

A Season for Sharing in Safety

By Ashley Thomas, Insurance Representative, Liberty Mutual Group

Each year, fires that occur during the holiday season injure 2,600 individuals and cause over \$930 million in damage. To ensure a safe and happy holiday season, follow the safety tips outlined below.

Trees

- Select a fresh cut tree for the holiday. Old trees can be identified by bouncing the tree on the ground. If many needles fall off, the tree has been cut too long ago and has probably dried out; it is a fire hazard.
- Do not place your tree too close to a heat source.
- Do not leave your live tree up longer than two weeks. Keep the tree stand filled with water at all times.
- If you display an artificial or metallic tree, make sure it is flame retardant.
- After the holiday season, be sure to recycle your tree.

Holiday Lights

- Inspect holiday lights each year for frayed wires and other defects.
- Do not overload electrical outlets or leave your holiday lights on unattended.

Holiday Decorations

- Use only nonflammable decorations.
- Never throw wrapping paper in a fireplace.
- Avoid using lit candles. If you do use them, make sure they are in stable holders. Place them where they cannot be easily knocked over. Never leave lit candles unattended!

Are you going away for the holidays?

If so, be sure to secure your home with a Neighborhood Watch. When you're away, home security depends on a helping hand (and extra eyes). It's much easier to relax, while vacationing over the holidays, if you know trusted neighbors are watching your home. Before you leave town, be sure to leave them a spare key, instructions and codes for your security system, and information about how to reach you. Arrange for them to do the following—and don't forget to return the favor when they take a trip:

- Collect any deliveries. Even if you have mail and newspaper delivery stopped, neighbors should watch for packages.
- Park their car in your driveway occasionally (or move your car) so it looks like someone is home.
- Set out your garbage can [with some of their trash to make it more realistic] for normal pickup and put it away afterward.
- Maintain your lawn.
- Keep an eye on your property—and call the police if they see something suspicious.
- Act for you in an emergency.

If You Can't Ask a Neighbor for Help

- If you haven't already done so, install a security system and motion-detector lights.
- Ask a friend or relative to stay at your home while you're gone. If that's not possible, ask someone to stop by your house to check on it once or twice a day.
- Notify local police about your trip. Some communities offer home-watch programs.

- Keep your travel plans quiet.

Before You Go

Complete this checklist to secure your home when you head out of town:

- Arrange to have mail and packages picked up by someone or held at the post office.
- Stop newspaper delivery.
- Move cash, jewelry, and other valuables to a safe-deposit box.
- Set lights, a radio, and a TV on automatic timers to give the illusion that you're home. (Use several for the most realistic effect.)
- Lower the sound of your telephone ringer and answering machine.
- Leave your regular greeting on your voice mail or answering machine. Don't announce that you are away.
- Turn off water to the washing machine so hoses won't burst and flood the house.
- Lock all windows and doors, including side garage and rear doors. Long dead bolts are best. Sliding doors should be equipped with special locks or, in a pinch, place a broom handle or similar item in the door channel.
- Leave curtains, shades, and blinds in their normal position.
- Activate your security system.

Sources:

National Fire Protection Association (NFPA)
U.S. Fire Administration

For more safety tips and insurance knowledge, visit www.libertymutual.com/lm/ashleythomas. Ashley will distribute Child ID kits at the Winter Life Fest from 12-4 pm.

Holidays: Decorations, Family, and ... Carrot Juice?

By Linda Townsend

Here they come again, those seasonal holidays draped with decorations, rich with traditions, and crowded with social gatherings centered round an abundance of edible artwork. I have such fond memories of all the special dishes, extra trimmings, and rare delicious desserts exclusively prepared for the holiday dinners. At this time of year, I feel strong tugs at my heartstrings to relive those precious memories, but it is also this time of year that I am reminded how many of the members of my family could have avoided their illnesses or at least prolonged their health had they changed the way they eat.

Although today's society has become more accommodating of individual differences and preferences, one can still quickly be ostracized because one refuses food offered, particularly food taking hours of loving preparation by the one offering, who no doubt expects a bit of gratitude in return. (Let's face it, nothing can place a guilt-trip as artfully as a mother's look!)

Although the art of etiquette has changed over the years, it is still often expected at these holiday gatherings. It is not just a code of polite behavior, but a demonstration of respect. So, how does one keep decorum and hold to one's convictions in regards to the one thing that is presented at nearly every social event: food? Mmmm, hold that thought.

On the other side of the fence, I have noticed that people, who know we eat organic food but don't really know us, tend to act with some measure of uncertainty

around us whenever food is introduced. Some seem to fear that we will be insulted if they offer their food because it is not our "kind of food" or that they will be insulted with an imagined we-only-eat-organic-foods snobbery. Some believe that *everything* we eat is unusual; they expect to see only carrot juice and sprouts—*yummy!* I will never forget the look on the face of a new friend when she saw my daughter eating an organic version of a peanut butter (actually almond butter) and jelly (whole fruit spread) sandwich, as she was surprised that organic foods also could look like "regular food." Her daughter tasted it and was surprised it tasted the same as her own PBJ.

At times, bringing our own food has given us the opportunity to educate people about the benefits of organic foods, as well as where they can buy them. It also gives us a chance to create awareness of other preventative techniques previously unknown to them. If done properly, in the spirit of love and with the heart of a teacher, people will relax and may learn beneficial information. (However, it has been my experience that family members are typically not as open to other family members diverting from how they were raised, unless they are particularly health minded.)

Back to that pending question, I don't know that I have the answer of how to correctly handle every situation. It would be quite different if the food being offered caused an allergic reaction, so we are understandably excused,

but for us, it is a matter of preference. So, I make organic dishes to share, or bring my own food when it is polite to do so. On the rare occasions when neither are an option, out of respect for my host and the comfort of new acquaintances, I take advantage of a rare opportunity to enjoy other people's diversity. After all, these are rare occurrences and the holidays are about enjoying each other in the spirit of love! (I also set aside time in January to do a detoxifying cleanse and/or a fast.)

Enjoy each other in love for the holidays.

