine Sulfate has been shown to help rebuild cartilage. Since most people have some cartilage damage, it would benefit them greatly from supplementing with Glucosamine and Chondroitine Sulfate. Some formulas have MSM, as well and this is a good thing. I would suggest the Life Grocery brand vegetarian version of the Glucosamine supplement. Speak to Gary, Jewlie, Brigitte or any of the brilliant folks in the Life Grocery supplement section for advice on the best formula for you.

Creams are also available for use in pain control. One very effective type of cream has cayenne pepper as an ingredient. Cayenne pepper will increase circulation and help reduce swelling and pain. You can purchase pre-made creams or make your own. Mix one teaspoon powdered cayenne pepper with ¼ cup oil, try flax seed oil for a double dose of goodness. Rub the oil over the area of pain. If the pain has been there three days or less, it would be wise to use ice applied for twenty minutes on and twenty minutes or more off three to six times a day. Ice will help decrease swelling which can help decrease pain. After three days, you can use the cayenne cream or moist heat. If the cream, moist heat, or for that matter, any treatment, makes the problem worse, stop that treatment and see your doctor. If you do use cayenne pepper, be sure to handle it with care. Wash your hands after handling the pepper with oil to help dissolve the pepper oils; then use soap and water. The hot part of the pepper is an oil and you will need oil (remember from high school chemistry that like products dissolve in like products, which means that oils will dissolve oils) to dissolve the pepper oil. Any vegetable oil, such as olive, vegetable, or coconut, will do.

All these suggestions are to help reduce the pain, but it is imperative to treat the cause of the pain. A good place to start is a visit to your chiropractor to determine the cause of your pain. If it is a pinched nerve, your chiropractor would be an excellent first line of treatment.

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.

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Produce of Life

By Kim Strickland

As I type this article, everything outside is covered with a layer of sleet and ice. I'm cuddled up in front of a fire after just eating a bowl of hot, homemade soup. But we'll soon be coming out of winter and heading into spring. Grapefruit and parsley are two crops which will last through the winter and be in season in March and April.

Grapefruit, with the exception of vitamin B12, has a full range of B vitamins and contains about 28 mcg of folic acid. Grapefruit sections are a good source of vitamin C and offer plenty of calcium, potassium, and magnesium, as well as trace amounts of iron and zinc. Red and pink grapefruit contain a much higher amount of vitamin A, as compared with the white variety. The grapefruit membranes are a good source of pectin, a soluble fiber helpful in reducing cholesterol.

The peak season for grapefruit is January through June. Grapefruit can keep a week or slightly longer at room temperatures of 65 degrees or higher. For longer storage, about six to eight weeks, store the fruits in the fruit and vegetable keeper of the refrigerator. For a juicy grapefruit, choose one that feels solid and weighty. Look for a shiny, smooth skin to be sure of freshness. Reject those with soft areas, large brown spots, or dull dry-looking skin. To consume grapefruit at optimum flavor, keep the fruit at room temperature at least two hours before eating.

The traditional half grapefruit, sectioned with a grapefruit knife, simply can't be beat. Grapefruit has a natural affinity for the avocado. Combine them in a salad along with greens and some crunchy vegetables like jicama, celery, sweet onions, or kohlrabi. Add a tangy dressing or one with a hint of fruity sweetness. When citrus is in season, take advantage of the varieties by joining them together in a fruit cup, a beverage, or a salad. Include white, pink, and red grapefruit for more color variety.

There are two types of parsley: curly and Italian. This Mediterranean herb is a member of the carrot family. Fresh parsley is very rich in Vitamin A and potassium. It is moderately rich in Vitamin C, calcium, folate (folic acid), and phosphorous. It is also a good source of dietary fiber when considering weight to volume ratio (1.23 gm dietary fiber to ½ cup parsley).

In general, herbs should be fresh looking, crisp, and brightly-colored. Avoid herbs that are wilted, have dry brown areas, or are pale or yellow in color. Slimy looking dark spots with small areas of mold indicate old product or poor handling. Parsley is stored best in the refrigerator after harvesting. Take the bunch apart, wash, place in a plastic bag and refrigerate immediately. It is also best to use fresh parsley within 5-6 days of harvest.

Tabouli

½ c fine bulgur wheat
hot water
2 c finely chopped fresh parsley
½ c finely chopped green onions
¼ c chopped fresh mint leaves
1 medium cucumber, peeled, seeded, and diced
½ c diced bell pepper
¼ t sea salt

Dressing

juice of 2 lemons
2 cloves of garlic, minced
2 T olive oil
18 cherry tomatoes, or Roma tomatoes, chopped

- Place bulgur in a large bowl. Add enough hot water to cover. Let it sit for approximately 30 minutes.
- Drain bulgur and squeeze dry. Place in a large mixing bowl and fluff with a fork.

