

Café Life Gets A Natural Face Lift

Café Life quietly celebrated its third anniversary this March. As an anniversary gift to our loyal customers, we thought it fitting to beautify the decor in order to compliment the cuisine that we have so enjoyed over the last three years. We wanted all who dined at the café to not only enjoy the fresh and delicious offerings of our organic cuisine, but to also enjoy the comfort, warmth, and visual appeal as well. With Café Life being the unique place that it is—where else can you find an organic, vegan, raw/living and cooked food restaurant, with alternatives for those with wheat, gluten, and other food sensitivities?—we strive to be more than “just a cafeteria.”

After speaking with several decorators and almost giving up on a redecorating plan, we finally began the slow and careful process with decorator, Yasmine Chourbagui. Yasmine decorated numerous homes, as well as several hotel rooms, lobbies, and restaurants in NY where she lived before she moved to Atlanta.

Her vision to transform, as well as bring efficiency, harmony, and visual appeal to Café Life is well on the road to realization. She was able to accomplish this by working with color, lighting, texture, and accessories while accommodating customer comfort needs, space limitations, and traffic patterns.

She chose three colors for the walls: green representing balance, expansiveness, healing, and calming; a golden yellow for mental stimulation and

wisdom; and a mulberry shade in the library for concentration, meditation, and focus. A tropical theme seemed obvious for a natural feel that anyone could relate to, as well as a seating arrangement for patrons to use as a focal point to meet friends for lunch or dinner or perhaps a cup of coffee or tea along with a scrumptious dessert.

Along with our new facelift, having listened to some of the concerns of our loyal customers, we are in the process of implementing some operational changes. Although our food is highly nutritious and freshly prepared without the use of a microwave, due to time restraints, our customers want the speed and convenience of a fast food restaurant. In an effort to honor these needs, you will notice some changes in our set up.

In the weeks to come, the current menu will be discontinued, except for the juices, smoothies, and beverages. Most of the menu items will be available, either daily or on a rotating basis, on the food bars and, with the addition of a hot bar, the cooked food selection will be increased. On-going selections on the living bar will include zucchini pasta, Pad Thai, and tostado and taco salad makings, including walnut taco meat and refried beans, as well as marinara sauce and pesto. Daily selections of cooked vegetables, grains, beans, and potatoes will be featured on the hot bar, in addition to other delectable treats. Daily specials will be available on the food bars as well. By having an *All Day Buffet*, customers will not only be able to enjoy the same food they have become

accustomed to, but also be in charge of portion sizes. With the staff focusing on preparing drinks, weighing plates, and taking money, wait time will be greatly minimized.

With these changes, it is expected that our customers will enjoy their dining experience in a timelier manner. Along with this, we plan to offer live entertainment at selected times. Look for Jonn Serrie, acclaimed composer and musician, to perform at Café Life in upcoming weeks. We encourage you to use the café for parties, workshops, talks, or events. And remember, we provide catering for groups large and small. Look for information on our upcoming healthy vegetarian cooking and living food preparation classes with Chef Mike. And, be sure to take advantage of our free wi-fi (wireless connection to the internet with your laptop and wireless card) through Atlanta FreeNet.

Café Life is here to provide reasonably priced, delicious, healthful, vegetarian, and nutritious organic food with alternatives for those with special needs. So come and visit soon; bring your friends and check out our facelift. Enjoy the ambiance, the food, and the great things to come.

We are grateful to Yasmine Chourbagui, of Changing Spaces, for transforming Café Life. She may be reached at 404-256-2178 or 678-938-8146. Feel free to contact her for a complementary one hour consultation for decorating services.



Saturday, June 25, 2005

Summer Life Fest

12:00 pm-4:00 pm

Live Music by Composer and Musician
Jonn Serrie

composed and performed music in

What the “Bleep” Do We Know with Marlee Matlin

Members Receive 10% off

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Required:

Full availability, cashiering and customer service experience, coordinating/supervising experience, basic computer skills (word, excel, & outlook), team player, and detail oriented with excellent communication/organizational skills

Preferred Experience:

Grocery or natural foods store, knowledge of natural foods, and one year retail supervision/staff training

Living in Peace

By Michael A. Scimeca, D.C.

In sitting down to write an article and not knowing what to write, I search for a source of inspiration, a muse. In walks my daughter. I ask her, "What should I write about?" Without skipping a beat, she says, "Living in Peace."

Okay, so I have a title. Where do I go with it? How do I share about living in peace that is practical? Okay, I'm up for the challenge. But, wait a minute. What is peace?

I go to the dictionary to get a definition. Neither "absence of war" nor "end of hostility" captures the quality of peace about which I choose to write. "Harmonious relations" sounds nice. My favorite definitions, however, include "the state of tranquility," "inner contentment," "serenity."

What qualifies as peace? Is peace a subjective state, an intimate understanding? Is it a personal nirvana for which we are to strive?

Many spiritual paths speak of peace. Certain religions call Jesus the Prince of Peace. I have to admit, that name engages me.

Sometimes, when I think of peace, I think of John Lennon and the song, "Give Peace a Chance." Sometimes "peace" feels so sixties. The psychedelic era merged peace with sex and drugs. Peace was a political statement of a generation looking to change the world.