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

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for the **supplement department,**
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See page 3 for details on our
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Protection Against the Unnatural Norm

By Don Bennett, DAS

Animals in Nature don't need an instruction book to know how to live so that they can be vibrantly healthy. Their health is a product of their environment, and since they don't have free-will, their instincts will guide them accordingly. So as long as they remain in their biological "eco-niche" and get enough to eat without being eaten, barring accidents (and human intervention), they'll most likely live out their longevity potentials in reasonably robust health.

However, when you take an animal out of its natural environment and place it in an unnatural environment, all bets are off; his hardwired instincts will be of little help. Look at what happens when other animal species live in our society. They no longer get to eat what they would in Nature. Very often, their ability to be physically active is hampered and there may be some stress associated with not being able to roam as they would in their natural habitat. The end result is, they're not as healthy as they could be. One only needs to look at the abundance of animal hospitals, veterinarians, and services (one that automatically mails your pet's medications to you on a monthly basis), to see that domesticated animals suffer from many of the same diseases we do . . . diseases they would not suffer from in the wild.

One day, while endeavoring to get as far back to Nature as I could, I happened upon this sign posted in Red Top Mountain State Park here in Georgia, "Please do not feed the deer. They are wild animals, not pets or domestic animals, and they experience problems when they are given foods that they would not encounter in nature." In a sense, today's human beings are not unlike the domesticated animals we live with; we no longer roam the great outdoors, finding our food where it grows, and getting plenty of physical activity, fresh air, clean water, and sunshine in the process. But,

that's what we're designed to do! So unless we find a way to approximate that behavior in our current culture, "bio-logic" dictates that our health will suffer accordingly. And, the consequence of our living in an unnatural environment is evidenced by today's ever increasing ill-health (despite what you might hear to the contrary).

Humans are a very programmable species. Unlike other animals, we don't come into this world knowing what we need to do to survive. If our parents abandoned us at birth, and we were left to fend for ourselves, we'd be goners. We need to be raised; to be patterned. We learn by observing the actions of others and mimicking what we observe. This serves us well when what we experience is health-enhancing behavior. But if the programming we receive from our parents, peers, and the media cultivates habits within us that erode the vibrant health we were born with and promote ill-health as we age, then we truly need a "maintenance manual" if we want to be able to take advantage of our health potential.

What we really need to be healthy is a healthy dose of reality. Just keep in mind that it may be hard to swallow because of how you've been conditioned. Life Grocery's book department is filled with many genuine gems of information, books that you're not likely to find in mainstream retail bookstores. Just as you would partake of the health-enhancing organic fruits and vegetables in their produce department, so too should you avail yourself of the enlightening material those bookshelves have to offer.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's new book, How to Have the BEST Odds of Avoiding Degenerative Disease is now available in the book department at Life Grocery at a 20% discount. Visit health101.org/book for details.

General vs. Specific Physical Fitness

By Brian Murray, Founder of mPower

If you want to be a good marathoner, you must train by running. If you want to swim the 50-meter freestyle well, you must train by swimming. This is true for any activity you wish to perform well. However, displaying a high level of physical fitness as a marathoner will not ensure a high level of physical fitness as a 50-meter freestyle swimmer or vice versa. Research has repeatedly shown that adaptations to a particular activity are specific to that activity and do not transfer well to other activities. This has important implications for your general physical fitness.

Physical fitness means that your body is adapted, adjusted, or qualified for a particular purpose, function, or situation. Each day your body must function in a variety of situations, serving various purposes. This means a certain degree of physical fitness is required to do everything from getting out of bed to carrying grocery bags up a flight of stairs.

The common denominator of each day is movement. Your body must move in order for you to accomplish your daily tasks. If your body could not move, you wouldn't be physically fit to do anything. Muscles are responsible for every movement you make. Therefore, the strength of your muscles determines your physical fitness for everything you do.

Exercise recommendations place heavy emphasis on cardiovascular fitness. This has led many people to make walking, running, swimming, and biking the cornerstone of their fitness program. These activities will provide a limited degree of strength improvement that is specific to the particular activity. This strength

will not transfer well, for example, to unscrewing the lid off a new jar of peanut butter, rearranging the living room furniture, or picking up your grandchild. In other words, a daily 4-mile run improves physical fitness specifically for running four miles.

Less emphasis is placed on developing muscular strength. Remember that muscles are responsible for all movement. A stronger muscle improves movement capability. Strong muscles can be applied to every movement you make and will make every movement easier, even movement during walking, running, swimming, and biking. By improving total-body muscle strength, your body immediately becomes more qualified to function in any situation. Therefore, general, as well as specific, physical fitness is improved.

Brian Murray is the founder of mPower, home of the once-a-week no sweat, brief workout that will change your life. To learn more please visit www.strengthforlife.net, then call 404.459.0270 to reserve your consultation appointment.

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The Life Line
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Café

11 am-7:30 pm
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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.

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 Store, Inc. Mission Statement

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

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The Three Things You Must Have for Good Health

Part 2 of 2

By Dr. Joe Esposito, DC

So far in this series, we have discussed the importance of a normally functioning nervous system and a normally functioning digestive system. The last part of our “trilogy of health” is good nutrition. When it comes to nutrition, it is just as important to avoid certain things as it is to eat certain things. The *Seven Deadly Sins of Nutrition* (the foods to limit, or, better yet, avoid all together) are alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. The following is a VERY brief reasoning as to why these are so bad. There are several “evil runner ups,” such as gluten, food additives, dyes, chemicals, and a host of others, but in order to keep this simple, we will cover the big seven.

Alcohol destroys brain cells. Your brain controls everything. Destroy even one brain cell and your body cannot function at its peak ability. There are also additives to certain alcohols, such as sulfites in wine and formaldehyde in some beers that have other damaging effects. Alcohol is also a diuretic, which will dehydrate you. (See Part 1 of this article in the September/October issue of *The Life Line* for more information on dehydration.)

