

## Goji Facts

By Lorna R. Vanderhaeghe

I have had hundreds of emails from readers asking my personal opinion of goji. There is a tremendous amount of research into *Lycium barbarum*, also known as goji. Over 79 studies have been published. Critics of goji say the research is mainly Chinese and only one human study has been performed. If other herbs, nutrients, or plant extracts had that much research, whether Chinese, animal, or test tube, I think we would be proud. Yes, North American research would be good. Some trials are underway here in the U.S., but in the meantime, let's look at the current research and why goji has a lot to offer. After doing research for this article, I will definitely be including goji in my nutritional program. The following research facts will show you why.

Goji (pronounced GOgee) is renowned in Asia as one of the most nutrient-rich natural foods. It has been used in traditional Chinese medicine for as long as Chinese history has been recorded. Goji's legendary health and longevity benefits have been handed down from generation to generation for considerably longer.

Goji's ancient story goes as follows: During the Tang Dynasty (around 800 AD), a well had been dug beside a wall near a famous Buddhist temple that was covered with goji vines. Over the years, countless berries had fallen into the well. Those who prayed and drank there had the ruddy complexion of good health. Even at the age of eighty, they had no white hair and had lost no teeth, simply because they drank the water from the well.

In Traditional Chinese Medicine, goji is believed to enhance the immune system, improve eyesight, (particularly age-related macular degeneration), boost the production and activity of sperm, and enrich yin. Goji berries are eaten raw, or drunk as juice or wine.

Goji is a powerful antioxidant. One human trial found that goji increased zeaxanthin, a potent antioxidant. In fact, in December 2006, a new study on goji was published also identifying its anti-aging properties. The study concluded that goji could be used to compensate the decline in the body's antioxidant capacity and immune function that are accelerated by age-induced free radical activity.

Goji provides a significant percentage of your daily nutritional requirements, including carbohydrates, protein, fat, and fiber. Goji contains:

- 11 essential and 22 trace minerals, including calcium, selenium, zinc, iron, and potassium
- amino acids
- vitamins, including vitamins C and B2

- 8 polysaccharides and 6 monosaccharides (over one third of the constituents of goji are polysaccharides which have a potent effect on the functioning of the immune system)
- essential fatty acids, including linoleic acid and alpha linolenic acid (the only berry source of omega 3s)
- phytosterols, including betasitosterol (sterols are important to the immune system and are cholesterol lowering)
- the carotenoids: beta-carotene, zeaxanthin, lutein, lycopene, beta-cryptoxanthin, and xanthophyll (77% of the carotenoids found in goji are zeaxanthin)

### Goji Research

Goji is being used in cancer trials. The world-renowned Memorial Sloan-Kettering Cancer Center in New York has dedicated an entire page on their website to goji. In particular, Sloan-Kettering Cancer Center noted that data from one study involving 75 cancer patients suggests that *Lycium barbarum* polysaccharides may be beneficial when used with certain cancer treatments.

Goji helps with age-related macular degeneration (AMD). AMD is one of the most common eye diseases of the elderly and the leading cause of blindness in North America. Recently, macular degeneration has been found in people as young as 25. Lutein and zeaxanthin are recommended in the prevention and reduction of AMD. A human trial was designed to determine the concentration of zeaxanthin in the blood after the consumption of a single dose of native zeaxanthin palmitate from goji. Independent of their diet, zeaxanthin concentrations in participants increased significantly and peaked after 9-24 hours with the addition of goji.

- Goji improves the immune system. Most likely, the effects of goji are due to the special polysaccharides, sterols, and key antioxidants found in this special food.
- Goji is very rich in Vitamin C.
- Goji keeps sperm in good shape.
- Goji induces immune responses in serious disease.
- Goji helps the body adapt to stress from exercise and improves fatigue.
- Goji's polysaccharides help to regulate immune responses.
- Goji has been shown to inhibit LDL peroxidation. (LDL is the "bad" cholesterol.)

Goji does not lower cholesterol but may well inhibit the production of LDL. Some believe it is goji's omega-3 content that helps to improve LDL levels.

### Goji Fights Lipid Peroxidation in Two Ways

The accumulation of lipid peroxides in the blood can lead to cardiovascular disease, heart attack, atherosclerosis, and stroke. Our blood contains the antioxidant enzyme superoxide dismutase (SOD) to fight against lipid peroxidation, but levels of SOD decrease as we age. In a Ningxia Medical University study, goji berry consumption was accompanied by a remarkable 40% increase in SOD levels and a decrease in lipid peroxides of an impressive 65%. A 1999 investigation, conducted in China, by Huang Y et al., found that lipid peroxidation was also significantly inhibited by goji's flavonoids.

As I stated above, based on the available research, I will be including goji in my nutritional program. There are many ways to consume the goji berry. One of the best and most enjoyable ways to get your daily dose of polysaccharides is using a standardized juice made from fresh goji berries.

*Lorna Vanderhaeghe has been researching the subject of nutritional medicine for over 25 years. She is the author of seven books, including the best-selling books The Immune System Cure and Healthy Immunity. Visit <http://healthyimmunity.com> for other health related information, as well as the supporting research. You can access "Ask Lorna," her internet talk show, from her website or write Lorna at [asklorna@healthyimmunity.com](mailto:asklorna@healthyimmunity.com).*

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# Eight Suggestions for Positive Growth

By Michael A. Scimeca, D.C.

If you are anything like me, you love the end of winter. The springtime air brings such a fresh sense of newness. To keep up the inevitable changes coming just around the corner, I am sharing my *Eight Suggestions for Positive Growth*.

With over 12-years experience as a Life Coach, I can say quite confidently that springtime is definitely the most important time for getting your life in order. The seeds you plant during these next few weeks greatly influence the growth you encounter over the next few months. Although we can plant seeds for our new life at any time throughout the year, for some "strange" reason, the rate of success appears to be highest during springtime. Maybe we are more in tune with the seasons than we give ourselves credit. Whatever the reason, here are my *Eight Suggestions for Positive Growth*, especially for Springtime 2007:

1. Visualize the life you choose to live and see it in full color with your mind's eye.
2. Get rid of old clothes and "stuff" hanging around the house that do not support the new, ever-evolving you.
3. Kindle friendships that make you feel good about yourself and the new life you are actively unveiling.
4. Rearrange your schedule to make time for yourself to do things you choose to do but, so far, have yet to do.
5. Keep a daily Accountability Journal, a written record of the steps you have taken to bring about your new life and

the steps you will need to take in the upcoming 24 hours to maintain productivity.