- Add parsley, onions, mint, cucumber, bell pepper, salt, and black pepper. Stir well and set aside.
- In a small bowl, combine dressing ingredients and mix well. Pour over salad, toss, cover, and refrigerate 3 to 4 hours.
- Remove from refrigerator and add tomatoes. Mix well. Serve on a bed of crisp lettuce.

Pink Grapefruit Vinaigrette

1 c chopped sweet, pink grapefruit sections with membranes
½ c plus 2 T water
¼ c apple cider vinegar
¾ t sea salt
¼ t ground black pepper
¼ t guar gum
4 T maple syrup

- Combine all ingredients in a blender. Blend until grapefruit is fully pureed, about 30 seconds.
- Using a funnel, pour into a narrow neck bottle for easy serving. Shake well before serving.

This will last about a week in the refrigerator. Yields 2 cups.

Resources:

www.aggie-horticulture.com
www.produceoasis.com
www.vegeparadise.com

Kim Strickland is a N.D. student at Clayton College of Natural Health. For more information call 770-218-3952.

Blood Group O

By Linda Townsend

You may know that matching one's blood type, or blood group, is a necessity for a blood transfusion. You may also know that one's blood group is a product of heredity that is dependent upon the parents' blood groups. But, you may not know how much influence this precious liquid of life has on your entire being.

The chemistry of the blood generates a predominate and distinct pattern in the bioenergy of the body. This pattern *polarizes* our perception of the world, as a colored lens on a camera tints the hues of the picture. Although we do not see these colored energy patterns, there are ways to test for them and even determine one's blood group by them—without taking a drop of blood!

To explain how the blood group's bioenergy patterns sway our temperaments, we will examine the O blood group. I prefer the term BioType O, as this seems to better fit the concept that such a classification is much more than a factor of chemistry. Before continuing, it is important to note that each person is an individual, and the attributes described here are generalized. Other factors, such as illness, unresolved emotional issues, injury, and trauma, can greatly skew the bioenergy patterns, so this will also affect a person's perception and interaction with the world.

The world is presented to BioType O's, first, through Green and then Indigo in the outer layer of the bioenergy system's Physical Aspect, based on my own research. These predominate biocolors, or the unseen colors of the bioenergy system, cause the BioType O person tends to think first of self preservation and tends to abstain from taking initiative.

Hippocrates based his temperaments on the four liquids of the body. One of his descriptions was thick blood, which he called phlegm. Comparing Hippocrates temperament types, BioType O should be predominately Phlegmatic. (If you prefer the Kiersian Temperament types, BioType O's are primarily Sensing-Judging or SJ).

The Phlegmatic temperament is loyal, dutiful, calm, and easygoing. Ever conservative in nature, rarely would a Phlegmatic BioType O lose composure. Phlegmatic strengths include being good-natured, witty, practical, dependable, having strong organizational skills, and giving well thought out advice. Generally, a BioType O views life as a pleasant experience (or a long suffering one), preferring to stay even-keeled (or stick it out).

Phlegmatic BioType O's also have some temperament weaknesses. They are prone to "drag their feet" and are difficult to motivate. (Although they may tend to procrastinate, they also make their deadlines!) BioType O's can be rather selfish, stubborn, resistant to involvement, and critical of others. Their humor can go a bit too far with not-so-comical teasing. Often the practical and analytical Phlegmatic will develop a better way to do something, but may not present the idea. It is not uncommon to see a BioType O lean over to a colleague to say something like this, "If they had asked me, I could have told them that would not work. My idea was better."

BioType O students would be predominately Concrete Sequential (CS) in the Gregoric Model of Learning Styles. They like working step-by-step and having established routines. CS BioType O's work well within time limits and like to organize. They have difficulty working in a disorganized environment and learning something without a specified reason for doing so.

BioType O's have strengths and weaknesses in their health, again, involving patterns in the bioenergy system. These are associated with all the three layers of the Physical Aspect. Unlike any other biotype, BioType O's lack one specific biocolor in all the layers: Orange. According to my research, Orange is associated, in varied degrees, with every organ that processes matter into energy for the body, as well as calcium dependent

organs and a few others. Included in this list are the respiratory tract, digestive system, skin, gums, teeth, bones, thyroid, eyes and, in women, breasts. Complaints common with BioType O's are allergies, asthma, ulcers, rashes, acne, oral problems, osteoarthritis, osteoporosis, hypothyroidism, cataracts, and breast cancer.

A BioType O is fortunate to have an aggressive immune system, although it can be overactive, causing allergic reactions and autoimmune diseases. Good news, a BioType O tends to recover well when intervening medical procedures are required.

The BioType O usually does well on high protein diets, similar to the well-known Atkin's Diet, and with iodine rich foods. Red meats, fish, vegetables, and some fruits are good choices for a BioType O. Incompatible choices generally include milk products, grains, beans, and legumes, and, in particular wheat, corn, and lentils. Although some BioType O's choose to be vegetarians, this may not always be the most compatible choice of diet. An example: A former vegetarian, 50-year-old BioType O cured her life-long asthma and animal allergies simply by switching to a blood type compatible diet based on red meat and fish. BioType O's also need supplements that have Orange-like attributes or, what I call, Orange *harmonics*. These include calcium, Vitamin C, and copper.