Meat is very difficult to digest and uses up large amounts of energy to try to break it down. The older we get, the harder it is to even partially break down meat. This includes chicken and fish. (Yes, chicken is meat...Have you ever seen a chicken tree?) Most commercial meats are loaded with steroids, chemicals, hormones, antibiotics, pesticides, herbicides, and tranquilizers, all of which have adverse health side effects. Meat is also a strong acid, and your body will use up its calcium stores, along with other alkaline minerals, to neutralize the acids from meat. We need

calcium for normal nerve and muscle function, as well as strong bones and teeth. If you are going to eat meat, be sure to eat organic meat.

Processed sugar will weaken the immune system, rob the body of vital nutrients, give you unnecessary calories, lead to weight gain, rot your teeth, create an abnormal reaction in certain chemicals in your brain (that’s why we crave sugar), stress your pancreas and adrenal glands, and affect your blood flow. Do you get the idea that sugar is not good for you?

Coffee is loaded with caffeine, which speeds up your nervous system and will eventually cause the nervous system to wear out. Your nervous system controls everything, so if it is not working properly, you cannot experience normal health. Coffee has other chemicals similar to caffeine which act similarly to caffeine. It is a strong acid and will rob your body of calcium and other alkalizing minerals in order to neutralize the acid. One cup of regular commercial coffee will give you more synthetic pesticides than if you ate non-organic fruits and vegetables for an entire year!

Soda is loaded with sugar (see above) or artificial sweetener (see below). There is about one teaspoon of sugar in one ounce of soda! Cola sodas have an additional ingredient called phosphoric acid, which is a very strong acid that will rob your body of calcium and other alkalizing minerals. In fact, cola sodas are so strong that they can eat through car paint. (Don’t try this on your car; trust me on this!)

Artificial sweeteners are the worst of all the seven deadly sins of nutrition. There are 92 official, recognized side effects of artificial sweeteners, especially

aspartame (the blue packet). From headaches to death, all of the side effects are not fun. Studies suggest that aspartame will lower your serotonin levels. Serotonin, as you might recall from the first part of this article, is a mood enhancer . . . it makes you feel good. Other studies link it to brain tumors. Sucralose (the yellow packet) has been linked to affecting your estrogen levels. Just because it is made from sugar, does not mean it is any healthier than artificial sweeteners and, in fact, it is a whole lot worse than regular sugar. For more information on artificial sweeteners, especially aspartame, go to dorway.com. [This website offers about 800 web pages of solid, time-tested documentation about aspartame.]

So, now you know what it takes to get well and stay well. There are many other factors that play into your health as well, such as exercise (which is good if all the bones are straight, but can cause problems if the bones are out of alignment), genetics, environment, and happiness level. Although there are several other factors, for now I wanted to give you the nuts and bolts that you need to start to get well and stay well.

Dr. Joe Esposito is a chiropractor, licensed dietician, author, and the director of Health Plus Chiropractic Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, please call me at 770-427-7387. Mention Life Grocery when you call, and get a free exam, consultation, two x-rays, and doctor’s report of findings.

life bits

Free Water Saving Devices and Tips

By Kay Bird

Cobb Water System is offering a free 10-piece retro fitting kit (contains a low-flow shower head, a kitchen faucet aerator, two bath faucet aerators, two toilet water displacement devices, and leak detection devices). Combined with other water-saving tips, the Water Efficiency Program is resulting in a decrease of household water usage by about 30%.

If you are not a customer of the Cobb Water System, call the customer service number on your water bill and ask if they offer the free retro fitting kit. If not, request that they begin the program, which is subsidized and made available to all Georgia water providers.

In the meantime, increase your water awareness and reduce your water consumption:

- At restaurants, tell your server not to give you water, unless you want it.
- Install your own low-flow faucet aerators and shower heads. These are inexpensive and can save as much as 15-20% of indoor water. At www.realgoods.com do a search for *Lowest Flow Showerhead* (item #46104, \$12), which delivers a vigorous spray pattern for a truly satisfying shower. It has a built in soap-up valve that allows you to temporarily shut off the water and keep the same temperature balance. Maximum flow is 2.25 gpm (gallons per minute) at 80 psi (pounds per square inch), 1.3 gpm is about average for most folks. *Lowest Flow Showerhead* cuts water use by 50% to 70%. It’s o-ringed and threaded together for easy cleaning of the stainless steel diffuser when the spray pattern gets erratic and fits a standard 1/2" pipe thread. There is a 10-year manufacturer’s guarantee.
- Cut your showering time in half. This can save a substantial amount of water.

- Put a couple of buckets in your shower to catch both the pre-heated water and your bathing water, using a non-toxic soap. Use the water on plants or to flush the toilet by quickly pouring a whole bucket full into the toilet bowl.
- Turn the water off when doing simple things, such as brushing teeth, shaving, and washing your face.
- Instead of running the faucet waiting for your drinking water to get cool, keep a pitcher of water in the refrigerator.
- When using the dishwasher or washing machine, make sure you have a full load.
- If washing dishes by hand, do it the old-fashioned way and use a dishpan for washing and another dishpan for rinsing. Use a natural, biodegradable soap, so you can use the dishwasher on plants.
- Fill a half-gallon jug with water and place it in your toilet tank, making sure your flapper can clear the jug. This saves with every flush.
- Check for leaks, and if detected, fix them quickly. Even a small leak can waste thousands of gallons of water. To check toilets, place a few drops of food coloring in the toilet tank; wait 10-15 minutes without flushing. Check the bowl, and if any color is in the bowl, you have a leak. Most toilet leaks are from faulty flappers. Visit www.toiletflapper.org for information on replacement flappers and tips on repairs.

Next time, I will share with you my awareness of my own bad habits of excessive water use and what I do differently. If you have discovered a unique way to save water, please email me at KayLBird@msn.com and put “water tip” in the subject line.

Life Grocery’s Rewards for Referrals Program

Refer a job seeker who you personally know and would personally recommend to Life Grocery/Café Life and if s/he is hired, you will receive a Life Grocery gift certificate for:

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- Experience, interest in natural foods, and flexible availability a plus.
- Must have reliable transportation.
- Café applicants must also enjoy serving, cooking, and working with food.
- Commercial kitchen experience a plus for Café applicants.