Gandhi said, "Be the change you wish to see in the world." I like that. Be the solution. Be peace.

I guess if we were to "be peace," living in peace would be natural. Still I wonder, "Are we supposed to live in peace?" In trusting the wisdom of a nine-year-old girl, I say "Yes!"

On a practical level, if we are not living in peace, can we? Is living in peace a choice? Is it a process? Is peace conditional?

We hear how we are programmed to instinctively move away from pain or toward pleasure, but what about peace? Are we programmed to live in peace?

To honor Angela, my daughter, allow me to make an offering. Consider peace to be an indicator of our degree of openness. Consider any disturbance to be an indicator of a need to be more open.

In working with people, I use peace as a parameter. I hold myself accountable in holding my practice members accountable for accessing a functional state of peace.

The mechanism for peace is simple: The wisdom of life is unconditionally present at all times. By using this starting point that honors life's unconditional intelligence, all manifestations are expressions of life's wisdom. By aligning ourselves to this understanding, we can work cooperatively with life's intelligence. We can consider life offering us direction and guidance. We can begin living life on life's terms and using peace as an indicator of our degree of success. Of course, peace, then, is conditional, based on our level of openness.

Consider peace an option, a choice, which holds us accountable for our being open. If this understanding supports you in living in peace, I'm sure Angela would be tickled.

Until next time, peace be with you.

Dr. Michael A. Scimeca is a licensed chiropractor, certified Catalyst facilitator, and life coach. He has offices in Roswell and Marietta. Call 770-992-8220 or visit www.scimeca.com for more information.

The Life Line
is a bi-monthly
publication of



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

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

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NEW PRODUCTS AT LIFE

SUPPLEMENTS

Bluebonnet

- Vanilla and Chocolate Whey of Life
- Nucleotide Complex

Century Systems

- Cerum 7 (Liquid Hoodia)

Country Life

- Omega Fiber

Enzymatic Therapy

- BP Manager
- Saventaro Cat's Claw
- Flexagility Max

Health Force Nutritionals

- Spirulina
- Nopal Cactus

Mega Flax

- Heart Formula
- Digestive Formula
- Immune Formula

Natural Factors

- Celadrin

Natures's Way

- Bone, Flesh, and Cartilage

Nordic Naturals

- Omega 3 and Complete Omega
New! 120 Size

Nutrition Now

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- Rhino Calcium

Renew Life

- Fish Smart Ultra
- Digest More Ultra

HERBS

Gaia Herbs

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- Cinnamon Extract
- Cat's Claw
- Liqui-Lieve

HEALTH & BEAUTY AIDES

Aura Cacia

- Jasmine Absolute in Jojoba Oil
- Rose Absolute in Jojoba Oil
- Vanilla Absolute in Jojoba Oil

Collective Wellbeing

- Body Butters
- Flaxseed/Loofah Soap
- Detox Soap
- Foot Butter

Giovanni

- Shine of the Times
- Root 66

Honey Bee Gardens

- Water Based Nail Polish, *Toxic-Free*

Kiss My Face

- Active Enzyme Deodorants
New Larger Size
- Shaving Lotion, *New Larger Size*

Natra Care

- Organic Feminine Wipes

Toms of Maine

- Unscented Deodorant Soap
- Calendula Moisturizing Soap
- Lemongrass Soap

MSG... The Hidden Food Poison

By Dr. Joe Esposito

MSG (Monosodium Glutamate) is the staple seasoning in Chinese food, among other things. Some of the most common reactions from MSG are headaches, difficulty breathing, nausea, vomiting, irregular heartbeat, and depression. The tough part about avoiding MSG is that it's found in many foods, but not listed in the ingredients, or even worse, it's referred to as "natural flavor." Your own tolerance level to MSG can vary widely from the next guy. While it might take a pile of it to affect him, the smallest amount could trigger a reaction in you. And that reaction could come as soon as immediately after contact to as long as 48 hours later. Just look at how many ways the industry hides this stuff!

These ALWAYS contain MSG:

Glutamate, monosodium glutamate, monopotassium glutamate, glutamic acid, calcium caseinate, sodium caseinate, gelatin, textured protein, hydrolyzed protein (and any protein that is hydrolyzed), yeast extract, yeast food, autolyzed yeast, and yeast nutrient (NOTE: Brewer's and nutritional yeast are not included in this category.)

These OFTEN contain MSG:

Malt extract, malt flavoring, barley malt, bouillon, stock, broth, carageenin, maltodextrin, whey protein, whey protein concentrate, whey protein isolate, pectin, anything protein fortified, flavor(s) and flavoring(s), natural flavor(s) and flavoring(s), natural pork flavoring, natural beef flavoring, natural chicken flavoring, seasonings (the word "seasonings"), soy sauce, soy sauce extract, soy protein, soy protein concentrate, soy protein isolate, and smoke flavoring

Hidden MSG is not limited to foods. MSG-sensitive people have reported reactions to soaps, shampoos, hair conditioners, and cosmetics that contain MSG. The most common obvious hiding places are in ingredients called "hydrolyzed protein" and "amino acids," although not all amino acids contain MSG. Drinks, candy, and chewing gum are also potential sources of MSG. Also aspartic acid, found in aspartame, has been reported to cause MSG-type reactions in MSG-sensitive people. Aspartame is also found in some medications, so it is a

good idea to check with your pharmacist. Binders and fillers for medication, nutrients, and supplements, both prescription and non-prescription, including some food formulas and some fluids administered intravenously in hospitals, may contain MSG. Even "good" foods that do not contain MSG can cause adverse reactions in certain people. Strawberries, pineapples, tomatoes, grapefruits, and oranges are common culprits in causing hives, skin rash, and more often, pimples on the tongue and "cold sores" on the lips.