A special note to BioType A's, B's, and AB's: Don't feel left out. I plan to discuss each one of the remaining blood group in future articles.

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

Living La Vida Gluten Free!

By Nisla C. Whetsone, L.M.T., and amateur chef

I'm coming up on two years of gluten free living, and I wanted to share with you how much this has improved my health and my quality of life. Two years ago, I thought I was dying, and I literally was dying a slow death of malnutrition and malabsorption. I had spent years going to doctor after doctor and being misdiagnosed with things like Irritable Bowel Syndrome, GERD (gastro-esophageal reflux disorder), Fibromyalgia, ADD, depression, and anxiety disorders. I was suffering with chronic sinus and upper respiratory infections, chronic fatigue, constant pain in my joints and muscles, high blood pressure, headaches, constant nausea, vomiting, and extremely frequent diarrhea, frequent heartburn, and seizures. I was overweight, despite not having much of an appetite, and I had even convinced myself that I had an eating disorder.

The odd thing was that, for the longest time, I was accused of being a hypochondriac. I was told that this was all in my head and there was really nothing wrong with me that a few prescriptions couldn't fix. Then I found a doctor who believed me. Dr. Rosen, together, with his physician's assistant, ran test after test to try and determine what was wrong with me. They sent me off to have ultrasounds of my stomach, kidneys, gallbladder, and liver. As each test came back negative, they never gave up; they just kept trying. Finally, they decided that I needed to see a specialist and sent me to a gastro-enterologist, who they felt would be able to help me.

On my first visit with Dr. Eugene Hirsh, he sat down with me and looked over my history and, without any hesitation, asked me if I had ever heard of Celiac Disease. He was pretty sure that when he did the tests to check for it, that is what he would find. He told me I would have to start a strict gluten free diet immediately, and that I would be on it for the rest of my life. He started with a blood test and scheduled a biopsy of my small intestine. About ten days later, he called to confirm that the blood test indeed showed markers for Celiac, as he had suspected.

On that first day after my visit with Dr. Hirsh, I found myself wandering the aisles of Life Grocery trying to figure out this strange new diet. I was standing in the middle of an aisle crying when Ellen (the grocery

manager) came up to me and asked me what was wrong. When I told her, she said, "Here, have a cookie!" Imagine my delight when she put a Gluten Free Aunt Candice chocolate chip cookie in my hand and then walked me around the store and showed me many more goodies that I could have.

So here I am, almost two years later, and I am feeling healthier than I ever have in my entire 35 years. I have lost over 65 pounds and several sizes (I have lost track!). I have more energy than I ever had before; I haven't seen any signs of anxiety or depression in over a year; I am off almost all of the medications that I had previously been on for pain, depression/anxiety, heartburn, and nausea...and there have been NO seizures! Last week I had my semi-annual checkup with my doctor to monitor my progress and they were amazed at the results. Two years ago, my blood pressure was around 140/100, my thyroid function was low, my cholesterol was high, my kidney and liver functions were abnormal, and I was anemic and hypoglycemic. Today my blood pressure is 119/70 and all of the other numbers are NORMAL! Thyroid, cholesterol, kidney, liver—all normal! No signs of either anemia or hypoglycemia! Today I am doing the happy dance for the gluten free diet!

If you are experiencing even one of the symptoms that I had, I urge you to ask your doctor about gluten intolerance or, at the very least, try to cut back on the amount of gluten in your diet.

Here are a few of my comfort foods that have gotten me through the tough times when I was really craving things I knew I couldn't have. Enjoy!

Simple Nachos

Green Mountain Gringo Corn Chips
Horizon Organic Shredded Mexican Cheese
Horizon Organic Sour Cream
Green Mountain Gringo Salsa

- Put corn chips in a single layer on a microwave-safe plate.
- Cover with lots of shredded cheese.
- Put in microwave for one minute. Serve with sour cream and salsa! YUM!

Pigs in a Blanket

1 bag of 1-2-3 Gluten Free Southern Glory Biscuit Mix
6 T unsalted, cold butter, cut into pieces
2/3 c cream
1½ c + 1 t milk for brushing
1 package of Applegate Farms hot dogs (beef or chicken)

- Follow directions on bag of biscuit mix to make dough.
- Dry hot dogs with paper towel.
- Roll and cut out biscuit rounds.
- Wrap them around the hot dogs, and pinch dough to seal edge with ends of hot dog sticking out.
- Place on cookie sheet covered with parchment paper and brush tops with milk.
- Bake at 375° until brown, approximately 20 minutes.

I like this with Annie's Naturals Yellow Mustard.