*Please advise anyone who you refer that they must put your name and current phone number on the employment application, as the person referred by, in order for you to be rewarded if they are hired.

Aromatherapy

By Kim Strickland, ND

Did you ever wonder what aromatherapy is and how to use it? Aromatherapy is the use of selected fragrant substances in lotions and inhalants in an effort to affect mood and promote health. Aromatherapy acts in harmony with the patient by awakening and strengthening vital energies and the self-healing capacities inherent within each cell. They can affect the brain directly, thus explaining why they have been used effectively to help with depression, stress, insomnia, anxiety, and moods. It works well in conjunction with other therapies, such as Bach Flower therapy, massage, and chemotherapy. Do not, however, use while using homeopathics, as they tend to cancel each other out.

The human nose can detect a fragrance that is diluted to one molecule per ten thousand billion air molecules! Penetrating through the skin, essential oils circulate to the organs. The lungs and kidneys excrete the oils. When properly administered, essential oils have no harmful side effects. Let this be an invitation to delight your senses, lighten your heart, and become aware of the beauty that is all around you, from roses to orange blossoms to cinnamon, honeysuckle, and rosemary. The essential oils and diffusers are located outside the supplement department at Life Grocery.

A great quantity of original plant material is necessary to produce a little essential oil or the "soul of the plant." They are not true oils, as they are volatile, meaning they evaporate without leaving a mark. With various instruments, the high frequency of the energy field can be measured. Essential oils within plants attract beneficial insects, scare away harmful ones, and provide protection from fungus and extreme temperatures. They are found on the flower, leaves, roots, resin, bark, skin, and in the seeds.

The olfactory epithelium, located inside the nose, consists of about 10 million nerve cells, which are regenerated about once a month. It is here, and only here, that the central nervous system comes in direct contact with the environment. The sense of smell, one of our earliest senses, belongs to the limbic system. Neurotransmitters, such as endorphins and serotonin, are released due to stimuli from odors. We all know how quickly a particular smell can engender strong emotions and feelings . . . apple pie baking at Grandma's, fresh cut grass, sour milk, vine ripened tomatoes.

Aromatherapy has been around for at least 6000 years. Many ancient cultures, such as the Chinese, Romans, Greeks, and Egyptians, used oils for ceremonies, baths, and embalming. It is thought that the Egyptians coined the term *perfume*, from the Latin *per fumum* which translates as "through the smoke." A major event for the distillation of essential oils came with the invention of a coiled cooling pipe in the 11th century. A Persian invented a coiled pipe, which allowed the plant vapor and steam to cool down more effectively than previous distillers that used a straight cooling pipe.

The modern era of aromatherapy was birthed in 1937, when Gattefossé wrote a book called *Aromathérapie: Les Huiles essentielles hormones végétales* that was later translated into English and named Gattefossé's Aromatherapy. He was fascinated by the benefits of lavender oil in healing his burned hand without leaving any scars. During WWII, the French army surgeon Dr. Jean Valnet used essential oils as antiseptics. Madam Marguerite Maury, a biochemist, avidly studied, practiced, and taught the use of aromatherapy and is credited with the modern use of combining essential oils with massage. Robert B. Tisserand, an English aromatherapist, is responsible for being one of the first individuals to bring knowledge and education of aromatherapy to English speaking nations.

The beauty of aromatherapy is how simple it is to use. There is no great skill required to begin. Choose a fragrance you like and add it to a bath, massage oil, or in a burning candle. You will most likely notice a change in how you feel within a few minutes. Applications and a therapeutic index are listed below.

Application Index

- Air freshener spray: Dilute 20 drops per ½ c of water.
- Aroma lamps: These can be purchased and come in many forms, such as plug-ins or ceramic rings. They produce a subtle aroma.
- Gargle/mouthwash: Dilute 1-4 drops per ½ c of water.
- Humidifiers: This is particularly wonderful during a healing crisis, such as a cold. Try using eucalyptus, thyme, lavender, or tea tree oil.
- Steam baths: Add 3-5 drops into a large bowl of hot water. Cover your head with a towel, close your eyes, and breathe deeply for about 5 minutes.
- Compresses: Immerse a towel into hot water that has a few drops of essential oil added. Apply to the body. Do not use with open skin or broken vessels.
- Baths: Place a few drops on sea salt and add to bath water to detoxify the body. To cleanse and soften the body, mix oatmeal with a fragrance.
- Massage oils: Combine a few drops of essential oils in a fatty oil such as almond, jojoba, coconut, or olive oil.

Therapeutic Index

- Allergies: Chamomile, balm, rose
- Anorexia: Bergamot, grapefruit, vetiver
- Anxiety: Angelica, bergamot, jasmine, sandalwood, ylang-ylang, cedar, basil, cinnamon
- Asthma: Eucalyptus, lavender, rosemary, hyssop, lemon
- Cough: Thyme, hyssop, aniseed, fennel
- Depression – Chamomile, clary sage, lavender, ylang-ylang
- Diarrhea: Neroli, sandalwood, cypress, clover
- Digestion: Angelica, mint, orange, peppermint, tarragon
- Fatigue: Geranium, juniper, lavender, neroli, rosemary
- Gastritis: Chamomile, sandalwood, yarrow
- Headache: Lavender, balm, ginger, clary, peppermint, yarrow
- Insomnia: Rose, lavender, rosewood
- Kidney:
Infections: Eucalyptus, yarrow
Strengthening: Orange, juniper, sandalwood, yarrow
- Liver:
Stagnation: Balm mint, rosemary
Hepatitis: Lavender

Weakness: Balm, mint

- Menopause: Sage, balm, clary sage, cypress, geranium
- Menstruation:
Missed periods: Clary sage, basil, oregano, thyme, vanilla, cinnamon
Heavy: Cypress, fennel, nutmeg
Painful: Bergamot, clary, coriander, cinnamon, yarrow
Irregular: Balm, rose, tarragon, fennel, oregano
- Muscles: Rosemary, Swiss pine, birch, ginger, nutmeg, eucalyptus
- Room disinfectant: Eucalyptus, lemon, tea tree, thyme
- Shock: Mint, camphor, coriander
- Sinusitis: Angelica, sandalwood, Swiss pine, frankincense
- Stress: Clary sage, jasmine, lavender, marigold, neroli, vetiver
- Throat pain: Bergamot, niaouli, cajeput, lemon
- Varicose veins: Yarrow, cypress, lemon, juniper
- Vomiting: Mint, dill, angelica

Essential oils and diffusers are available at Life Grocery. Look for labels that say 100% pure essential. Many products on the market that say aromatherapy are made with artificial fragrances, so be sure to read the labels.