As a side note, sometimes suspected food allergies or sensitivities can actually be reactions to fabric softeners, deodorant soaps, or detergents touching the skin and producing rashes or other symptoms. If you have a reaction to a certain food or product, simply avoid it. For additional information, please refer to my book, *Eating Right for the Health of It*, available at a 20% discount in the Life Grocery book department.

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.

The Fountain of Youth

By Brian Murray, M.Ed.

Do you feel weak? Do you wish you had more energy. Do you find yourself sitting on the sidelines of life? If you answer yes to any of these questions, I have good news for you—it doesn't have to be that way.

Sarcopenia is the medical term for the age-related loss of muscle tissue. Although the condition is age-related, it is not necessarily due to the aging process. It appears that loss of muscle tissue is mostly due to inadequate use. This condition sneaks up on you. It is one of the most devastating health problems that nearly all adults suffer.

After the age of 30, adults typically lose ten ounces of muscle mass per year, which is approximately six pounds of muscle per decade. Can you imagine how much less you can do without six pounds of muscle on your body? And that is in only one decade! The loss of muscle tissue triggers many problems: basal metabolic rate decreases and body fat increases, while aerobic capacity, blood sugar tolerance, and bone density decrease. Losing your muscle tissue is a losing proposition all the way around.

Unfortunately, simply being active is not enough to protect your muscles from gradually wasting away. A high degree of muscular effort is necessary to stimulate muscle growth. There are numerous studies

that confirm this. In a 1990 study by Klitgaard et. al., elderly men (68 years old and up) with different exercise backgrounds were studied. Muscle biopsies were taken from the leg and arm muscles of four groups—sedentary, runners, swimmers, and weight trainers. The muscle biopsies were compared to a control group of 28 year old men. The results showed that only the elderly strength-trained men had muscle characteristics identical to those of the young men.

Strength training has been scientifically proven to halt and reverse the loss of muscle tissue. Building stronger muscles is the single best medicine any man or woman can prescribe for themselves. Drink from the fountain of youth . . . that is strength.

References:

Klitgaard H, Mantoni M, Schiaffino S, Ausoni S, Gorza L, Winter C, Schnohr P, Saltin B. Function, Morphology and Protein Expression of Aging Skeletal Muscle: A Cross Sectional Study of Elderly Men With Different Training Backgrounds. *Acta Physiol Scand*. 1990 Sep;(1):41-54.

Brian Murray is founder of 20/20 Fitness, a state-of-the-art strength training center. For more information contact Brian at 2020fitness@bellsouth.net or call 404-459-0270.

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Saturday June 25, 2005 Summer Life Fest

12:00 pm- 4:00 pm

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Musician
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composed and
performed
music in
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Do We Know
with Marlee Matlin

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10% off
all in-stock
purchases
all day
9 am-8 pm

Produce of Life

By Kim Strickland

Spring is upon us once again, and along with that comes longer days, more sunlight, and lots of fresh produce. A few weekends ago, my family, along with several others in our neighborhood, tilled up some common land and planted some early spring crops and will soon be putting in summer vegetables.

Peaches and green beans will be coming into season during May and June. Peaches are packed with a surprising amount of nutrition. A medium peach has about 465 IU's of beta carotene, which is thought to be a powerful anti-aging agent. Beta carotene is important for our immune systems, as it helps to prevent damage from free radicals. Not only that, but one medium peach has B vitamins, 3 mcg of folic acid, 5.7 mg of vitamin C, 4.3 mg of calcium, 1.4 grams of fiber, 171 mg of potassium, .6 grams of protein, and a touch of zinc.

If peeling, peaches should be washed gently then peeled. Use lemon juice or lime juice to keep them from turning dark. Peaches can be eaten fresh or cooked in almost any way you can imagine, from baking to grilling. Their natural sweetness rarely needs added sugar. What could be better? Look for the fruits that have a yellow or creamy color. These will be the sweetest. Avoid those with a tinge of green.

Green beans are an excellent source of vitamin C, while also being a good source of vitamin A and folate. The vitamin K provided by green beans is a spectacular 122.0% of the daily value in one cup and is important for maintaining strong bones. Vitamin K1 activates osteocalcin, the major non-collagen protein in bone. Osteocalcin anchors calcium molecules inside of the bone. Green beans can also help prevent colon cancer. The vitamin C and beta-carotene in green beans help to protect the colon cells from the damaging effects of free radicals. The folate contained in green beans helps to prevent DNA damage and mutations in colon cells, even when they are exposed to cancer-causing chemicals. The fiber in green beans can help prevent colon cancer as well, as it has the ability to bind to cancer-causing toxins, removing them from the body before

they can harm colon cells. Popeye was mistaken—green beans have almost twice as much iron as spinach! Green beans are a very good source of iron, an especially important mineral for menstruating women, who are more at risk for iron deficiency. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells. It is also part of key enzyme systems for energy production and metabolism. If you are pregnant or lactating, your need for iron increases. These are all good reasons to add green beans to your shopping list the next time you head to Life Grocery.