Pizza-Like Delivery

Amy's Rice Crust Cheese Pizza
Horizon Organic Shredded Mozzarella Cheese
Simply Organic Garlic Powder
Gluten Free Pantry Italian Seasoning Mix
your favorite pizza toppings

- Pre-heat oven to 350°.
- Remove Amy's pizza from box and place on a pizza pan.
- Sprinkle with extra mozzarella cheese, garlic powder, and Italian seasonings. Top with your favorite toppings. (I like Applegate Farms pepperoni and sliced mushrooms.)
- Bake for 11 minutes at 350°; lower temperature to 250° and bake until cheese is melted and bubbly.

Ring the doorbell and pretend it's delivery!

Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic, 770-509-2433.

Spring Cleaning

As the world begins to awaken from winter's sleep, our own body's energy begins to stir from that resting place deep inside. We wake up one day, stretch, look outside and notice the pink haze of new growth beginning to blur the edges of the branches on the trees, and think: It's time to clean up! Life is renewing and it is time for spring cleaning.

Embracing the limitations that are an integral part of this consensus reality, we must make room for the new life, the awakened energy flow of growth that is stirring now. Making room means clearing away that which no longer is needed or desired. And so we clean our house and yard, brushing away the cobwebs in the corners, the dust from on top of the bureau, the fallen branches, and the last piles of leaves that have blown under the bushes.

Besides the debris that we can see, there is energy that lingers. Energy, we know from our middle school science class, doesn't disappear, but it can be moved, transformed, or transmuted. Now is the perfect time to cleanse the energy of your personal environment, too. It's easy and makes a big difference in how you feel in your home.

You will need some tools. One traditional choice is a smudge stick, usually made of sage. This is used, in the Native American traditions, with an abalone shell (to catch the ashes or burn the sage in, if it is loose) and a feather (to direct the smoke). The sage is burned in the shell. Hold the shell in one hand and the feather in the other, and move through each room in your home

By Usui and Karuna Reiki Master/Teacher Jill Sutherland-Mitchell

using the feather to brush smoke as you go. Remember the corners, and pay special attention to when there seems to be a lot of smoke, as this area needs more clearing. Work in a pattern in your home to end up brushing smoke out of your door. With the smoke goes any low vibration energy such as anger, fear, jealousy, sadness, stress, etc. Yeah! Out the door it goes.

Now, return to each room and decide what energy you would prefer to be in that space; harmony, love, clarity, and peace are some good examples. Just say the word and let that energy flow into the space. Stand there for a moment before moving on to the next room, until you have filled all the rooms in your space. You can walk around the outside of your home or property, too, and fill the space with safety. Another way of blessing each room with positive vibration is to use a symbol for the quality you desire to place in the space. An example would be a silk rose, picture of a rose, or rose oil to hold the vibration of love in your bedroom. A garden gargoyle placed outside, with the intention of being a symbol of protection, could act as guardian to your property. Wheat for abundance, a dove for peace—you get the idea; it just has to be meaningful to you.

If you are not comfortable with sage smoke smudging (it does leave an interesting odor that will raise the eyebrows of teenagers and old hippies), there are other ways to clear space. In my recent wedding, we used Tibetan tingcha bells to cleanse and bless each guest as they entered the sacred space before the ceremony. These are two small metal discs connected

to each other by a leather cord. The "smudger" gently clangs them together at the top of the person to be smudged and allows the sound to travel down the body to the feet. This is repeated on the person's back.

Tingcha bells can also be used for space smudging, gently clanging them as you enter a room and directing the sound all around. Pay special attention if you hear the sound get muddled or change pitch, as this area needs more attention and clearing. Sound smudging can also be done with bells, singing bowls, a wooden spoon and an old pot, or even clapping your hands.

There are other products that are made specifically for clearing space. Aromatherapy oils can be diffused for the purpose of cleaning space. Good ones to try are sage, lemon, or any of the blends created for clearing. Life Grocery has a full line of essential oils.

It can be fun to involve all the people who inhabit the space to participate in clearing it. Each person can then be in charge of putting the energy they want back into their own space. You'll be surprised by the difference this makes, especially in the emotional well being of children, who are often more sensitive to environmental energy.

To recap, here are some simple steps for clearing space: (DO try this at home!)

- Make a clear declaration of intent to clear your space of all low vibrational energy. This is the most important step as "intention is everything."

continued on page 7

Obesity—Do Diets Really Work?

By Dr. Brenda Cobb

With thousands of diets on the market and a multimillion dollar industry dedicated to weight control, shedding a few pounds should be easy, but low-calorie diets and exercise, which have been the typical solution to losing weight, are not that effective. Unfortunately, the weight lost by dieters using this method is almost always regained. As a result, many dieters fall into the “yo-yo trap,” a repetitive cycle of weight loss and gain.

There are several reasons why this happens and why food restriction for the purposes of weight loss should be avoided. Whenever the body is deprived of food, whether from famine or dieting, it ensures survival by decreasing the metabolic rate in order to compensate for fewer calories. Energy is stored so efficiently in fat tissues that someone of normal weight can survive for two months without eating. The desire to binge after food restriction, although disheartening to dieters, is another built-in survival mechanism intended to click on after a famine.