Resources:

Fischer-Rizzi, Susanne. *Complete Aromatherapy Handbook*. 1990, Sterling Publishing Co.
Gursche, Siegfried, MH. Rona, Zoltan, MD, MSc. *Encyclopedia of Natural Healing*. 1998, Natural Life Publishing, Inc.
www.holisticonline.com
www.aromaweb.com

Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to her two sons. Email her at mkstrickland@bellsouth.net or call 770-218-3952. For further information visit www.naturallivingresource.com.

To receive a daily email with Store Events, Sales, and Café Life Highlights, click on "contact us" at www.lifegrocery.com and provide your name, email address, and the words "subscribe to daily email" in the message space.

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Country Life

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- Estro-G Balance For Women
- Varico Vein For Men and Women

Greens Plus

- Omega Chia Seed Powder

Lifetime

- UriActive 32 oz
- Resveratol 32 oz

Maca Magic

- Maca Powder 200GM

Natural Factors

- PGX Slimstyles
- Stress & Relax Sensoril
- Pharma Gaba

Nature's Pearl

- Muscadine White Grape Juice
- Muscadine Red Grape Juice

Nature's Plus

- Triple Strength Glucosamine Chondroitin MSM
- Animal Parade Child Fruit & Veggie Chews

- Ultra Source Of Life Liquid Multi

New Chapter

- Blockade with ViraBlock

Patch It

- Spa in a Patch, in 6 and 20 patches size

Renew Life

- Kid's Buddy Bear Digest

Solaray

- Wheat Grass 2 oz Liquid
- Wheat Grass Juice Liquid Extract

HBA

Aura Cacia

- Kids Hand Wash
- Kids Body Wash
- Kids Shampoo
- Kids Bubble Bath

Not The Same

- Calistoga Seaweed Mask for Face and Body
- Calistoga Mud Mask for Face and Body
- Calming Seaweed Bath
- Calistoga Mud Bath

Thunderridge

- Emu Unscented Bar Soap

Vermont Soap Organics

- New Packaging! Now comes boxed!

HOLIDAY GIFT IDEAS

Aloha Bay

- Himalayan Salt Lamps

Ancient Secrets

- Himalayan Salt Lamp

Aroma Land

- Aromatherapy Diffuser Kits

Aroma Naturals

- Pillar Candles
- Large Tin Soy Candles

Aura Cacia

- Renewing Rose Gift Set
- Relaxing Lavender Gift Set

Blue Trumpet

- Natural Shell Tea Light Holders

Burt's Bees

- Suds & Softening Caddy Gift Set
- Too Cute to Bear
- Overnight Bee-uty Bag

Himalayan Salt Dreams

- Tea Light Holder

Jason

- Apple Spice Gift Set
- Orange Cranberry Gift Set
- Cinnamon & Honey Gift Set

Enjoying Winter in the Raw

By Chef Jenya Hampton

The leaves outside are turning from lush green to beautiful jewel tones. The constant droning of the air conditioner has been replaced by the opened windows that let in the fresh autumnal air. The excitement of the upcoming holiday season is in the air. I love this time of year, however, this is also the time of year most often cited as the reason people give up on their raw food lifestyle. The weather is colder, the nights are longer, and we tend to gravitate to warm, richly satisfying comfort foods instead of cold salads and a few still available seasonal fruits. Additionally, that wonderful weight loss that accompanies the raw food diet makes it harder to stay warm. So how does one continue with a healthy way of eating that is raw and at the same time not feel compromised? It's really not difficult once you know how.

Raw food means unprocessed, unrefined whole food, the way nature intended it; it does not, however, mean cold food. The micronutrients, such as water-soluble vitamins and minerals, are destroyed at temperatures above 125°; the macronutrients are destroyed or damaged at temperatures of 135° to 140°. The most sensitive of all the micronutrients are the enzymes, which help us with every function in the body including digestion; they are destroyed at temperatures of 115°. Our body temperature is 98.6°. So, it stands to reason that anything above this temperature will feel warm to us. Think about it, when was the last time you drank or ate something piping hot without first cooling it off either by blowing on it or letting it stand for a few minutes? We cannot consume boiling hot food, so food that is 105° to 110° is plenty warm and satisfying. Fortunately, there are many ways to warm your raw food without destroying or damaging the nutritional benefits.

If you have a dehydrator, 20 minutes at 115° will warm most of your dishes nicely. If you do not have a dehydrator, you can warm your food on top of the stove

on the lowest heat setting until it is warm to the touch. If you do not trust your fingers, buy an inexpensive thermometer. You may also use the oven, once it has been warmed on a preheat setting and turned off. Place your dish in the oven and let stand for 15–30 minutes. Soups can be warmed on the stove or in a high speed blender by processing them until warm to the touch. Warming your soups through the methods described above, in addition to adding warming spices such as cinnamon, allspice, cayenne, nutmeg, cardamom, and pepper, when possible, will give the sensation of warmth to the body.

Another way to stay warm is to consume more warm liquids. Warm drinks that are heated to 115° will retain the nutritional benefits while satisfying the craving for warmth. If you like Chai Tea, try Celestial Seasonings Bengal Spice, which is one of my favorites. Drink it straight or add it to some warm almond milk with just a touch of agave; you may never want a commercially produced version again.

Delicious spicy hot chocolate combines warming spices and amazing beneficial qualities of raw chocolate, along with a great satisfying taste.

Spicy Hot Chocolate

Makes 2-4 servings

- 4 tablespoons of raw cacao powder
- 2 tablespoons of raw agave nectar
- ¼ teaspoon of cayenne pepper
- pinch of nutmeg and cinnamon
- 2 cups of raw almond milk

- Place all ingredients in high speed blender and process until warm and frothy.