Choose beans that have a bright color without brown or soft spots. The beans should snap easily when bent. Purchase beans that have a smooth feel, are a vibrant green color, and are free from brown spots or bruises. They should have a firm texture and snap when broken. Store unwashed fresh beans pods in a perforated plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about three days.

Peach and Basil Sweet Platter (serves 6)

5 to 6 large, sweet, ripe peaches, sliced into 1/2" wedges
2 sweet potatoes, sliced in wedges and baked at 350 for about 1 hour
1 c lightly packed fresh basil leaves, with stems removed
¼-½ c pine nuts, toasted

1. Combine all ingredients in a large mixing bowl.
2. Toss with Poppy Seed Dressing (recipe below) and spoon onto an attractive serving platter as a first course.

Poppy Seed Dressing (makes 1½ c dressing)

2 T dry mustard
2 T poppy seeds
½ t salt
¼ t ground black pepper
¼ t paprika
2 T + 1 t Sucasat

½ c organic canola oil
1/3 c apple cider vinegar
¼ c lemon juice
¼ c water

1. Combine all ingredients in a jar and shake well.
2. Refrigerate. Keeps well for 2 weeks.

Green Bean and Walnut Salad (serves 8)

1 lb green beans, trimmed
6 tomatoes, quartered
2 celery sticks, finely sliced
1 carrot, grated
lettuce leaves, washed and dried
1 apple, quartered, cored and sliced
2-4 T chopped walnuts

Dressing

1 garlic clove, chopped
2 t red wine vinegar
1½ T olive oil
freshly ground black pepper

1. Steam or microwave beans until just tender. Refresh under cold running water and drain.
2. Combine beans, tomatoes, celery, carrot, lettuce, apple and walnuts in a salad bowl.
3. Refrigerate until ready to serve.
4. To prepare dressing, place garlic, vinegar, oil, and pepper in a screw top jar and shake well.
5. Just prior to serving, pour dressing over salad and gently toss to coat ingredients.

Resources:

www.vegaparadise.com
www.mercola.com
www.whfoods.com

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

Attention Life Grocery Members:

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Cleaning Safely

By Sandra M. Yee, DCM

As my family knows well, I love creating in the kitchen—but dilly-dally in cleaning up. Usually it takes expected visitors to get me to scrub the spattered soup and scattered kale from the counter (and walls and floor) with baking soda, vinegar, and essential oils. With the house smelling so fresh and fruity, you'd never know I'm a mess.

Cleanliness is dangerously close to sickness in the modern world. Most commercial cleaning products, including laundry detergent, dishwashing liquid, bathroom sprays, and even hand soap, contain dangerous chemicals that stress our immune systems. As the cleansers bleach and disinfect, we (and our children) develop breathing disorders, skin irritations, and so-called allergies. Unfortunately, this makes many people think we need MORE anti-bacterial soaps and wipes!

Nature gives us so many simple ways to clean our bodies, our homes, and our emotions. Baking soda added to laundry eliminates odors and can be used to scrub tubs, sinks, and toilets. Added to a bath, baking soda helps neutralize chemicals in the water. Vinegar is a natural disinfectant, great for washing floors and vegetables.

The best part of cleaning is wiping down surfaces with essential oils, many of which are naturally antiseptic and deodorizing. Eucalyptus, pine, thyme, and tea tree oils work powerfully against bacteria and release pessimism, regret, and congestion from our Lungs. Citrus oils like lemon, grapefruit, lime, orange, and bergamot inhibit bacterial growth and release frustration, tension, and toxins from the Liver. These natural scents can be safely inhaled, allowing everyone in the house to benefit from the emotional uplift—and they make mopping feel like fun.

Cleaning with essential oils helps make our homes safe, sensual havens from a chemically-loaded world. When we can breathe deeply and freely, we inspire health to heightened, happier levels.

Sweet joy for your path of continued self-realization.

A motivational speaker, writer, and natural health coach, Sandra M. Yee, DCM uses her background in acupuncture and Ancient Thothetic Medicine to lead workshops in self-healing and self-empowerment in the Atlanta area. For personal wellness coaching, contact Dr. Yee at 678-488-6633.

Blood Group A

By Linda Townsend

It really takes Blood Type A people to appreciate the temperamental artist. BioType As, as I prefer to call them, are exquisitely creative, exceptionally sensitive, and terribly conflicted. Their health problems are no less perplexingly eccentric by conventional medical standards and, yet, the entwining of their complexities are explained in the bioenergy system.

Let's briefly review some points from my last article. The blood's chemistry produces distinct biocolor patterns in the body's bioenergy system. These biocolors work as a polarized (colored) lens on a camera, invisibly tinting our perceptions and bioenergy reactions. The attributes described herein are generalized.

Based on my own research, the arrangement in the outer layer of the bioenergy system's Physical Aspect cause BioType As to perceive first through Magenta and then Indigo, producing a tendency to emotionally internalize. Hippocrates would say they are predominately Melancholic, a temperament described both as self-blaming, self-centered, and self-sacrificing. How's that for being contradictory? True to their conflicted nature, BioType As do not easily fit the Keirsey classifications. They are generally more introverted, intuitive, and perceiving, but they are almost equally thinking and feeling, not so much one or the other. Their Gregoric learning style is predominately Abstract Sequential, logical thinkers that are stimulated by abstract ideas and enjoy gathering information.