6. Share your blessings with your family and friends. Success is not success when it is not shared with those you love and with those who have loved you through both good times and bad times.
7. Be tenacious about being successful. For example, take the time to reflect on these suggestions well. In addition, let me know about your successes so that I may continue to help others. As always, if there is anything I can do to help you help yourself, let me know.
8. Live the life waiting for you. We can perform miracles when we get out of the way together and become true advocates for our greater possibility. In a life that has only so many years available to us, let us use this springtime to make this year an extraordinary harvest.

*Dr. Michael A. Scimeca, a chiropractor practicing in Roswell and Marietta, is founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body, and the owner of Coaching4Peace.com. Contact him at 770-992-8220.*

# When is an Allergy Not an Allergy?

By Don Bennett, DAS

We've heard a lot about "food allergies," and I think it's important to put this label in proper perspective . . . to see it for what it really is, so you can deal with it in a healthy manner.

Do you know anyone who has a "wheat allergy" or a "milk allergy?" For the record, it's impossible for a human being to have an allergy to milk or wheat. (If you're an allergist, this is going to be hard to hear, but try.) If you ate soap and had a bad reaction to it, would you conclude that you must be allergic to soap? No, you wouldn't, because you know that soap is not part of a natural human diet. So why, when we eat other things that are also not part of a natural human diet, and we have a bad reaction to them, do we describe that as having an allergy? This implies that our bad reaction is abnormal, that we should be able to eat these items without any adverse effects, and that we should seek a remedy so that we may partake of this food without an "allergic" response.

The fact is, a bad reaction to something we're not designed to eat in the first place is a normal, natural response. Those who react badly to wheat and dairy are better off than those who aren't vital enough, or who aren't sensitive enough, to react accordingly. Just because you don't exhibit any symptoms when eating wheat or dairy-containing products, doesn't mean the wheat or dairy isn't adversely affecting your health. But

these normal adverse reactions are treated as conditions that can be dealt with by using remedies such as Dairy-Ease, and eating lactose-free dairy products and gluten-free grain products.

And what about ragweed, pollen, animal hair, etc. These are naturally occurring in the air we breathe, so are they really "allergens?" Can we really be "allergic" to them? Or are some people merely over-sensitive to them? If they were truly healthy, maybe they wouldn't react to them the way they do. But this symptom (oversensitivity) of an underlying problem (overburdened immune system) is treated as a condition, with thousands of prescription and over-the-counter medications to the rescue. At one point I was "allergic" to ragweed and cat hair, but now I'm no longer bothered by them. How did I "cure" myself? Healthy living.

If you were in perfect health and hungry, and you had a bad reaction to ripe, organically grown, nutritious bananas that would be an allergy.

*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 sold in the book department at Life Grocery. For details, visit [health101.org/book](http://health101.org/book).*

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# Food and Romance

By Dr. Joe Esposito

Picture this: A late night romantic dinner at a fine restaurant, a bottle of wine, soft music, and scented candles. It sounds like the perfect evening and a prelude to a wild night of passion. All the aphrodisiacs are in place. What could go wrong?

Let's see what we could do to make this night even more memorable. Let us begin with the timing of our date. Most of us have schedules planned out, not to the day or hour, but to the minute. By the time we have settled into our quiet, amorous evening, we are more ready for a nap than we are for a torrid romp in the sheets.

Fatigue can ruin a perfect evening and can cause quite a rift between you and your lover. Often times, if one partner is tired or under a lot of stress, the other partner will perceive this as lack of interest and take it very personally. Many times, it is not discussed and it festers until the relationship is put in jeopardy from this unspoken situation. A good rule to follow is not to plan romantic time together if both of you are not well rested. If you do and one or both are not at the top of your game, do not take it personally.

*Not only will a hectic schedule create fatigue; our meals and surroundings can also be a major culprit in the all too familiar problem. From what we eat, to what we drink, to even what we smell, if we are thoughtful as to what we put in our bodies, we will find that impassioned encounters can be more pleasurable than anticipated, rather than a very disappointing end to what was to be a wonderful evening.*

The body responds to sensual stimulants, such as erotic touch, sights, smells, sounds, and thoughts by becoming aroused. One of the physiological responses is increased blood flow to the erogenous zones of the body. The blood vessels to these areas must be able to carry blood freely in order for you to perceive the maximum pleasure. There are mounds of research showing that certain foods will directly or indirectly clog your blood vessels and prevent normal blood flow. The consequences can range from mildly decreased sensation, to a complete shut down of the erogenous areas or organs of the body. A classic example of this is impotence. Many men are in search of some miracle pill, potion, or lotion to solve their problem, when, in fact, all they need to do is change their diets. The arteries, if given the proper nutrition, can clean themselves out and the men can act like they are the young, strapping bucks they used to be.

Not only is blood flow involved in arousal, it is a complex combination of brain function, hormonal releases, and nerve impulses that must work together in order to achieve optimum performance. Certain medications, alcohol, poor diet, cigarettes, and pinched or damaged nerves can all play a part. When we stop putting the bad things in our bodies, give our bodies the nutrients we need, and be sure that the nerves are functioning at 100%, the body will give us the pleasure we are seeking, in most cases.

Alcohol is the most obvious "food" that can affect our love lives. Alcohol decreases the body's ability to produce testosterone, which is also known as the sex drive hormone. We may act on impulse when drinking, however, our ability to sense stimulation is diminished inversely to the amount we drink. The more we drink the less ability we have to fully enjoy the stimulus. A little alcohol may feel like it is relaxing us, but in reality it may not be the best thing for us romantically.

Meat and dairy products are well known to increase our risk of hardening of the arteries. This hardening of the arteries, as we have already discussed, will lead to a myriad of problems. These foods are also higher in fats than other foods we may choose for our romantic meals. Fats have a tendency to cause your red blood cells to clump together. Your red blood cells carry oxygen all over the body, including to the erogenous zones. A decrease in oxygen will prevent the organs from working at their peak performance and not allow you to fully experience the pleasures being made available to you. This explains why

many people will feel tired and sluggish after a high fat meal. Think how you feel after a high fat meal as compared to a low fat meal, and you will understand why a high fat meal is not the meal of choice for a romantic dinner. It also takes a lot more energy to digest a heavy, fatty meal and the last thing you want is to use up precious energy when you can be using that energy for more important things.