If you don't like spicy, just eliminate the cayenne pepper. If you don't have a high speed blender, warm the mixture in a pan and whisk until it is warm to the touch or warm and then process in a regular blender.

Preplan your menu a day in advance. This will allow you to take the produce for your recipes out of the refrigerator the night before and bring them to room temperature. You can do this with salads and all vegetable side dishes that do not require blending. If you are unable to preplan the night before, then take the ingredients out of the refrigerator at least an hour before you prepare them. This will bring them to room temperature, reducing the cold shock to the body's system.

During the colder months our bodies use more calories to keep us warm and energized. Therefore, our caloric intake should go up too, either by increasing the quantity of the food we are consuming or by increasing the caloric density by eating foods with higher fat content such as nuts, avocados, and omega rich oils added to salads and soups. And, yes, this is the time of year to keep a few tasty goodies on hand like decadently rich chocolate mousse, pumpkin or apple pie, and rich crumbly brownies. Familiar desserts will not only satisfy the sweet tooth, they will also satisfy you on an emotional level, as well as increase the caloric intake in a healthy nutritious way. If you are concerned about weight gain, focus on balancing the increase of consumed calories from more frequent low fat sources such as smoothies, soups, and salads with the more calorie dense dishes. Keep a steady supply of nut butters, raw nut cheeses, raw crackers, and cut up vegetables on hand as snacks to fill in the hunger pangs between the meals, as well as to keep you warm and your energy high.

And last but not least, make sure to get in some vigorous exercise. It is proven to be one of the best ways to stay warm. Have a warm, healthy, and delicious holiday season!

For more tips, recipes, and a schedule of upcoming classes from Chef Jenya, visit her website at www.essentialenergycuisine.com. You may subscribe to her newsletter at her website as well.

Raw and Living Food for the Holidays

By Dr. Brenda Cobb

When planning your holiday parties, include some delicious and nutritious raw and living food recipes using healthy organic fruits, vegetables, nuts, and seeds. You won't need a stove or an oven because none of your recipes need to be cooked. How much easier can it get?

A veggie tray with a creamy dip, a yummy warm soup blended in the Vita-Mix, and chewy cookies will bring great taste to any gathering. Raw and living food recipes will nourish you at a cellular level so you'll be eating delicious tasting food with none of the guilt.

Dehydrate cookies at 95° and you'll preserve all the enzymes, vitamins, and minerals to satisfy your body's requirements. Your family will be begging for more when they taste your no bake cookies. Raw

desserts never fail to wow even the most discriminating of tastes. When you go to other people's parties, look for the raw dishes and eat them first. Many buffets will have salads, raw veggies, and fresh fruit. When you're eating something cooked, eat something raw with it.

Don't overeat! Whether raw or cooked, if you eat too much food you will feel tired and bloated. Moderation is the key. You can enjoy most any of your favorite foods if you just have a bite or two. Start wherever you are and do the best you can. Any raw and living food that you add into your diet will benefit you. If you do eat something that you know isn't particularly good for you, don't beat up on yourself. Just get right back on track the next day. Most of all enjoy the holidays and enjoy your healthy food! You'll be so glad you made wise

food choices when after the holidays are over you don't have five extra pounds to get rid of. Make this holiday season a healthy and delicious one!

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®" and "101 Raw and Living Food Recipes." She teaches a 10-Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute. To receive a scholarship for 1/2 your tuition for any of the 2008 classes, contact her center by December 31, 2007 and mention Life Grocery. Call 404-524-4488 or 800-844-9876 or visit www.livingfoodsinstitute.com.

Quick & Easy Holiday Recipes for Better Health

By Dr. Brenda Cobb

Remember to always use ORGANIC ingredients!

Figgy Apple Nut Cookies

2 c black mission dried figs
2 c medjool dates
2 c almond
1 t cinnamon
4 apples

- Pit the dates and soak them overnight with the figs in a glass jar with 6 cups filtered water.
- Soak almonds in a separate glass jar in 5 cups filtered water overnight.
- Core and seed the apples. Put into the food processor and chop into bite size pieces. Take out and put in a bowl.
- Drain the almonds. Chop them in the processor and set to the side.
- Drain the dates and figs. Combine them in the processor and blend into a creamy pudding.
- Combine the pudding with the other ingredients.
- Place 1 tablespoon of mixture for each cookie on the dehydrator sheet. Pat into a cookie shape.
- Dehydrate at 95° overnight. The longer you dehydrate them, the firmer the cookies will become.

Red Pepper Cheese Dip

2 c raw cashews
3 cloves garlic
1 T fresh lemon juice
1 T chickpea miso
1 T raw tahini

1 c red bell pepper
pinch cayenne pepper

- Soak cashews overnight in a large container filled to the top with water. Drain.
- Put the garlic in the food processor first and chop.
- Add the rest of the ingredients and blend. Continue blending until it is really creamy with no lumps.
- Serve with raw vegetables.

Spicy Sweet Potato Soup

4 c sweet potatoes
1 c celery
1 t garlic
1 t fresh lemon juice
1/2 t Celtic sea salt
pinch cayenne pepper
1/4 t cinnamon
4 pitted medjool dates
3-4 c of filtered water

- Put all the ingredients in a Vita-Mix Blender and blend until creamy. (With a Vita-Mix, you can continue to blend until the soup is warm. As long as you can hold your index finger in the mixture for 30 seconds without burning, you have not heated so high as to destroy the enzymes.)
- If you do not want a spicy soup, just leave out the pepper and cut down on the garlic.

Check out our Expanded Grab & Go Selections from Café Life available at Life Grocery & Café

Winter Life Fest

Saturday

12/8/07

12-4 pm

members receive

10% off

all in-stock purchases

all day

9 am-8 pm

Beans, Beans, Good for Your Heart . . .

By Betty Bearden

Now that I have your undivided attention. . . .