Complexity is also the theme of BioType A bioenergy pattern. Examining the three layers of the Physical Aspect, BioType As have Indigo predominate in the outer layer, but lacking in the other two. The lacking Indigo triad, also involving Scarlet and Yellow, causes BioType As to be predisposed to conditions of the nervous system, cardiovascular system, reproductive systems, colon, adrenal glands, and urinary bladder. However, BioType As, with neurological concerns, can also have a variety of conditions seemingly unrelated to their blood type.

BioType As do better eating a mostly vegetarian, raw foods diet with high amounts of soy foods and at least one ounce of vegetable oil or flax seed oil daily. Yet, some do well with high protein diets, if the carbohydrate intake is very low to zero. Unfortunately,

many BioType As tend to eat high carbohydrate diets with cooked foods, and this often causes overweight conditions and related health problems for them.

BioType As are easily tickled pink, but are prone to dark moods. They tend to have higher IQs, are fault-finding, examine all options before making a decision, and are highly talented in the arts, but the one gift often overlooked is their sensitivity to energy influences, possibly due to bioenergetic weaknesses in their nervous systems. Many actually feel ill effects from electromagnetic fields instantly!

Most of the intuitive people I know, who just seem to have the gift and desire in the art of healing others, are BioType As. Yet, BioType As tend to heal slowly and also are the least equipped energetically to resist bad energy influences and stress-related illnesses. Therefore, they are not self-centered as much as subconsciously struggling between safeguarding their own sensitive bioenergy systems and performing self-sacrificing acts. This may explain why BioType As are very health conscious, even when they are generally well.

Look for information on BioTypes B and AB in upcoming issues of *The Life Line*!

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

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Article reprinted from the Winter 2005 issue of Affirmative Thinking, the quarterly newsletter of First Affirmative Financial Network, LLC, adapted from a longer article by Marc Gunter in the Washington Post, November 14, 2004.

Corporate Behavior is Changing

The diligent efforts of responsible investors aimed at making companies more transparent and accountable global citizens are paying off. Despite the cynicism about corporate America that has been fed by Enron and other scandals, the truth is that many of America's big companies are becoming more socially responsible, more green, more diverse, more transparent, and more committed to serving the common good—as well as the bottom line.

Hewlett Packard, Dell and IBM have agreed on a far-reaching code of conduct to protect the health, safety, labor, and human rights of people who work for their suppliers in the developing world. Suppliers will be audited to ensure compliance. Factories that fail the tests will have to reform or lose business.

Voters from Mississippi to Oregon approved resolutions opposed to same-sex marriages, and fewer than a dozen states provide health care benefits to the domestic partners of gay and lesbian employees. But 227 companies in the Fortune 500, including General Motors, Ford, and ChevronTexaco, now offer domestic partner benefits.

Home Depot and Lowe's have pledged to stop buying wood from endangered forests in such places as Indonesia and Brazil. UPS operates more than 1,800 vehicles that use "alternative fuels" rather than gasoline, including electric-powered vans in New York City. "Sustainability" has become a buzzword in corporate circles.

DuPont, once labeled America's worst polluter, is remaking itself from an oil-and-chemicals company into an environmentally friendly life sciences firm—it has cut its greenhouse gas emissions by 65% since 1990. American Electric Power, the nation's biggest coal-burning utility, has voluntarily agreed to reduce its carbon emissions, is investing in renewable energy, and planting trees to offset its contribution to global warming.

While the federal government is growing more secretive, leading companies are becoming more open. Gap Inc. issued a warts-and-all report in 2004 acknowledging that some overseas workers who make its clothes have been mistreated. The company vowed to do better. Unilever, Coca-Cola, Johnson & Johnson, and others are exploring ways to profitably serve the world's 4 billion poor and promote economic development by helping to establish local businesses, such as manufacturing low-cost utilitarian products such as water purification pills.

The move toward corporate responsibility has not generated much press attention. That's partly because scandal stories are juicier. Mostly it's because changes in corporate practices have been incremental. But chief executives of closely watched firms like General Electric do not promise to become better global citizens unless they intend to follow through. "If you want to be a great company today," Jeff Immelt, GE's CEO, likes to say, "You have to be a good company."

In addition to the shareholder advocacy efforts of social responsibility-oriented investors, the biggest driver of corporate reform is the desire of companies to attract people who seek meaning, as well as money, from their work. Few of us go to our jobs every day to enhance shareholder value. Younger people, especially, want to work for companies with a mission that goes beyond the bottom line. According to GE's Immelt, "The reason why people come to work for GE is that they want to be about something that is bigger than themselves."

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Balance, Equality, and the Summer Solstice

By Janill Mitchell, Usui and Karuna Reiki Master/Teacher

Daylight begins to equal the length of night's darkness as we approach the summer solstice on June 21. At this time, the sun enters the astrological sign of Cancer, followed closely by a full moon in Capricorn the next evening (a unique and perfect manifestation of balance with the sun in Cancer and the full moon in Capricorn). The summer solstice represents a time of perfect balance between the energy of the sun and the energy of the dark of night. This is a balance that we as beings on the earth can strive to emulate.