Dieting can be a cause of obesity and not the way to lose weight. Dieting not only slows down the metabolic enzymes, but leads to the emaciation of muscle cells, bloating of fat cells, accumulation of toxic fats in tissues, and fatigue. Many of the so-called miracle diets are ruining the health of people by causing damage to the liver, kidneys, and other organs and glands.

Lifestyle changes are the key to permanent weight loss. It's not a matter of how much a person eats, but what the person eats that is important. A diet high in

fresh, raw fruits and vegetables is the key. Cooking food destroys the enzymes, vitamins, and minerals in food and triggers over-eating. Detoxification is also critical to losing weight and keeping it off.

The typical American diet includes more refined and processed foods than the diet of any other nation. When food is refined and processed, not only is fiber removed, but simple sugars often replace complex carbohydrates. A diet low in fiber and high in simple sugars can be a major contributing factor to excess weight gain. Fiber, on the other hand, can have a major impact on your weight as evidenced by the almost complete lack of obesity in cultures that consume a diet high in fiber. Fiber not only reduces serum cholesterol, but it also pulls dietary fat from the body into the feces. Other benefits of roughage include increased chewing time, thus slowing down the eating process and inducing satiety, preventing constipation, and stabilizing blood glucose levels.

Obesity is almost always associated with toxicity, as many toxins are stored in fatty tissue. When a person loses weight they reduce their fat and, thereby, their toxic load. However, during weight loss a person releases more toxins and needs to take in more water and do enemas and colonics to get the excess waste out of the body as quickly as possible.

The Living Foods Lifestyle has proven to be an effective way to not only lose weight, but to shed toxins that are making people sick. It breaks the yo-yo diet

syndrome and the addiction to foods that are unhealthy. As long as the residues of toxic food are in the body tissues, a person will continue to crave those foods. This leads to overeating of food that is detrimental to the body, mind, and spirit.

Learning about foods and which foods best serve the body is of the utmost importance. Organic, fresh fruits, vegetables, nuts, and seeds comprise a healthy and balanced diet when a person learns how to combine these foods properly and when and how much to eat. You will never be hungry on the Living Foods Lifestyle, because you will be nourished at the cellular level. Weight will melt away effortlessly. Energy will return and sleep will be deep and sound. Symptoms and diseases will “magically” disappear. When we get back to the original laws of nature and stop eating animals and dairy products, refined sugar, and junk foods, we not only can lose weight, we can restore perfect health and reverse aging.

Dr. Brenda Cobb is the author of the books The Living Foods Lifestyle, Colon Cleansing for Optimum Health, and 101 Raw and Living Food Recipes, and is Director of the Living Foods Institute, featuring classes in the Living Foods Lifestyle to help people detoxify and rebuild their bodies naturally with raw and living foods. For more information, call 404-524-4488 and visit their website at www.Livingfoodsinstitute.com.

Lyme Disease and Getting Our Health Back

By Dean Martens, C.H.

The Problem

Lyme disease was first recognized around 1975, when a mysterious outbreak of juvenile rheumatoid arthritis occurred around Lyme, Connecticut. In 1982, Willy Burgdorfer discovered the causative agent of Lyme disease: a spirochete (spiral shaped bacteria) from the genus *Borrelia*, subsequently named *Borrelia burgdorferi* (Bb).

As Lyme disease expert, Jo Anne Whitaker, M.D., notes, “Lyme disease is called the ‘New Great Imitator’ because like syphilis (the original ‘Great Imitator’), it attacks multiple organ systems and mimics many diseases. Both diseases are caused by spirochetes, which are motile microorganisms. Originally believed to be spread only through bites by the tiny deer tick, it is now known to be potentially spread by many tick species, as well as mosquitoes and fleas.” We are now also seeing evidence that an infected person can transmit Lyme disease sexually, and an infected mother can pass it on congenitally through birth or from breastfeeding. Other Lyme disease experts, Brian Fallon and Jenifer Niels, stated in 1994 that the most common vector-borne, meaning spread by ticks and insects, infection in the United States is Lyme disease and that it is geographically spreading.

Lifestyle

It is greatly suggested that the Herbs of Light “Taking Responsibility” DVD or VHS be watched or the CD listened to. This educational sharing gives an understanding of the lifestyle that assists the body in cleaning out its toxic debris (the terrain that houses the Lyme microorganism), rebuilding its energies and improving the immune system. The Male or Female Health Assist Blends help the body accomplish this process greatly.

Oxy Jojoba Skin Salve

The author of this paper was bitten by a tick and infected with the first stage of Lyme disease. The first stage of this disease creates a “Bull’s Eye,” or a raised circle on the skin, which is the thirteen different bacteria

emitted by this microorganism. This “Bull’s Eye” usually stays for seven to fourteen days on the surface of the skin before the bacteria goes systemic into the blood stream. It then begins the proliferation of problems within different tissues throughout the body.