Simple sugars can also decrease our energy levels, as well as decrease our immune system functions. Too much concentrated sugar in the blood system causes the pancreas to release large amounts of insulin into the blood, which will attach itself to the sugar and essentially escort the sugar out of the blood and into the cells. Once the cells have all the sugar they can use, the rest of the sugar is stored as glycogen. Imagine we have a lot of pigeonholes, where glycogen is stored, all over our bodies. Once all the pigeonholes are filled up, the extra glycogen is sent to the liver to be converted to triglycerides that are put back into the blood to be carried away and stored as fat. These triglycerides cause the arteries to become clogged up, and we already discussed what happens if the arteries are clogged up. The simple sugars may give you a burst of energy initially, but once the insulin kicks in, you may actually go into a state of low blood sugar, and this will make you tired. Again, not a good thing if your goal is to make your night, as well as your partner's night, one to be remembered.

Perhaps you think you are doing a good thing by using artificial sweeteners. Think again. Many artificial sweeteners are vaso constrictors, which means they will actually constrict blood vessels and reduce blood flow to certain areas of the body, including the erogenous zones. They can also restrict blood flow to the brain and cause headaches. A headache can certainly ruin the evening and many times is caused by ingesting artificial sweeteners. Avoid the risk of headaches by avoiding artificial sweeteners.

Coffee, according to recent studies, will increase your blood levels of an amino acid known as homocysteine. Homocysteine will actually cause your body to lay plaque in the blood vessels and clog up the vessels. Studies have been done giving participants equal amounts of caffeine from coffee and from other sources, such as tea. The participants who did not drink the coffee did not have a significant rise in their homocysteine levels. According to the study which was published in the January 1997, *American Journal of Clinical Nutrition*, no one knows just what it is in coffee that raises the homocysteine levels in blood, but there is a direct correlation between coffee and homocysteine.

You may be thinking that all the fun foods are bad for romance, so what can I eat? There is plenty of real good news when answering that question. Now that we have removed alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners from the menu, we can replace them with foods that will light up your nights (or afternoons or mornings). The following are a few suggestions that can start you on your way to learning how to eat for more reasons than to satisfy hunger.

Fatty foods have been long known as things you want to avoid for numerous reasons, including increasing your risk of heart disease and cancer; however, not all fatty foods are bad. In fact, some fatty foods can be a good thing for increasing libido, as well as reducing your risk of heart disease and cancer.

The good fats are called essential fatty acids and are found in fruits, vegetables, seeds, and nuts. The secret to making sure the essential fatty acids are doing the job they are designed to do, is to be sure that you don't heat them too much. When any fat is heated too much, it will begin to hydrogenate. When oil is hydrogenated, it can lead to hardening of the arteries, also known as arteriosclerosis. When you read the labels on many packaged or processed foods, often times the words hydrogenated or partially hydrogenated oil will appear. Stay away from these foods.

Foods high in essential fatty acids help to produce hormones called prostaglandins that help in increasing the sex drive and in heightening your level of pleasure. Too

much fat, even good fat, is not a good idea. Too few essential fatty acids will actually decrease your sex drive. This becomes an issue with very low fat and no fat diets. You may lose weight, but the long-term damages, not only in the bedroom, but in all functions of your body, can be devastating. Eating good fats, such as avocados, raw nuts, and lots of raw fruits and vegetables everyday will make those romantic interludes all the better.

The way a food looks is very important. It has long been suggested that certain foods not only look erotic, but also have nutritional value to support romance. Known as the Law of Similarities, this theory says that if something looks like or is suggestive of another thing, it will enhance, improve, or aid that which it looks like. This would mean that if a food looks erotic, it would improve or aid in eroticism. Examples may be asparagus or cucumbers. Not only will there be visual appeal, but a food like asparagus is loaded with phosphorous, calcium, vitamin E, and potassium. These can boost energy and help in hormone production.

Hot peppers are vaso dilators, which open up blood vessels and increase circulation. They get the heart pumping and thus more oxygen racing through the body that gives you more energy. All these reactions can certainly heat up an evening.

Avocados are not only high in essential fatty acids but the smooth, creamy texture is very stimulating to the lips and mouth. Often times the texture of a food is very stimulating. Combine a pleasurable texture with a high quality nutritious food and the results can be very nice. Artichokes are a very romantic and fun food, which are also loaded with nutrients. Dig in with both hands and enjoy the warm and slippery leaves.

Figs are often overlooked in modern society, but are very wonderful for a number of reasons. Many times, when we are not feeling or functioning well, it is due to too much acid in our systems. A quick way to get our acid lower is to eat alkaline foods. Figs, along with spinach and celery, are among the most alkaline foods and have been known to help normalize the body functions. Be sure not to eat figs that are packed in sugar. Sugar is an energy zapper, and that is what we are trying to avoid.

For a few days or weeks, try this new way of eating and see how you feel. Occasionally, you may have a less than quality meal with lots of sugar and fat. See how you feel as compared to when dining on a meal based on fruits, vegetables, whole grains, seeds, or nuts. There are 120,000 edible plants on this earth. I am sure you can find something to eat from those choices. I have helped thousands of people make better choices in their eating habits and the results are always fabulous. As you eat healthier, you will begin to realize how much of life you have been missing, in and out of the bedroom.

*Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. This information is an excerpt from Dr. Joe's award winning book, Eating Right . . . For the Health of It! available in the Life Grocery book section at a 20% discount. Contact him at 770-427-7387 for further information.*

## life bits

### Shedding Light on Compact Fluorescent Bulbs

Compact fluorescent bulbs are being promoted as one of the least expensive ways to quickly reduce your energy consumption. Many people are resisting them, because they still associate them with the old, dull yellow, flickering, slow-to-come-on fluorescent bulbs, that cost more and contain a small amount of mercury, making them difficult to dispose of properly.

The technology advances that have been made in the new compact bulbs change the picture. They come in different hues, some of which match the

*(continued from page 5)*

# Living Naturally with Kids

By Kim Strickland, ND

Being a parent is a full-time job. There are so many things to do on a daily basis that you can get overwhelmed and forget about what's most important to you. Most of us want healthy, happy children. Are the things that surround your child on a daily basis supporting them being healthy and happy? Have you thought about what they do for entertainment, the safety of their personal care products, toys, and bedding, the foods they eat, or the diapers you put them in? Below are some things to consider.

Did you know that the American Academy of Pediatrics (AAP) recommends no electronic screen time for children under the age of two! NONE—not even 20 minutes! That means no “baby” DVDs, videos, or television programs. Many families believe that certain videos actually benefit their babies' development. The marketing for such products would have you believe that you are depriving your child by not allowing them to watch them. The AAP further recommends no more than one hour a day watching TV and no more than two hours total on any “screen time,” which includes TV, computers, and video games for children over two.