The sun is a symbol of masculine strength. It is outgoing, supportive of action, doing, and learning. It is important for all of us to have a healthy masculine side to succeed in life, at our careers, and our dealings with the world "out there." It is a natural part of the psyche, regardless of gender.

The night is a symbol of feminine strength. It is focused inward, supportive of resting, being, and knowing. It is important for us to have a healthy feminine side to feel successful, to create and sustain nourishing relationships and a safe haven.

Achieving perfect balance results in happiness, fulfillment, and contentment. Are you looking for that? To help us in this quest, we have the help of that powerful celestial body, the moon. The moon shows up at the perfect time to illuminate us. The moon's function is to shine light in darkness so that we may see and understand. It allows us to reflect. What do you see when you reflect on the male and female archetypes that you are currently living through? Do they enjoy equality in power? Do they have healthy responses to life's challenges? Do you experience happiness, fulfillment, and contentment?

It is exciting to me to know that I can heal the inner working of my being and thereby change my experience of life to include more happiness, fulfillment, and contentment. With Mother's Day in May and Father's Day in June, the summer solstice is the perfect time to take a look at this part of our being. Here is one way to do that:

1. Sit upright with your feet on the floor, your spine erect, your chin tucked slightly. Take some relaxing breaths as you allow all of your muscles to let go and become soft. Your body becomes heavy and your breathing is deep and regular.
2. In your mind's eye, create a board room with a long table and chairs all around. Use what ever colors make you feel happy and safe. Have fun decorating the room. Next, settle down into the "power chair." You are, after all, the boss of this organization.
3. Invite all the female members of the subconsciousness to join you in the room and sit there a moment as they begin to file in and find their place at the table. It may be surprising to see who shows up.
4. Call the meeting to order.
5. The purpose of this meeting is to determine the health of the team and to create an action plan for improvements. Invite each member to make a statement. Discover how each of these personalities affects you, the choices you make, and your quality of life.
6. Determine an action plan for any personality that is unhealthy. A personality may need healing, a day off, or perhaps simple acknowledgement. You may need to fire someone and hire someone more appropriate. You are the boss and this is your team for creating a happy life.
7. Get the healing you need. This may mean going to a qualified therapist for assistance. Both the medical and holistic communities offer support for this kind of healing. Imbalance in the psyche is manifested in imbalance in the physical body as well as in the emotions. The most appropriate healing may involve being facilitated by someone else.

Now do the same for all the male members of your subconscious board. When the female team is healthy and strong, as well as the male team, bring them all together. Develop strategies for working together harmoniously. Each team member is allowed a voice that carries equal weight. Each team member is valued and appreciated.

Doing this kind of work may seem silly or too involved or (fill in the desired excuse). You don't have to believe me that doing this work makes a big difference in how life is experienced. All you have to do is try it for yourself and see. Use the month of May to heal your female side and the month of June to heal the male side. At the solstice, bring yourself into harmony by uniting the two sides. Discover wholeness as you achieve healthy balance.

The perfect balance that we see manifested now, as the summer solstice approaches, is something that we can attain for ourselves . . . all we need to do is allow the bright light of reflection to shine into the darkness of our subconscious creations, beliefs, and motivations in order to see clearly. From that place of clear understanding, we have the ability to choose our experience. Healing makes all things possible all of the time. Enlightenment is possible in this lifetime.

Janill Mitchell teaches by example with compassion and love. As Director of The Phoenix House, a healing and retreat center, she provides opportunities for those seeking to discover wholeness through workshops, classes, retreats, and healing. For further information, call 770-773-0352.

It Ain't Necessarily So

By Don Bennett, DAS

A friend of mine recently had his cholesterol tested and was found to have normal levels. Good news? Not necessarily. The diet of this person is about as unhealthy a diet as a human could eat. But since his cholesterol levels were picture perfect, his reasoning was that his diet is "just fine." The problem with a cholesterol test is that it doesn't tell the whole story and is, therefore, not the best indicator of your overall health. Sure, if your cholesterol is "high," there may be reason for concern, but just because it is normal doesn't necessarily mean you're in good health. Based on what he eats, my friend's diet is likely to be doing him a lot of harm, regardless of what he believes.

It has long been thought that low bone mass is usually a sign of the bone-thinning disease osteoporosis and that it certainly increases ones risk for fractures. But a recent study at the Washington University School of Medicine in St. Louis, which was published in the March 28, 2005 issue of the Archives of Internal Medicine, found that although people who follow a raw-food vegan diet (no animal products) had lower bone mass than those eating a more typical American diet, their bones were healthy, with normal "turnover rates" and with no signs of osteoporosis. Most nutritionists and the food industry would have us believe that a diet without dairy foods can lead to osteoporosis, yet this

study would suggest otherwise . . . and it isn't the only evidence that what we've long believed to be so isn't so at all.