Oxy Jojoba Skin Salve was applied within forty hours after the bite, and within the next thirty six hours the “Bull’s Eye” disappeared as the bacteria were destroyed. This salve should be put on the area of the bite anytime the “Bull’s Eye” is still visible. The sooner it is applied after initial infection, the better chance one has of preventing the bacteria from going internally within the blood and tissues. A scab formed after each application of Oxy and was scraped off at the time of the next application. This process should be followed a minimum of three to four times a day for medicinal efficacy. On the seventh day of salve application, the remains of the actual tick came out of the body.

Lyme’s Defense Herbal Blends

A blend of Cat’s Claw, Barberry Root, Cordyceps mushroom, Olive Leaf, and Propolis assists greatly in the proliferation of lymphocytes and other immune system support while providing safe and significant anti-microbial effects of Lyme disease. The natural compounds of Cat’s Claw act as an anti-inflammatory while also providing direct anti-microbial effects. Recent research with the Cordyceps mushroom has shown its ability to build energy, stamina, and endurance so that it can assist those who suffer from Lyme disease. Mairishiitake herbal blend comprised of Maitake, Reishi, and Shiitake mushrooms, assists in topping off the T Cell formation for added immune assistance.

Testing and Diagnosis

Existing blood tests have not been accurate in their results until recently. Bowen Labs, from Palm Harbor, Florida, now have a test, the Q-RIBB blood test which is very accurate. Their web sight is: www.bowen.org and their phone number is 727-937-9077. A very respected practitioner, Dr. Charles Campbell, Ph.D., Iri, CNC, who specializes in Lyme Disease, can be reached

at 864-833-4372. Dr. Campbell was used in the collaboration of the herbs within this herbal protocol.

Note: It is recommended that the book, *Flooding Your Body With Oxygen*, by Ed McCabe, be a considered reading.

Dean Martens, C.H., founded Herbs of Light, Inc. to assist people with Whole Food, GMO-Free, “Living” herbal extracts and blends. His studies which included Barbara Brennan, Bioenergetic Physicist, and also the Hippocratic writings, allowed his understanding of the true living food which is our medicine. His ultimate understanding of health assisted him to receive all of his health back from scientifically incurable dis-eases. This information is available on the “Taking Responsibility” DVD/Video/CD.

Attention Health Care Practitioners

If you would like to be included in the Life Grocery Health Care Directory at the Customer Service Desk, please submit a business card to a customer service representative.

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Black Vegetarian Society of Georgia

Celebrates Meatout 2005 - A Grassroots Diet Education Campaign By Judy M. Willis

Has your conscious been eating at you to make some changes in your diet? Or are you stressed and depressed at the very thought of dis-ease? If so, consider participating in Meatout 2005. It may be the energy boost you need.

Now in its 20th year, Meatout 2005 is a one-day event in which thousands, nationally and internationally, will hold informative and educational festivals, lectures, cooking demonstrations, food sampling, and "steakout" informational booths, with participants pledging to "kick the meat habit (at least for a day) and explore a wholesome, nonviolent diet of fruits, vegetables, and whole grains." This meat moratorium kicks off March 20, the first day of spring.

Recent dietary trends support the need to jump on the meat-free bandwagon:

- According to the Surgeon General, obesity has reached epidemic proportions, surpassing smoking as the top public health hazard.
- Twenty-five percent of children ages five to ten have high cholesterol, hypertension, and early warning signs for heart disease, all of which are associated with an animal-based diet. More than 35% eat no fruit and 20% eat no vegetables on a daily basis.
- As many as 30,000 children have Type II diabetes, once limited largely to adults.
- Escherichia coli, salmonella, listeria, and other pathogens which thrive primarily on meat, eggs, and dairy products, are the primary culprits in infectious diseases which afflict nine million Americans annually.

Vegetarian eating has also become more acceptable and assessable with major supermarkets offering more meat and dairy alternatives. Even McDonald's has down-sized their super-sized menu with health-conscious salads and leaner cuisine.

5 to 9 Is Not the Early Shift at Work

Meatout 2005 offers the opportunity to incorporate the requisite 5-9 fruits and vegetables into your diet giving you a glimpse of the positive effects of this widely accepted approach to eating. Enjoy seasonal fruits like fiber-fabulous apples (Granny Smiths are diabetic-friendly); vitamin C-packed oranges and potassium-rich bananas. Eat a complex-carbohydrate rich meal, combining green-leafy vegetables (which offer a calcium absorption rate double that of dairy products), legumes (garbanzo beans, kidney beans, black beans, peas, and soybeans), and grains, such as brown rice, bulgar, quinoa, and wheat. These foods supply essential nutrients, antioxidants, and phytonutrients, all of which reduce the risk of heart disease and cancer. Studies have shown that consuming a plant-based diet increases energy levels and improves intellectual performance.

Cows Really Do Have Something To Be Mad About

Beef cattle are typically enclosed in feedlots with no protection from rain or heat, while dairy cows are kept perpetually pregnant with calves deprived of natural food and fresh air. At sixteen weeks they are slaughtered often without anesthesia. Mad Cow disease, which has surfaced in America, has virtually devastated

the beef industry. Heavy consumption of beef has been associated with excessive body hair in women and overly aggressive behavior.