As a general rule, avoid products with sodium lauryl sulfates (an inexpensive foaming agent that is a known irritant to the eyes and skin and can be diarrheic), parabens of any sort, and artificial fragrances or colors. Keep in mind that parabens are contained in 99% of all consumer products to extend shelf life, so you'll most likely have to go to a health food store like Life Grocery to find products that are labeled NO Parabens. Life Grocery has lots of healthy options.

When should you start brushing your child's teeth? As soon as they start coming in, and if they are close together, floss them. Does your child's toothpaste say, “Seek professional help or contact a poison control center if you swallow more than the amount used for brushing” or “Do not swallow—use only a pea-sized amount?” Why? Fluoride's effectiveness at preventing cavities has been demonstrated, but too much fluoride can be dangerous, causing fluorosis, a condition that discolors developing teeth. If your child drinks water that contains fluoride and swallows fluoride toothpaste, he/she is at risk for fluorosis. The American Dental Association recently made a statement stating that babies should not be given tap water with their formula.

Also, look for toothpaste without sorbitol, which prevents the toothpaste from drying up. Sorbitol is a laxative that may cause diarrhea. In addition, avoid sodium lauryl sulfate. Where can you find toothpaste without these harmful ingredients? Again, . . . Life Grocery. Be sure to read all labels since some of the “healthy” brands may include ingredients you are trying to avoid.

Do you bathe your baby or child every night? New-born skin is still maturing and highly permeable and

sensitive. Occasionally, bathe your baby with only warm water and maybe a natural soap. Shampoo a child's hair based on the amount of oil and hair rather than on a set schedule. Use a mild shampoo that contains natural ingredients. Avoid synthetic fragrances, artificial colors, quaternium 15, imidazolidinyl urea, sodium lauryl sulfates, and parabens.

How about bubbles for baths? Avoid products that contain deithanolamine or triethanolamine-based compounds. The abbreviations for these are DEA, TEA, TEA-PEG3 cocamide sulfate. They may be cancer forming. Stay away from 1,4-dioxane, which is a carcinogenic, and artificial colors. Talcum powder contains small particles that can reach the lungs. It can cause pneumonia and inflammation of the airways; it may cause ovarian cancer. Try using scent-free powders made with cornstarch or bentonite clay. Look for healthy brands of these products at Life Grocery.

The best remedy for a diaper rash is fresh air and sunlight. Avoid petroleum, as it will keep moisture against the skin. Calendula, chamomile, and zinc oxide will dry and soothe the skin. Most baby wipes contain synthetic chemicals. Look for natural wipes that do not contain artificial fragrance, dyes, or petroleum in the baby department.

Feed your baby organic foods, whenever possible. Organic means that the food is grown and processed without the use of synthetic fertilizers, herbicides, or pesticides. Children are much more vulnerable to the heavy chemical burden that exists in their environment than adults are. They crawl on the floor and put things in their mouth. Based on their weight, they breathe more air, eat more food, and drink more liquids than do adults. In addition, their brains, organs, and bodies are still growing and developing.

The nipple of bottles and soft sippy cups that require a lot of suction sit perfectly behind the front teeth and may cause an increased number of cavities. Help your baby/toddler learn to drink out of a hard sippy cup or a regular glass. Yes it's more work and messier, but your child's teeth are worth it!

Were you aware that the American Academy of Pediatrics recommends that children avoid all soft drinks and limit juice consumption—even if the juice is 100% fruit—to 4-6 ounces per day? Buy natural juices and dilute them with water. Avoid products with high fructose corn syrup, an inexpensive sweetener that raises the level of insulin in the body. Weight gain and diabetes are highly linked to its consumption.

Are you using disposable diapers? Are there any dangers or concerns of which you need to be aware? What alternatives are there? Let me give you some information and then you decide. Alternatives include using cloth diapers, gDiapers, and Elimination Communication.

By using cloth diapers and washing them yourself, you will actually save around \$1000 for one child. Most disposable diapers contain sodium polyacrylate, which has been linked to toxic shock syndrome and dioxin, a cancer-linked chemical that is a byproduct of the bleaching process. A typical baby goes through 5,500-6,500 diapers prior to becoming toilet trained—that is about 2 tons of non-biodegradable waste per baby!

Most cloth diapers today are very easy to use—some have Velcro, some have snaps, and some are simple pre-folded diapers. If you buy about 24 diapers, 12 liners, and 6 diaper covers, then you will only need to wash them about 2-3 times per week. Rinse fecal matter into a toilet and place soiled diapers in a diaper pail. Use a prewash cycle with a phosphate-free, bleach-free detergent. Then wash in hot water with the same detergent. Add ½ cup of white vinegar to the rinse cycle. To remove stains, place them in direct sunlight.

What are gDiapers? They are flushable diapers! Really! They do not contain chlorine, perfumes, plastic, dyes, or latex; there's no garbage and no washing. You purchase the outer pant, the flushable liners, and a swish stick for the toilet. Is the price worth helping the earth and our own health by removing tons of waste matter from landfills? I think so! These are truly convenient and good for the environment.

Elimination Communication, also known as Natural Infant Hygiene, uses timing, signals, cues, and intuition to help a baby address its elimination needs, partially or completely, without the use of diapers. It is usually started prior to 6 months of age and may even be started at birth. Babies usually signal when they need to evacuate by fussing, grunting, pausing, squirming, or a certain look. Parents learn to watch for this and respond quickly. Cues are also given to a baby to teach it to urinate or defecate. For parents who choose this option, it is not more or less work, but rather a different lifestyle.

Resources:

[www.fluoridealert.org](http://www.fluoridealert.org); [www.checcnet.org](http://www.checcnet.org);  
[www.ewg.org](http://www.ewg.org); [www.aubrey-organics.com](http://www.aubrey-organics.com);  
[www.drrapp.com](http://www.drrapp.com); [www.bareware.net](http://www.bareware.net);  
[www.naturalfamilyonline.com](http://www.naturalfamilyonline.com)

Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons and can be reached at 770-218-3952 or [kim@naturallivingresource.com](mailto:kim@naturallivingresource.com). For info on natural living topics and for community support, go to [www.naturallivingresource.com](http://www.naturallivingresource.com).

## Why Strength?

By Brian Murray, Founder of mPower

Why is muscular strength important? If you are not getting stronger, you are getting weaker. If you are getting weaker, you are losing muscle tissue and aging much faster than you should.

In their 1991 book, *Biomarkers: The 10 Determinants of Aging You Can Control*, Dr. William Evans and Dr. Irwin Rosenberg reported the findings of studies at the USDA Human Nutrition Research Center on Aging at Tufts University. They found that the most important determinant of aging was loss of *muscle mass*. Number two was *strength*.

The authors stated that muscle mass and strength were the “lead dominoes.” When they toppled, it set off a cascade of negative changes in the body. The result was a body that was physiologically much older than it was chronologically.