Beans, glorious beans! Ah yes, the musical, magical fruit, but did you know they are actually a nutritional fruit? The cowboys had the right idea, although imagine being around that chuck wagon campfire after dinnertime. No thank you!

Beans, also known as legumes, contain the following: potassium, folate, iron, magnesium, and protein. True, the protein found in beans is incomplete, but when combined with certain grains such as rice, you have a super food on your hands and in your stomach!

In fact, when beans are paired with rice, this creates a thread of nine essential amino acids: (isoleucine, leucine, lysine, threonine, tryptophan, methionine, histidine, valine, and phenylalanine). Proteins found in beans and grains have opposite strengths and weaknesses, so when combined, they complete each other. Pretty cool, huh?

Being vegetarian has its challenges when it comes to eating a healthy, balanced diet, but when beans and rice are consumed within the same day, your body receives the complete protein and complex carbohydrates it needs without receiving cholesterol or saturated fat. In fact, consuming beans on a regular basis actually helps to lower your LDL (bad) cholesterol because of all that great fiber. So it really is true, beans *are* good for your heart. For my money, this equates to: beans+rice=who needs the stinking meat?

Yes, there is one small problem with beans, and we all know what that is, but when beans are introduced to our diets on a regular basis, our digestive systems become accustomed and will adjust. I wouldn't advise eating two cups a day at first; slowly adding them to your diet is certainly best.

Soaking beans overnight can help. After they have had a good soak, discard the water, rinse them, add fresh water, and cook according to package directions. There are also products available at Life Grocery you can purchase such as *Say Yes to Beans*, which will definitely help. Check out Life Grocery's bulk food section, and you will find a wealth of just about any bean imaginable and grains to boot!

On the other hand, if you are trying to ante up on your protein, there *is* one perfect food out there just waiting for you. As a regular reader of *The Life Line* (and if you aren't, shame on you) you had to see this coming! Of course, that perfect food is tofu.

Around my house, I am known as "The Tofu Queen," which is the "darling" little title that my husband, Steven, affectionately gave me years ago. Don't laugh! "I might not be a smart person, Jen-NAY, but I do know what tofu is."

For one thing, tofu is made from the soybean. The soybean contains *complete* protein. It is the only bean that does. Do you understand what that means to vegetarians or to people who simply want to cut back on the amount of red meat or poultry that they eat each day?

It is complete protein, but better protein than that of meat, dairy products, or poultry. Better because, just as with ordinary beans, tofu does not contain cholesterol or saturated fat, as meat and dairy products can. The reason I point this out to you is that I realize many of you will never give tofu a fair chance, but practically all of us eat beans. However, tofu is much easier to digest than regular beans, due to the way in which it is processed, so this is definitely something to keep in mind while trying to decide.

So now that you have learned how to incorporate a little more complete protein into your diet each day, I hope you will want to learn more about tofu. You will find a delicious and easy way to get started with the recipe that follows.

Remember, whether you pair tofu with rice; beans with rice; beans with whole grain bread; peanut butter and whole grain toast; or tofu stir-fry served over rice, you can't go wrong with the balanced nutritional content from these pairings.

Enjoy the chili recipe, as it will leave you happy, warm, and nourished during these cold days of winter. Have a happy and safe holiday season!

Easy Chili With Tofu (and or Beans)

3 T extra virgin olive oil
1 15.5 oz can black beans, drained and rinsed
1 28 oz can diced stewed tomatoes, undrained
2 cans vegetable broth
1 container of extra-firm tofu, cut into small cubes
1 large onion, sliced
2 cloves garlic, minced
1 large bell pepper—any color, diced
1 t crushed red pepper
1 T chili powder
1 T red wine vinegar
1 T cumin
1 T cilantro
¼ c honey
1 T tomato paste
1 c water

- Place olive oil in a large pot and sauté tofu, onions, and bell pepper on medium-high heat for about 7 minutes.
- Add garlic and sauté for about 3 minutes longer, careful not to burn garlic.
- Add all remaining ingredients and simmer for about one hour.
- To serve: Drop a heaping teaspoon of sour cream on top and sprinkle with cheddar cheese. To balance this protein packed meal, serve with whole grain crackers.

If you choose not to use tofu, just add an extra can of beans, but if you do, then please remember to take your Say Yes to Beans! Dig in and enjoy!

Resources:

The Book of Tofu, Ballantine Books; William Shurtleff and Akiko Aoyagi
<http://www.hsph.harvard.edu/nutritionsource/protein.html>

Betty Bearden is a writer and author of a self-published cookbook, Normal People, Eat Tofu, Too. She has worked as a volunteer chef, a cooking instructor and a reporter for The Paulding Neighbor Newspaper. You can reach her at bbearden@joimail.com.

Life Grocery and Café Life are seeking inspired and dynamic individuals who have a passion for working with the public and providing excellent customer service. Retail or restaurant experience and a knowledge of natural and organic foods is preferred. Team players with strong communication skills required. Must be dependable, punctual, and reliable. Retail hours include days, early mornings, evenings, and weekends. Applications are available at Customer Service.

Classifieds

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Enjoy life . . .

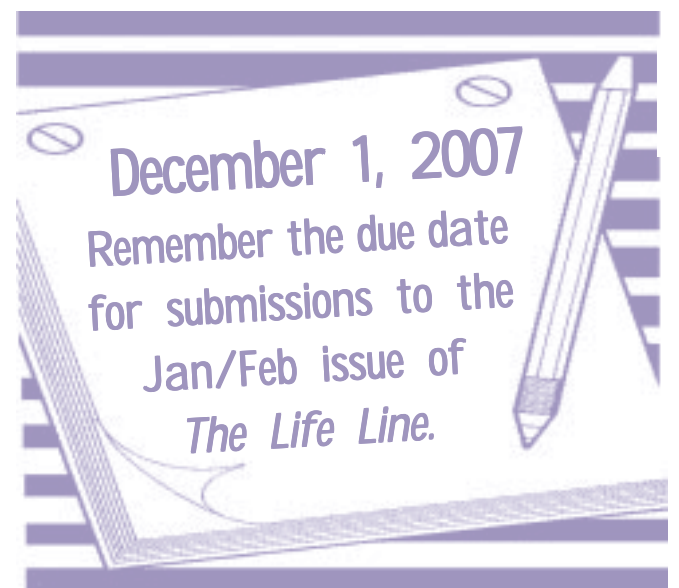
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Everyone Needs a Mentor

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

I really struggled with what to write about this month, as I've talked about most of the important issues of living with Celiac Disease and the Gluten Free Diet already. Sure, I can always revisit old articles and rewrite them with new information. But, I kept coming back to this theme. . . mentors. When it comes to living—and I mean truly living—the gluten free lifestyle, we can't do this alone. We all need mentors. I'm sure many of you are familiar with my mentor, Dr. Joe Esposito. I truly believe this man helped save my life. At the very least, he saved my sanity by showing me what I can eat and teaching me to focus on that, not on what I can't eat.