Eating Chicken & Turkey May Have You Crying Fowl

Over nine billion chickens and 300 million turkeys are slaughtered for human consumption annually. All meat and poultry products are required to carry warning labels due to the USDA's inability to vouch for their safety. Many meat products contain antibiotic residues which render antibiotic-based medical treatments less effective.

Mercury Rises When You Eat Fish

Due to the high mercury content, the FDA and EPA advise women of childbearing age to limit their consumption of tuna and other fish to no more than 12 ounces per week, since even the smallest amount can damage the brain of a fetus, causing mild to severe learning disabilities. Over 60,000 babies per year are born with neurological damage caused by this exposure. Consider adding flax seed, evening primrose, borage, or other cold-pressed oils to replace the much-needed omega-3 oil found in fish.

The Choice Is Up To You

Although dietary choices are a personal matter, Meatout 2005 can offer a happy and healthy respite which can contribute to the wellness of you, your family, and the planet. Mohandas Gandhi once said "the greatness of a nation and its moral progress can be judged by the way its animals are treated." Consuming a wholesome plant-based diet, even for one day, will allow you to help yourself while helping the environment and others.

Locally, the Black Vegetarian Society of Georgia (BVSGA) will use their annual Meatout event to explore the theme "Defeating Dis-ease Naturally." According to founder, Traci Thomas, BVSGA has coordinated Meatout events six of the seven years they've existed.

"I have seen people's lives change when they realize the positive impact plant-based diets have on both the health of their bodies and spirits," Thomas offers, "I encourage families to chose a meatless diet, even for one day, and ask them to invite members of their churches to do the same. The Bible says to let fruit, vegetables, and herbs be our medicine; when we do that our whole sense of connectness with all that is increases. Once our elected officials choose meat-free diets, we will see more sound and peaceful governing," she adds.

A wholistic health fair, vegan and raw food court with guest chefs, a bodywork pavilion, health screenings, natural food stores, and a Q & A lecture and book signing by naturopath doctor, certified herbalist, medical astrologist, and health consultant Dr. Llaila O. Afrika will comprise the event. Dr. Afrika is the author of *African Holistic Health*, *Nutricide: The Nutritional Destruction of the Black Race* and *The Gullah*. BVSGA's event will take place on Sunday, March 20, from 1-5 pm, at the Southwest Family YMCA, located at 2220 Campbellton Road, Atlanta. For more information, call 770-621-5056 or visit www.bvsga.org.

Judy M. Willis is an Atlanta-based health journalist and BVSGA member. She can be reached at 404-484-4618 or emailed at willisjudy2003@yahoo.com.

Spring Cleaning continued from page 5

- Using the smudging tool of your choice, go through each room, clearing as you go. Use a pattern such as top to bottom and counterclockwise, for example.
- Open your door and end your clearing pattern at the entryway, with a final pushing out of the old. Close the door.
- Go back to each room and put in the desired energy. Get help with this from the person who shares the space. Reverse the pattern used to clear.
- Have a celebration, feast together, and enjoy your clean, clear space.

Jill Sutherland-Mitchell is the new director of Phoenix House, a healing and retreat center nestled in East Valley at the base of Pine Log Mountain in Rydal, Georgia. Less than an hour from Atlanta, but in a sacred space a world away from the everyday, Phoenix House provides sanctuary for private retreat, empowerment classes, and is the perfect place to host your special event, meeting, or wedding. Call 770-773-0352 for further information.

[Congrats to Jill on her recent marriage to her husband Johnny Mitchell. We wish them the best on this most joyous event. The Editor]

Classifieds

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

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April 1, 2005
Remember due date
for submissions to the
May/June issue of
The Life Line

JUICES

16 ounces \$4.99

18 Carrot Gold: 100% carrot juice

Carrot-Apple-Ginger: Carrot, apple, and ginger

Sunrise Lift: Carrot, beet, celery, and greens

Bionic Bones: Carrot, kale, parsley, and apple

Red Blood: Carrot, spinach, beet, and parsley

Greens for Life: Celery, cucumber, and chard

Emerald Green: Cucumber, carrot, and chard

V6: Celery, cucumber, carrots, tomatoes, garlic, and spinach

Wheat Grass: 1 oz \$1.59

Ginger Shot: 1 oz \$1.99

SMOOTHIES

16 oz \$3.99

(For a Living Food version of any smoothie, substitute living vanilla date syrup for honey and water for the liquid.)