Every article I have written over the past two years has had the same central theme: one of the best

prescriptions you can write for yourself is stronger muscles. It is no surprise though, that many people ask, “Why do I need to be strong, all I want to do is lose 10 pounds and look and feel better?” The *fact* is that how much muscle you have on your body is the key to being leaner, firmer, more energetic, and younger looking, in other words, all the reasons for exercising. So how do you keep muscle on your body? Make it stronger.

It is important to understand that muscular strength is directly connected to *every* aspect of your life. Strength allows you to defy gravity and maintain youthful posture. Strength determines if you glide through your daily activities or find them a physical chore. Strength enhances joint integrity and protects you from painful tears in the connective tissue of your lower back. Strength can mean the difference between a body composition that favors

(continued on page 5)

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# A Learning Experience in Detoxification

By Linda Townsend

Suzy was not yet fourteen years old and she was dying. My husband and I were told that most Britney Spaniels only live to about that age. We had been responsible pet owners, yet we were sure that another series of the yearly shots would only accelerate the deterioration we helplessly were witnessing. We decided to take her to a holistic veterinarian instead.

The vet patiently listened as we listed her medical history: A fatty tumor developed at the bottom of her rib cage when she was young, but it had more than doubled in size during the last two years. Her senses were dulled by cataracts and hearing loss. Even her bark was barely a cough sound. Warts had sprung up everywhere on her body in just the last year or so. She had an incontinence problem that developed soon after she had been spade, for which she had been treated with medication for many years. The medication had controlled the condition well enough until recent months.

She could no longer run, as arthritis caused her too much pain. She had a congenital heart problem, which at times caused fluid to build up around her heart and in her lungs, making her cough. She was in the worst shape we had ever seen her. She just had no energy.

The vet looked into her eyes and said she still had some spark in her, but she was gravely ill. It was even more upsetting to hear that he believed the majority of

her problems were the combined results of yearly shots and commercial dog food, and that the detoxification process could be too much for her body to handle; she could die during the process. His grave face showed relief when I told him that I work at home, so I would be able to closely observe her responses. We were to keep him informed daily about her condition. Her diet from then on would be organic foods and natural meats. He prepared some supplements and homeopathic remedies with explicit instructions.

For two days, she was given the homeopathic remedy Thuja, to treat the shot residuals. Herbal detoxifiers were given one week on and one week off during the treatment. Nutritionally supportive supplements were given daily. The vet warned us that she may get so weak during the treatment that she would not be able to stand at times—the prospect was frightening, but we were determined to give it a try.

The first week started well, but by the end of the week, she was so weak she could barely walk and would hardly eat. During the second week, when she was not given the herbal detoxifiers, her energy and appetite returned slowly. Then we started the process again. Each time she weakened less and recovered better.

At the end of two months, Suzy was a completely different dog. Not only could she run again, but she had

a spring in her step. The fatty tumor was back to its original size and *all* the warts had disappeared. Her hearing improved, her cataracts reduced by 50%, and she could bark again. Her lungs were clear. It was an amazing transformation in such a short time! Later, we found that she no longer had an incontinence problem, even without treatment, and her fur was in better condition than when she was a puppy. She lived healthy and well for another three years.

Whenever someone asks me if I really think that eating organic foods, taking supplements, and detoxifying the body is really doing anything other than wasting my money, I think of Suzy and what I learned from her detoxification experience. I just don't think a dog could possibly have that kind of placebo effect! We were told the greatest improvements were seen in the older dogs, so I believe it is never too late to begin improving the health of a pet or a human being. Please keep in mind that some detoxification processes should be done in stages and they can be rather harsh, particularly for those who are currently ill. Seeking professional guidance is advisable.

Linda Townsend of BioHarmonics Research can be reached at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).

(continued from page 4)

## Why Strength?

leanness or fatness. Strength can even protect your heart from being overstressed. To ignore strength is to allow your muscles to wither and every aspect of your health, fitness, and appearance to deteriorate.

To solidify this concept, imagine waking up one day to find that you had lost 50% of your body weight overnight without any loss of strength. It would feel as if you were gliding out of bed. *Strengthening your muscles will give you the same effect in every aspect of your life, even if you don't lose any body weight.*

We live in a society that is constantly looking backward, yearning for youth. The fact that we can do something to prevent one of the main problems associated with old age—weak muscles—continues to be completely overlooked.

The massive loss of muscle tissue that occurs with age is not healthy, attractive, or normal. The good news is it is never too late to turn back the clock. *Research shows that two months worth of strength training can reverse two decades worth of physical deterioration.* How's that for a quick fix!

Why strength? Because your life depends on it.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To learn more about strength training, visit [www.strengthforlife.net](http://www.strengthforlife.net).

(continued from page 3)

## Life Bits

spectrum of sunlight; they come on immediately; and they fit most lamps and fixtures. They last much longer than incandescent bulbs and use 75%-80% less electricity. They pay for themselves and save money.

From a health standpoint, consider the advantages of the full spectrum fluorescent bulb. The *Way Healthier* brand is recommended by Dr. Joseph Mercola, author of *Total Health Program*, because they put out a full spectrum of colors at a color temperature of 5500K, which is comparable to mid-day sun at the time of day when the sun is at its highest "photobiotic" activity.

Exposure to enough sunlight is considered essential to good health and a positive attitude. Because so many

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For more information on the science and health benefits of full spectrum compact fluorescent bulbs, visit Dr. Mercola's website at [www.mercola.com](http://www.mercola.com). A single bulb is \$19.95, but prices reduce when purchasing 6, 12, or 24 at a time. Go in with a friend and get the best deal.

# Be the Best You Can Be

By Dr. Brenda Cobb

This year you can explore total health on every level and go to new heights. Real health encompasses more than just the organs, glands, cells, and tissues; it includes every feeling, thought, and emotion. When you have total health in the body, mind, and spirit, you have it all. Feeling good empowers you.

Are you always searching for a diet or exercise plan, hoping that the next one will be better than the last? Rather than just dieting and exercising, learn to nourish, restore, and rebuild your body, mind, and spirit with a healthy lifestyle.

This is your time to be the best you can be. Love yourself enough to practice these thirteen lifestyle habits and get the rewards.