Another long-standing belief is that it's better to spray fruits and vegetables with pesticides to keep bugs off them. As it turns out, it's actually healthier to eat a piece of fruit that has already been nibbled on by a bug. One of a plant's natural methods of pest defense is to produce certain substances when the plant is attacked by an insect, in order to repel the little bugger. One of these substances is *bioflavonoids*. And as anyone who has spent any time in the supplement aisle knows, we need bioflavonoids (a vitamin that maintains the resistance of cell and capillary walls). So by buying "conventionally grown" fruits and vegetables, you're not only getting something you don't want (pesticides), but you're missing out on something you do want and need. Thank heavens there's plenty of organically grown produce at Life Grocery.

Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. Don's lectures explode common misconceptions about food and health. For enlightening and empowering health information, visit www.health101.org

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Eat Light, Shed Pounds, and Detox

By Dr. Brenda Cobb

Springtime is here and, with summer right around the corner, it's the perfect time to shed those extra pounds and detox your body. Fresh organic fruits and vegetables will nourish, provide clean burning fuel, help you detox, and help you lose unwanted weight. The right combinations of raw fruits and vegetables will energize you, too.

Toxins store in cells and fat. High levels of toxicity can make a person really sick. Obesity, once again, impairs health. Diseases of all types have been linked to toxicity from eating fried foods, and processed foods, as well as foods with chemicals, colors, additives, and preservatives.

People are exposed to chemicals in much greater concentrations than in previous generations. There are over three thousand chemicals added to our food supply. Drinking water has over seven hundred chemicals, including excessive lead. Gasoline, paint, household cleansers, cosmetics, pesticides, and dry cleaning fluid pose serious threats because the body cannot break them down easily. The current level of chemicals in our food, water supply, and environment has lowered our threshold of resistance to disease and altered the body's metabolism, causing enzyme dysfunction, nutritional deficiencies, and hormonal imbalances.

Toxicity makes the body acidic. To restore health, we must bring back alkalinity to the body. The best way to do that is by eating fresh, organic raw fruits and vegetables and living (sprouted) foods.

It is important to detoxify your body at least once a year. As you flush out the toxins, the weight will melt away and you will feel like a new person, energized and full of life. Detoxification is a way to clear potential acute and chronic disease out of the body. It's a way to heal many early or later stage conditions. The need to tackle toxic burdens before they manifest themselves as disease has never been greater. The future of health care must have at its very core the requirement of detoxification.

Add colonics and enemas, along with eating more organic raw and living foods, and the body will restore its health. There's no better time than right now to take control of your health. And, a great way to begin is by detoxing and rebuilding your body cell by cell from the inside out.

Raw vegetables combined with lemon juice and garlic are refreshing, light, and delicious. You don't have to be a gourmet chef to prepare quick, easy, complete salads, or smoothies. If you've put on extra pounds eating fried foods, milk, cheese, eggs, fatty meats, bread, pasta, candy, cookies, and cakes, you can easily take off those extra pounds by eating organic raw and living foods. Even better, once you take them off, you can keep them off by continuing to eat in this manner. This is because raw and living foods are full of enzymes and to lose weight the body must have living enzymes.

You can accomplish several things at once. Think of it as "multi-tasking health." You can detoxify, lose weight, gain more energy, heal disease, clear up your skin, add luster to your hair, grow stronger nails, and energize yourself.

Here's a delicious salad or smoothie full of protein, vitamins, and minerals. You choose which way to go.

Smiling Salad or Energizing Smoothie

1 c romaine lettuce
1 c spinach
½ c red bell pepper
½ c yellow squash
½ c tomato
½ c celery
½ c cucumber
½ c cauliflower
½ c broccoli

Dressing
juice of one fresh lemon
½ avocado
1 clove chopped fresh garlic
½ c filtered water
2 t powdered kelp

1. Chop all the vegetables and put in a bowl.
2. Combine all the ingredients for the salad dressing in the Vita-Mix and blend a few seconds until creamy.
3. Toss the salad vegetables with the dressing until they are completely coated. Enjoy the feast!
4. For a smoothie version, put everything in the Vita-Mix.
5. Add an extra cup or two of water and blend into a delicious and satisfying smoothie. This is a great way to eat on the go!

Resources:

Alternative Medicine by Burton Goldberg
Hippocrates Diet by Dr. Ann Wigmore
Staying Healthy with Nutrition by Elson Hass, M.D.
Diet for a Poisoned Planet by David Steinman
The Complete Guide to Health and Nutrition by Gary Null

Brenda Cobb, author of *The Living Foods Lifestyle*, *Colon Cleansing For Optimum Health*, and *101 Raw and Living Food Recipes*, is founder and 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, visit www.livingfoodsinstitute.com or call 404-524-4488.

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The Life Line

Cheyenne's Story

In children with Gluten Intolerance/Celiac, one of the more common symptoms, aside from the typical intestinal symptoms, is behavior that is way beyond the normal temper tantrum, acting out, or hyperactive behavior that is common for toddlers and pre-schoolers. In my own daughter, Cheyenne, prior to her diagnosis of Celiac, she would go into these uncontrollable fits where she would throw herself onto the floor kicking, biting, hitting, and screaming, and she couldn't stand to be touched. This was not triggered by any external stimuli, like not getting her way, but happened within 30 minutes of eating. When the fit would pass, she would lay on the floor crying, saying "I'm so sorry Mommy; I couldn't help it." Understandably, this broke my heart, and I wanted to find out what was causing these outbursts, so I went after the obvious suspect of processed sugar. We eliminated all of the sugar from her diet, but she still continued to have the uncontrollable fits. Honestly, I was at a loss as to what it was.