I first met Dr. Joe Esposito at Life Grocery, right after I was diagnosed with Celiac Disease. After crying my eye out to Ellen, your lovely grocery manager, she showed me a few great gluten free products I could have and gave me a cookie to eat. Then, she turned me over to Dr. Joe, who just happened to be in the store shopping at that moment. I cried to Dr. Joe and said my life was over since I could no longer eat the foods that I craved. He calmly reassured me that all was not lost and that I could still enjoy delicious foods and eat healthy. If you haven't read his book, *Eating Right, For the Health of It*, you really should. It's available in the book section at Life Grocery.

It's funny because at the time I was working for another chiropractor and I really thought that I was doing everything I could, but without a mentor, I wasn't doing so well. I started spending a lot more time in Life Grocery, learning how to read labels and learning about different products and alternative grains to gluten. Fortune was smiling on me, as Dr. Joe likes to spend his lunch hours here, as well, and I started running into him on a regular basis. I took the opportunity to pick his brain and learn everything I possibly could. Eventually he asked me to come to work with him! How's that for fate?

Now, why do you need a mentor? We all need mentors. We can't do this by ourselves. Well, we probably could, but it's so much easier when you have the support of someone knowledgeable on your side to help you through the tough times. I'm trying to "pay it forward" by helping all of you through these articles. I am available to provide personal coaching services as well. Please contact me for details. I would also like to recommend that if you have not already met Dr. Joe, please consider calling his office for an appointment and please tell them that I sent you!

I would like to share a few of my favorite recipes from Dr. Joe's book. (Thank you Dr. Joe!)

Sun Dried Tomato Pesto

(This is my absolute favorite; I'm addicted to it!)

1/3 c pine nuts
1 T garlic, chopped
1/3 c fresh cilantro, packed leaves, chopped
1/3 c fresh basil, packed leaves, chopped
1 T lemon juice
1 c tomatoes, chopped
or 1/2 cup sun dried tomatoes in oil
1/2 t sea salt
1/2 c olive oil (preferably extra virgin, optional)
12-16 oz wheat free pasta (my favorites are Tinkyada and Dr. Schaar's)

- Prepare pasta as directed on the box.
- Put all of the ingredients, except the tomatoes, into a food processor, and pulse chop several times. Stop to scrape down the sides and repeat.
- Add the tomatoes and continue to pulse chop until just blended.
- Keep a texture to the pesto, it should not be a puree. Chill or serve over rice or pasta, or use as a vegetable dip.

Note: Light or medium toasting of the pine nuts will add much flavor.

Sautéed Spinach and Shiitake Mushrooms Over Rice or Pasta *(I make this quite frequently)*

3 T olive oil
2 cloves garlic, minced
1/4 lb shiitake mushrooms, thinly sliced
1 10 oz bag fresh spinach, tough stems removed
salt and black pepper to taste
2 c rice or 1/2 lb wheat free pasta

- Prepare rice or pasta as directed on the box.
- Heat the oil in a large skillet over low heat.
- Add mushrooms and garlic, cover and cook for about 5 minutes, stirring frequently, until the mushrooms are barely tender.
- Add the spinach and sprinkle lightly with salt and pepper. Cover and

continue cooking for 5 to 7 minutes, stirring frequently, until the spinach is tender.

- Remove from the heat.
- Spoon over rice or pasta, or just eat it by itself.

Home Made Ice Cream *(This is a lot of fun to do with kids!)*

Strawberries, peaches, apricots, or any fruits or berries

- Freeze berries or fruit of choice.
- Put them into a food processor or blender.
- Blend until smooth, adding enough juice to blend.
- Serve immediately or freeze 1 hour to firm up your fresh fruit dessert before serving it.

A great big thank you to my mentor for these great recipes. I hope you enjoy them as much as I have.

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

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Birthdays (for kids and adults), anniversaries, weddings, luncheons, dinners, and special events in our space or yours.

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We'll work with your special dietary needs and preferences in mind when planning your event.

Café Life Revitalization Update

We would like to thank everyone who took the time to participate in our recent survey. It was so gratifying to have your input and participation. It appears that, in general, we are all on the same page.

You may have already noticed some changes in the café and you will continue to see more in the upcoming months. Based, in part, on the feedback from the survey, we have already made the following improvements:

- expanded grab and go selections
- set up a self-serve coffee, tea, and techino bar
- installed a new paper towel dispenser in the bathroom; move your hands and out comes the paper—it's like magic
- replaced the exhaust fan in the bathroom
- more attention being given to overall cleanliness
- painted the restroom

- created new food bar labels with additional information
- moved condiments away from the dirty dishes and trash can

Other improvements already in the works:

- recipes are being standardized to assure greater consistency in the quality of food
- new menu is being developed and will soon be unveiled
- new menu will include some of your old and current favorites, in addition to soon to be new favorites
- additional equipment will be purchased to accommodate the expanded grab and go selections.

We are committed to customer satisfaction and want you to know that we take your input seriously!

Save Money with a Life Grocery Membership Only \$5 per year per adult!

All members receive 5% off all Store and Café purchases on Thursdays and Fridays.

Seniors (62 and over with appropriate ID) and College Students (with appropriate ID) receive 10% off all Store and Café purchases on Mondays, Tuesdays, and Wednesdays.