

## I Just Love the Smell of “Agent Orange” in the Morning

By Betsy Bearden

*I apologize beforehand, but this is a rant against the major corporations that have the ability to heal the world . . . not harm it. So why do they choose the latter?*

Upon opening a recent email, I was directed to an article regarding yet another way to infuse our farm crops with poison. This planet is all we have. It is up to us to care for it, not the other way around. I don't know about you, but I am getting pretty sick and tired of major corporations that put the importance of their profits before the importance of our health.

According to the new article, it seems Monsanto and its GE (genetically engineered) “Roundup Ready” seeds are about to take a back seat to Dow Chemical's GE “Agent Orange” corn and soy crops. Dow is awaiting approval from the USDA, and this could happen as early as the end of March, 2014. We should be very afraid.

Agent Orange contains a chemical called 2, 4-D, which is far more toxic than the glyphosate used in Roundup. This chemical has direct ties to causing non-Hodgkin's lymphoma, lowered sperm counts, liver disease, and Parkinson's disease. The toxic properties of this chemical have a negative effect on our immune and reproductive systems, in addition to causing hormonal imbalance and neurological problems. There will be no escaping 2, 4-D, just as there is no escaping consumption of glyphosate because these chemicals cannot be simply washed off the food.

Whoever and whatever ingests the GE food that has been doused with these chemicals will, over time, become very sick. These chemicals are stored in our bodies and will build up inside us over time. We eat the veggies, animals eat the veggies, and no one wins. This sort of puts a whole new spin on the little poem used in the elocution teachings: “How now brown cow,” which will soon become more like “Now Dow, dead cow,” if something isn't done to stop the use of glyphosate and now the growing threat of Agent Orange on our crops.

So what can be done to prevent all this? Is this the beginning of the end for our non-GE food sources? As with anything else, nature finds a way and plants will build a tolerance to the chemicals, eventually. They will rebound with tougher, nastier weeds and meaner, nastier pests that can withstand the constant infusion and bombardment of all these toxic chemicals. Yet Dow, Monsanto, and others will just keep creating deadlier toxins when that happens. And how about us? Are we building up a “tolerance” to these chemicals? What will we eventually morph into?

Nature is way more resilient than we are for sure. Nature can be destroyed and will eventually rebound

and re-establish itself. We see this metamorphosis all the time with wild fire devastation. This is, unfortunately, something humans are not capable of doing; once we're gone, we're gone.

Most likely, we will morph into people with higher mortality rates, contract disease and illnesses we have never heard of before, and see a higher rate of birth defects and learning disabilities; the list goes on and on from here. I don't know about you, but I read all sorts of articles, hear all sorts of news on the television and radio, and see living proof with my own eyes that we are already a “sicker” nation.

So let's get back to the farms and try to figure out what can be done to correct this environmental disaster that these corporations are causing. I get the big picture, I really do. People need food to survive. Farmers cultivate and provide our food sources. Weeds and pests, and other extenuating circumstances can greatly reduce the amount of crops that large farms can yield. If crops are allowed to be choked out by weeds, or eaten by pests, then there won't be enough to go around, and what does survive will cost consumers more. So, yes, something does need to be done in order for farms to produce as much as possible from what they plant.

How much money do you think it would take to manage farms with a human presence instead of a chemical one? How much money do you think it would take to create safe, organic solutions to deter weeds and pests?

How much money do you think it takes for major chemical companies to create deadly toxins and different strains of bacteria that are spliced into GE seeds and the chemicals that are sprayed on by crop spreaders to deter weeds and pests? Just think of the money, research, and expense that all goes in to this process. Why have our lives been put on the line for people who create things that cause us harm? Stop the madness with the chemicals already, Monsanto and Dow! Just how far are you, and others like you, willing to go with these chemicals? That's the question we all need to be asking.

This is merely my opinion, but I say to the government that it seems like the best solution would be to re-establish the farms that they have purposely shut down, and to quit controlling the ones that are in production now by forcing them to use GE seeds to grow GE crops that are maintained with deadly chemicals. And this needs to happen soon.

At this very moment, organic farms are seeing a rise in their crops where there is GE cross-over contamination from nearby farms that grow the GE crops. This contamination is ushered in by rainwater, birds, wind, dust, and soil contamination. If this does not stop soon,

we will no longer have true, organic, non-genetically altered food ever again.