After we went through my diagnosis of Celiac in March of 2003, and learning about the diet, it was easier to feed her what I was eating. She showed rapid improvement in her behavior at home, but she was still having meltdowns at daycare or after I picked her up in the evening.

At Cheyenne's three-year well check-up, we were startled to discover that she was anemic, hypoglycemic, and only in the 10th percentile for weight, while she was right on track for height. As an infant, she had issues with projectile vomiting and this continued as she grew. She also had frequent diarrhea and we would constantly have to battle with her to get her to eat anything because her tummy hurt every time she ate.

After telling her pediatrician that I had recently been diagnosed with Celiac disease, her doctor decided to refer her to a pediatric gastroenterologist, who "poo-pooed" my suggestion that she might have Celiac and said "Oh it's just Irritable Bowel Syndrome." After some discussion, this doctor agreed to do a blood test, but did not do the correct test for Celiac. He did the food allergy screening test, instead, and said that it was negative for a wheat allergy so, therefore, she did not have Celiac. Now, I will concede that maybe the lab did the wrong test, but the point is that the correct test for Celiac was not done.

So, I went back to the pediatrician. I told her I was not happy with the outcome of the trip to the pediatric gastroenterologist, that I had been doing research on Celiac, I knew that it was inherited, and I could tell a difference in her when she ate what I was eating on the gluten free diet. Her pediatrician then agreed that we

would put her on the gluten free diet for a trial basis and "see how she does."

Well, she did great! There was almost instant improvement in her behavior and her tummy problems. Her pediatrician then decided that if the diet was working for her, that we would not go through more testing simply because of how traumatic the testing process can be, and we would just say that she has a gluten intolerance and leave it at that. We KNOW that she has Celiac, and we know that she feels so much better and is absolutely thriving on this diet. Her doctor gave me a note to keep on file for school or any other situation where she would need to be able to bring her own food, and that's good enough for me.

Cheyenne's preschool has been so supportive. They have even provided my daughter with her own shelf in the kitchen and space in the freezer to keep her food. Several times a month, they will even make a meal (that I provide) for the entire class to eat, so that she can share her yummy food with her classmates and won't feel left out.

Another thing that I didn't realize at first, was that school art supplies, such as paste, play dough, finger paint, and pasta noodles all contain gluten, and when Cheyenne would play with these things she would break out in hives all over. It hit us one day that if it was causing that on the outside, what did gluten do to her insides? She doesn't even need to ingest gluten for it to cause a problem; she reacts just from touching it for extended periods of time. I took this as a challenge, and I came up with a gluten free play dough and made enough for her entire class. The kids all love it. I provided the teachers with lists of "safe" school craft items and several bags of fun-shaped gluten free pasta in multiple varieties, so that they can use these for class art projects and not have to worry about keeping Cheyenne separate.

Next year she will start Kindergarten, and I'm nervous about her venturing into the big bad world of elementary school, but hopefully she will have a supportive teacher that will help us through this.

Here are a few of Cheyenne's favorite kid-friendly foods that you can get at Life Grocery. *Amy's Organics Rice Pasta Garden Vegetable Lasagne, and Rice Macaroni and Cheese. Ian's Allergen Free Fish Sticks and Chicken Nuggets, Applegate Farms Turkey Bologna, Pamela's Brownies, 1-2-3 Gluten Free Buckwheat Pancake Mix, Envirokids Organic Crispy Rice Bars, and Stoneyfield Farms Squeezable Yogurt Tubes.* She likes me to freeze them and she eats them like popsicles!

By Nisla C. Whetstone, L.M.T. and Amateur Chef

Here are a few more of Cheyenne's favorite dishes:

Easy Chef "Girl Yummy" Spaghetti

(better than the canned stuff that most kids like)

1 pkg *Tinkyada* spaghetti-styled rice pasta, cooked according to package directions and drained
1 can *Amy's Organics* Creamy Tomato Soup
garlic powder, salt, and pepper to taste

Mix all ingredients together and serve! This freezes well. I put it in small, single-serve plastic freezer containers, and when Cheyenne wants a quick meal of spaghetti, I can pull this out, remove the lid, and microwave for 1-2 minutes.

Bologna Rolls

Applegate Farms Turkey Bologna
Horizon Farms American cheese or other cheese substitute

Place cheese on an individual slice of turkey bologna and roll up and eat! This can be served with *Real Foods* original Corn Thins. Yummy!

Ice Cream Sandwiches

1 pkg *Kinnikinick Montana's* Chocolate Chip Cookies
1 container of your favorite gluten free ice cream (softened by setting out for 15-20 minutes before assembling)

1. For each "sandwich," use two cookies and 1 scoop of ice cream.
2. Assemble on a cookie sheet lined with parchment or wax paper, then place in freezer for 2 hours.
3. Remove and wrap individual ice cream sandwiches in cling wrap, place in a gallon-sized freezer bag, and return to freezer!

Enjoy whenever you feel like having a cool treat!

Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic Clinic (next to Life Grocery) and an amateur chef and Gluten Free Lifestyle Coach. She can be reached at 770-509-2433 (wk) 770-653-6017 (cell) and e-mail: nisla@comcast.net.

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