1. **Think Positive:** Every word you think and speak manifests something in your life. You create everything in and around you with your thoughts. What you put your attention on grows. Be very careful of how you use your words and thoughts. When you think or speak something, be sure that it is something you really want.
2. **Get Proper Nutrition:** Learn about the best foods for good health. Make wise decisions concerning food and eat for real nourishment. Organic raw and living (sprouted) foods are full of living enzymes, vitamins, and minerals, with no synthetic fertilizers, herbicides, pesticides, additives, or preservatives. These foods cleanse, rebuild, restore, energize, and heal. Eating raw and living food gives you optimum nutrition. [Café Life offers a wide variety of freshly prepared, organic raw and living food selections daily.]

3. **Drink Water:** Stay hydrated with pure filtered water. Don't substitute other beverages for water. Your body needs water to make blood and lymphatic fluid. Drink one ounce for every two pounds you weigh.
4. **Exercise:** Get off the couch and exercise every day. Dance, bike, walk, run, swim, stretch, practice yoga, lift weights, or do any other exercise you like. Exercise burns calories and energizes you. It keeps your bones and muscles strong.
5. **Cleanse:** Cleanse your colon with enemas and colonics. Remove the impacted waste, mucoid plaque, worms, and parasites so your colon can work properly. Good health is linked to a clean colon. Implant wheatgrass juice in your colon to help cleanse and heal it.
6. **Have Fun:** Sometimes we get so busy that we forget to have fun. Making time for fun feeds your spirit. Laugh often and don't take yourself so seriously. Listen to your heart, not just your head. Life is made to be enjoyed.
7. **Listen to Music:** Fill your life with music. Music helps heal the body, mind, and spirit. There is music to inspire, relax, motivate, and make your heart sing. Dance, exercise, and make love to music. Play an instrument. Whistle and sing in the shower.
8. **Relax:** Take time to just be. We're always running from one place to another. Between jobs, family, and participating in life, we don't always take the time to relax. Sit on the sofa and read a good book. Lie in the sun and soak up the healing rays. Sit under a tree and look at the sky. Float down the river on a raft. Take a nap.

9. **Meditate:** Close your eyes. Slow your breathing. Go within and be silent. Rarely do we take the time to quiet our busy brain. We're always thinking about something. Clear your mind and choose a positive mantra to repeat over and over. A good one is "I Am Healed." Allow your spirit to receive the blessings from meditation.
10. **Pray:** Spend time in prayer. Ask and you will receive. Have faith and believe in miracles. All things are possible. There is always hope. People heal of serious diseases and bothersome symptoms every day. You can, too!
11. **Enjoy a Hobby:** Do something that you really enjoy doing—something that makes your heart sing. Paint, sculpt, draw, sew, fish, golf, bowl, or knit. A hobby can enrich your life.
12. **Reflect:** Take time to be by yourself and reflect on your life; the choices you've made and whom you really are. As you reflect, new revelations will come to you. This will help you go to the next level. Be open to new ideas and new ways of doing things.
13. **Volunteer:** Help others in any way you can. Pick an organization or a cause you believe in and volunteer. Doing good deeds for others comes back to you a thousand times over.

Brenda Cobb, founder of the Living Foods Institute in Atlanta, teaches a 10-Day Healthy Lifestyle Course designed to detoxify, cleanse, nourish, and heal. She will teach a one-day workshop on March 25, 1pm-5pm. Mention Life Grocery to receive 30% off tuition and bring a friend for free. For more information, call 404-524-4488 or 800-844-9876 or visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).

## Living Foods Recipes

By Dr. Brenda Cobb

### Spice of Life Dressing

2 c tomatoes  
1 c apples, seeds removed  
1 large clove garlic  
2 T lemon juice, freshly squeezed  
¼ c filtered water  
1 t Celtic sea salt  
1 date, pitted  
1 t fresh ginger  
pinch of cayenne pepper  
1 t cumin powder  
½ c olive oil

- Blend all ingredients in the Vita-Mix until creamy.

### Lemon Basil Energizer Soup

1 c apples, seeds removed  
½ c sprouted mung beans  
1 handful sunflower sprouts  
1 t kelp powder  
½ avocado  
3 c assorted baby greens  
1 T lemon juice, freshly squeezed  
pinch cayenne pepper  
1 T dried basil or ½ cup fresh basil  
3 c water

- Blend all ingredients in the Vita-Mix until creamy.

### Spicy Carrot Soup

6 c carrots  
3 c celery  
3 medjool dates, pitted and soaked 4 hours  
2 T garlic  
2 T lemon juice, freshly squeezed  
1 t Celtic sea salt  
pinch of cayenne pepper  
2 t cinnamon  
1- 2 c water

- Blend all ingredients in the Vita-Mix until creamy.
- If you do not want a spicy soup, leave out the pepper and cut down on the garlic.

### Spinach Pesto Dip

1 c sunflower seeds, soaked for 8 hours and drained  
2 T garlic  
4 c spinach, very tightly packed  
½ c parsley, very tightly packed  
2 T dried basil  
1 t Celtic sea salt  
pinch of cayenne pepper

- Blend all ingredients in the Vita-Mix until creamy.

All of these recipes are from Brenda's newest recipe booklet *Organic Raw and Living Food Recipes (Quick & Easy Recipes to Transform Your Health)*.

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## Tofu—Thirty Years Ago

By Betty Bearden

I made the decision to become a vegetarian in my late teens. Although having subconsciously flirted with the idea all my life, the idea finally stuck after a visit to a cattle/pig farm in Alabama. I will spare you the details.

Do you have any idea what it was like in the '70s to be a vegetarian and not live on a commune somewhere? There were no salad bars, no "Have it your Way" burger options and *very few* vegetarian restaurants. God forbid someone found out that you didn't, you know. . . EAT MEAT! A social life came hard in those days.

At that time, I was working for a jeweler at a mall in the metro Atlanta area when I heard of something that really piqued my interest. A local television news station was taping a segment of their broadcast, "*What's Bugging You?*" at the mall that day. As an adventuress, I asked if I could air a grievance on the show. The cameraman was quite obliging and told me what time to be there for the taping.

I marched myself right up to the podium and stood in front of the camera without a moment's hesitation. A crowd of people huddled around, the lights were fixed and ready, the cameraman pointed at me, and I began my dissertation: "What's bugging me is that I live in the biggest city in the South, and unless I visit one of the **two** existing vegetarian restaurants in Atlanta, I'm out of luck for a vegetarian meal. I can't tell you how many times I have gone into a non-vegetarian restaurant and requested a meal without beef or chicken, and the servers just look at me as if I had lost my mind. Why can't all restaurants offer vegetarian items on their menus?"

Well, I thought I was going to be the Norma Rae who spoke on behalf of the vegetarian masses. My fellow vegetarians would be thankful; alas, not quite. As I stepped off the podium, there was a mixture of applause, laughter, disbelief, and cheers, and I think I caught the cameraman off guard because he looked very surprised! Maybe he was a vegetarian; probably not. Nevertheless, I made the cut and was on the local news that evening.