Chai Smoothie: Chai, almond milk, banana, honey, and ice

Grasshopper: Wheatgrass, banana, apple juice, and ice

Banana Shake: Banana, almond milk, honey, and ice

It's Alive Shake: Vitamineral Green Superfoods, banana, water, and ice

Blueberry: Blueberries, almond milk, honey, and ice

Tropical Twister: Pineapple, banana, apple juice, vanilla date syrup, and ice

Lemon Lassi: Lemon juice, water, vanilla date syrup, and ice

Berry Blast: Strawberries, raspberries, banana, apple juice, honey, and ice

Pina Colada: Coconut milk, pineapple, honey, and ice (no Living version)

Add Nature's Plus Oxy Nectar, Source of Life Energy Shake or Vanilla Protein Powder, Nutribiotic Vegan Rice Protein, Vitamineral Green, Life Time Liquid Calcium Magnesium Citrate each \$1.25

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Corn chips	\$1.00
Vegan Gourmet Soy Cheese 1 slice	\$.50
Soyco Rice Cheese (contains casein) 1 slice	\$.50
Guacamole (4 oz) or Salsa (8 oz)	\$3.50
Extra Side of Dressing	\$.89
Replace Entree Chips or Salad for Cup of Soup	\$1.25
Brown Rice (8 oz)	\$1.99
Steamed Vegetables (10 oz)	\$3.50
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Raw and Living Foods

WRAPS

(Choice of flax wrap, flax bread, or green leaf wrap served with choice of flax crackers or side salad)

Hummus: Sprouted garbanzo hummus, lettuce, and tomatoes \$5.95

Un-Tuna Salad: Carrot tuna, lettuce, and tomatoes \$5.95

Refried Bean: Sunflower seed refried beans, lettuce, and salsa \$6.50

Falafel: Sliced cucumbers, tomatoes, spring mix, tahini dill sauce, and crumbled dehydrated falafel \$6.75

SANDWICHES

Almond Butter and Banana: Flax bread topped with fresh bananas, almond butter, and honey \$6.25

Avocado and Pesto: Flax bread topped with cucumbers, tomatoes, avocados, pesto, and spinach \$7.50

ENTREES

Taco Salad: Taco nut meat, romaine lettuce, guacamole, salsa, and pine nut sour cream, served with flax crackers \$6.25

Tostada: 2 Flax tostada shells layered with sunflower seed refried beans, lettuce, salsa, guacamole, and taco sauce \$6.50

Zucchini Pasta: Pasta-cut zucchini with marinated vegetables, tossed with either marinara sauce or fresh pesto \$6.50

Pad Thai: Pasta-cut daikon radish, mushrooms, scallions, cilantro, tomatoes, broccoli, and cabbage tossed with almond Pad Thai sauce, topped with chopped hazel nuts \$7.25

Deep Dish Pizza: Chicago-style deep dish pizza with a cashew crust filled with spinach, mushrooms, and onions, tossed with a pizza sauce, served with a side salad \$8.25

Energy Soup: Chard or kale, mung bean and lentil sprouts, avocado, sunflower sprouts, kelp, and choice of apple or cucumber Allow 5-7 minutes to make fresh. 64 oz \$19.98

Salad and Living Food Bar

\$5.99 a pound

Soup of the Day

Cup...\$3.25 Bowl...\$4.25

All ingredients are organic, except for the following or where otherwise clearly indicated (due to availability): Honey, bread, sea salt, * Vegan Gourmet Soy Cheese, Soyco Rice Cheese, wheatgrass, * sunflower sprouts. * All added supplements, except for Vitamineral Green, are non-organic.

*Chemical- & pesticide-free

Cooked Foods

Wraps & sandwiches served with choice of side salad or corn chips

WRAPS

Roasted Vegetables of the Day: A tortilla filled with Vegan Gourmet Soy Cheese, spinach, and assorted roasted vegetables \$6.50

Spinach and Portabella Mushroom: A tortilla filled with Vegan Gourmet Soy Cheese, spinach, and roasted portabella mushrooms \$6.50

Tempeh Reuben: A tortilla filled with Vegan Gourmet Soy Cheese, tempeh, sun sauce, & sauerkraut \$6.50

Black Bean: A tortilla filled with seasoned black beans, roasted red bell peppers, salsa, and spinach \$6.50

SANDWICHES

Almond Butter and Banana Sandwich: Toasted sprouted spelt bread spread with almond butter, topped with bananas and honey \$4.95

Avocado Melt: Toasted sprouted spelt bread, spread with sun sauce and topped with avocado, Vegan Gourmet Soy Cheese, roasted red bell pepper, & lettuce \$6.50

Pesto Sandwich: Roasted zucchini, onions, red bell pepper, avocado, lettuce, and tomato on spelt bread with basil pesto sauce \$7.25

Sunburger: Served with lettuce and sun sauce on an Ezekiel Sprouted Grain bun with salsa and guacamole \$6.50

ENTREES

Ravioli: Roasted vegetable ravioli tossed with mushrooms, onions, broccoli, spinach, and basil marinara sauce \$7.25

Black Bean Burrito: A tortilla filled with black beans, roasted vegetables, and salsa, then baked and served with brown rice \$7.25

Steamed Veggies and Brown Rice: Broccoli, carrots, cauliflower, onions, and mushrooms, steamed and served over brown rice with coconut curry \$6.99 \$7.25