I would like to say "thank goodness" for all the Health Food Stores! How would we have ever made it without you? You were truly the pivotal element that launched our local grocery stores into zeroing-in on *our* needs. I don't know why, but it seems to me that tofu has always been treated like the slightly eccentric relative whom no one speaks of openly—you know the one who is known to take a little "nip" in the closet every now and then. Face it, tofu just gets a bad rap.

Thankfully, one or two local grocery stores carried tofu back then, but they seemed quite secretive about it. It was always located way in the back of the store, in the corner, in the dark, and much of the time the product had gone past its expiration date. If I asked anyone where the tofu was, it was as if I had suddenly spoken Martian or something. Well, somebody had to know what it was, didn't they? Who placed the order for it? Fess up!

After many years of going through the checkout with tofu on board, I have been asked about tofu so many times that I've lost count. Can you believe I used to get embarrassed when the cashier would ask me, "What is that?" Heaven help me if the price was not on the package or listed on the product code data sheet.

I want to share with you just one of the many embarrassing "tofu moments" I have encountered over the years. More often than not, the tofu would not have a price on it, or for some reason, it wouldn't register when passed over the scanner. Let me tell you something—you have not lived until you've seen "Herb." grab the tofu, sprint across the store carrying the tofu like a football, cradled in his big bulky arm, on a quest to get a price check. He stopped halfway across the store, held the tofu up in the air, and yelled at the top of his lungs, "Where did you get this stuff? What did you say this is?"

"Tofu," I murmured.

"What- fu?" He asked, scratching his head.

I am red faced as all-get-out by now, as the cashier yelled back to him, "IT'S TOFU, HERB! To-fu! Look in the produce section!" She looked at me and began to speak in a tone which seemed to be a soft-spoken confession, "I have an aunt who used to be a hippie, and she ate that stuff. Mom says she was always a little weird. I think she lives in Oregon or someplace like that now."

Well, the store became deafeningly silent; the orange flashing light over the cash register started twirling around like a beacon in a lighthouse, summoning lost ships at sea, and Herb was the ship—lost in the foreboding dark corner of Tofu World! I felt myself starting to break out into a cold sweat. Meanwhile, my husband sighed heavily, started drumming his fingers on the magazine rack next to him, and muttered something like, "Why do we always get stuck in the wrong line?" The people in line behind us had grown mildly curious as they started craning their necks, taking inventory of the items in our grocery cart.

Finally, Herb made it back with the price check. "Man! I didn't think I was ever gonna find it. I've never noticed this stuff before. What is it?" he asked, as he poked his finger at it like it was some kind of science project.

"Give me that!" I said under my breath, reaching for the tub of tofu.

You know, in retrospect, those days were fun. Even though my family thought I had completely taken leave of my senses, it was still fun. Even when I would go to lunch with my co-workers and stand in line to order a burger without the meat, only to watch them scatter in different directions, it was fun. I know this has happened to you, as well. How many times have you requested, "Please . . . look . . . all I want you to do is just make me a burger, minus the beef. Just put the lettuce on the bun with tomato, onions, and cheese. I'm willing to pay the full price for the whole thing—just **sling the beef!** I'll even come back there and make it myself."

Simple, huh? I wish I had a dollar for every time I heard that squeaky, whiney voice say—"WE CAN'T DO THAT!"

Fast forward thirty-years and we are now living in Veg-Heaven. I knew someday it would be this way if we hung in there and ate enough tofu. You can find tofu everywhere now: on cooking shows, in every grocery store (up front and center, I tell ya), fast food restaurants, swanky restaurants, not so swanky restaurants, convenience stores, road-side stands; it's everywhere. Do I tell my friends and family, "See, I told you so?" Absolutely! Are they now eating tofu? No. Sigh.

However, more people than ever have started to take notice of this little white cake in the squishy tub because the nutritional benefits outweigh any reservations they may have had about it. Tofu comes in many different forms these days. We didn't want to eat hamburgers, so someone came up with a way to make a soy burger, hotdogs/soy dogs, smoked ribs/soy ribs, Italian sausage/soy sausage, etc. It's the greatest thing that could have ever happened to the mighty soybean. [Check out *Life Grocery's* perishable and frozen cases for a wide selection of soy products. *Café Life* features vegetarian fare including soy-based products.]

Yes, thirty-years ago, it was nearly impossible to find tofu anywhere and, every now and then, depending on how rural an area I happen to visit, it can still be a challenge, and I will suffer a "Son of Herb" moment, but that just makes life a little more interesting.

*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](mailto:bbearden@joimail.com).*

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### Café Life

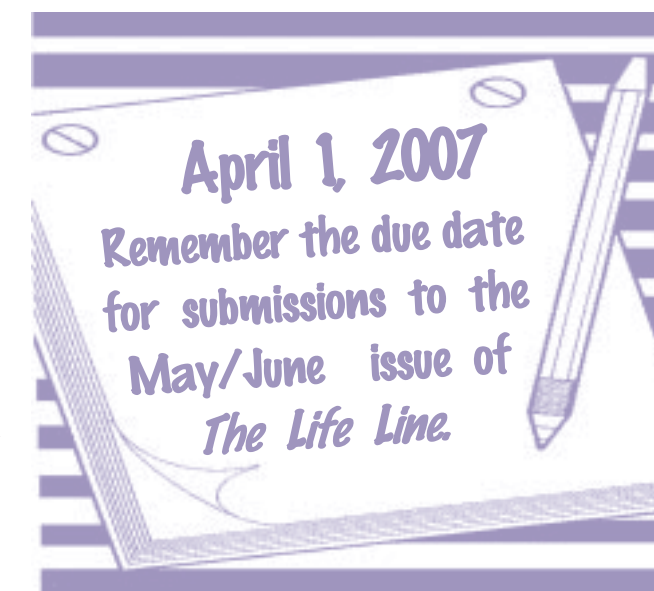
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## Delivery? I Don't Think So

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

As the time for spring-cleaning arrives, most of us don't feel like cooking because we've been cleaning all day. The first thing we usually think of is getting a pizza delivered or ordering Chinese takeout. For those of us who are on a gluten free diet (either because of Celiac Disease or other reasons), delivery and takeout are usually not an option. But why isn't Chinese takeout gluten free? Even though these are primarily rice-based dishes, the sauces they are prepared with are not safe for those of us on a gluten free diet. Most commercial soy sauce contains wheat, and you would be hard pressed to find many dishes that are not prepared with it. Sure, you could probably order plain steamed rice and steamed vegetables (made in a clean pan) if you feel confident enough in your ability to communicate your needs effectively to the restaurant staff. It can be done—I'm not saying that it can't. But, keep in mind, any time you dine out, you are running the risk of cross contamination issues or simply ill-informed staff that don't realize that the egg foo young actually has wheat flour in the recipe (some don't, just ask).

As far as pizza delivery is concerned, so far no one around here has begun delivering gluten free pizza for us. However, even if they did, I would be afraid of cross contamination if they also serve regular gluten containing pizzas. I have heard some pizza places will allow you to bring a gluten free pizza crust in and they will top it with their toppings and cook it in their oven on a pan. This is a practice that I do not recommend because of the large quantities of high gluten flour floating around those places. However, if this is something you wish to attempt, consider yourself warned. There is a risk and only you can make the decision if it is right for you. I'm not saying you can't eat out. I do. Most kitchens are extremely vigilant about food preparation and the risk is minimal, but in places where there is a lot of loose flour around all the time (like a pizza place), the risk of cross contamination is greater.

Now, what can we do? Cafe Life is a great option. You can always find gluten free choices on the food bar, as well as the menu. Cafe Life does prepare food items containing wheat flour, but I have not had any problems with anything I've eaten there. They also bake incredible gluten free desserts from scratch, right on the premises. Their freshly prepared raw and living desserts are all gluten free.

The other option we have is to find those meals that we can prepare at home that are quick and easy and satisfy our craving for delivery or take out! I'm talking 20 minutes or less. Here are a few very simple and quick recipes to satisfy that craving.

### Vegetable Stir Fry

1 bag frozen mixed vegetables  
1 package firm tofu, sliced into chunks (or sliced chicken strips)  
sunflower oil  
San J's Light Wheat Free Tamari (low sodium)  
steamed rice

- In a large wok or frying pan, pour a liberal amount of oil (you don't have to coat the entire bottom of the pan) and heat over medium-high heat.
- Add tofu or chicken. Cook until browned on all sides.
- Add mixed vegetables and toss with tamari.
- Continue stirring very regularly until vegetables are cooked through.
- Serve over steamed white or basmati rice.
- Top with sweet and sour sauce, if desired.

### Steamed Rice

2 c water  
1 c white or basmati rice (brown rice takes much longer)

- In a 2-quart saucepan with lid, bring water to a boil.
- Add rice and stir.
- Put lid on top and reduce heat to low.
- Steam for 20 minutes while preparing the rest of the meal.
- Remove from heat, but do not remove lid. Allow to continue to steam for an additional 5 minutes or so. Remove lid and fluff rice with fork. Serve vegetable stir-fry over the rice with tamari.

### Sweet and Sour Sauce

Equal parts of honey and Annie's Naturals Ketchup

- Mix together with a fork and serve over your meal.

### Quick Pizza

Kinnikinick's Frozen Pizza Crust  
Amy's Family Marinara Sauce  
mozzarella cheese, shredded  
your favorite toppings (I like Applegate Farms pepperoni, cut up mushrooms, black olives, chopped green pepper.)

- Pre-heat oven to 350 degrees.
- Place frozen pizza crust on a cookie sheet.
- Spoon a thick layer of sauce onto the crust.
- Add cheese and toppings of choice.
- Bake for 15-20 minutes or until cheese is completely melted and bubbly. (Tip: thaw your pizza crust at room temperature before adding toppings to avoid burnt toppings and a cold crust.)

*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](mailto:nisla@comcast.net). Check Life Grocery's calendar regularly for Nisla's mini massage days at the store.*

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- *Ultimate*  
120's . . . . \$36.99



### Tortellini

9 oz . . . \$2.49

16 oz . . . \$2.99

### Ravioli

9 oz . . . . . \$2.49



### Eggplant

- Parm Bites
- Cutlets
- Burgers

8-11 oz \$3.29



### Organic Kefir

- Blackberry
- Raspberry
- Peach
- Plain

32 oz . . . \$3.99



### Cookies

- Crocodile Oatmeal Raisin
- Chimpies Chocolate Chip
- Koala Lemon Vanilla
- Luck Duckies

6 oz \$2.99



### All Bagels on sale

New!

### Healthy Hemp

17 oz \$2.99



### Soft Baked Oatmeal Cookies

### All Flavors

7.25 oz \$2.99



### Snackimals Tray Packs

- Snickerdoodles
- Chocolate Chip
- Oatmeal
- Vanilla

6 oz \$3.49



### All Pet Food & Toys

20% off



### Shaker

250 gm

\$7.99



### Bagged Tea 25 bags

Instant Tea 2.82-4 oz

\$3.99 \$5.99

# TWINLAB

- **Ocuguard Plus**  
120 caps ... **\$34.99**
- **Cholesterol Success**  
120 tabs ... **\$21.99**
- **Super Enzymes**  
50 caps ... **\$8.99**

# EnzymaticTherapy® NATURAL MEDICINES®

- **Doctor's Choice Multiples**
- **For Men**  
90 tabs ... **\$15.99**
- **For 50+ Men**  
120 tabs ... **\$19.99**
- **Prostate Advantage**  
60 softgels ... **\$11.99**

# Flora

- **Calcium Magnesium**  
8.5 oz. .... **\$15.99**  
17 oz. .... **\$27.99**
- **Magnesium**  
8.5 oz. .... **\$15.99**  
17 oz. .... **\$27.99**

# GAIA HERBS

- **Oil of Oregano**
- **Olive Leaf**  
60 caps ... **\$14.99**
- **Echinacea/Goldenseal**
- **Echinacea Supreme**  
60 caps .. **\$15.99**

# Jarrow FORMULAS

- **Biosil**  
1 oz. .... **\$19.99**  
30 caps. .... **\$12.99**  
60 caps. .... **\$23.99**
- **Cholestame**  
90 tabs. ... **\$28.99**



## Michelle's Tart Cherry Concentrate

16 oz **\$14.99**



## Ribbon Nutrition All Products

**20% off**



- **Multiple Vitamins For Seniors**  
150 grams . . . **\$13.99**  
400 grams . . . **\$37.99**
- **Multi Greens**  
450 grams . . . **\$31.99**
- **Multiple Vitamins for Kids**  
225 grams . . . **\$17.99**



- **Greens+ or**
- **Greens+ Wild Berry Burst**

9.4 oz **\$26.99**

# alba

## Select Suncare Products

**20% off**



**All  
Honey Gardens  
Products** **20% off**



## All Barlean's Products

**15% off**



## All Sweetleaf Products

**25% off**



## All Pure Essence Products

**25% off**



## All Total Body Products

**10% off**