It's ironic that these same corporations that are polluting our land, air, and waterways, are also patting each other on the back because they are heading up clean water initiatives to save the world . . . the very same world they are polluting. They make money off causing the problem, and then turn around and make money to clean it all up. Except for one thing, they will make more money from trying to clean it all up because they keep creating the problems.

I have included a website in this article where you can get more information about what Dow is up to, and how to become more involved in stopping them before it's too late: <http://dow-watch.org/>. We can also get in touch with our representatives and tell them that we are not going to keep eating foods that make us sick, that we're not going to take it anymore. Use your greatest resource—your voice. Help to get the word out about what these corporations are up to.

And after that, head on over to Life Grocery in Marietta, Ga. Standing up for a worthy cause always makes a person hungry for good food! You can always depend on them for fresh, non-GMO, and organic foods that will keep us all healthy. Life Grocery has been fighting the good fight, and keeping us healthy for almost four decades. They deserve our support for keeping us healthy with nutritional foods, supplements, personal care products, and the delicious Café Life. Café Life offers healthy and delicious alternatives to the standard American diet.

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*The opinions voiced in this article are independent and spoken solely from the author's point of view.*

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# Homemade Yogurt in a Slow Cooker

By Linda Townsend

A few years ago, we had a decision to make: either give up our commitment to eating mostly organic or find ways to make it more affordable. I began thinking about what vegetables and fruits I could grow organically in the gardens around my house, simply by moving a few flowers and working the beds we already had. We doubled our pantry space, so I could buy items in bulk when they were on sale. Then I thought about the things we used the most that I could make myself and if would be cost effective to do so. How much of my time these things would take was also a factor. My list came down to making my own sourdough breads, mayonnaise, ranch dressing, granola, and yogurt (which I use to make my ranch dressing along with mayonnaise).

I was surprised to find that of this list, yogurt turned out to be the easiest for a beginner. I was on a very tight budget and I decided not to buy a yogurt maker because most are designed to make small batches, which would have been very handy if I planned to make a variety of single-serving flavors about every other day. However, I wanted to make a large amount of plain yogurt to eat with granola or use in recipes and make ranch dressing, as well as fruit spreads or flavorings, that can be added to plain yogurt anytime. How much would I save making my own yogurt? Well, I found that it mostly depends on the cost of the milk. If I am fortunate to buy milk marked down because it is near the "sell-by" date, I estimate that I can make a gallon of yogurt for just over the cost of a quart of prepared yogurt. If I buy milk at the regular price, I make a gallon for a little less than the cost of two quarts of yogurt.

Here is the list of items I had on hand to make my yogurt in a slow cooker:

- Slow cooker – 6 quart capacity
- Digital cooking thermometer
- Two big thick bath towels
- Two to three tablespoons of my favorite yogurt for the starter
- Milk
- Canning jars and lids
- Ladle
- Funnel

The milk can be whole or any percentage of reduced fat. I have used raw milk straight from cows or goats on the family farm, but the milk must be heated just enough to kill off all the natural cultures so pasteurized, organic milk is fine. In fact, since the natural cultures are going to be killed off, even milk past the "sell by" date can be used. The reason that the natural cultures must be killed off is that they will compete with the yogurt cultures that must be added to make it become yogurt.

When I make yogurt, I usually make about a gallon at a time, so I pour in a gallon of milk into a six-quart slow cooker with a removable crock. (You can use less milk if you are making a smaller batch.) I set my slow cooker on high and place the probe of a digital cooking thermometer into the milk. The milk needs only to be heated to 180°F, but I have found if I heated it to 185°F the yogurt tends to be a bit thicker. The thickness of the yogurt, I have found, is an art and much depends on the consistency of the milk and other factors within and beyond my control.

I cover and wrap the slow cooker with two heavy bath towels while it is heating up, which not only speeds up the heating process, but allows extra moisture to escape. Some people suggest venting the lid by using chopsticks, but I always see condensation on the inside of the lid ready to fall back into the milk, which may be a factor in thickness.

After the milk has been heated to the desired temperature, I usually like it to cool as quickly as possible. I turn off the slow cooker, remove the heavy towels, and immediately remove the crock, placing it on a rack. I place a clean dish towel over the top to cover it. If it has not already, a skin will develop on the top of the hot milk, which is normal.

When it cools down to 120°F, I add my favorite fresh yogurt to the warm milk, because the results are that the homemade yogurt will have the same taste as the yogurt added. You can add yogurt from a previous batch of your own homemade as well. I really don't measure the amount of my yogurt starter, but I probably add under ¼ cup. I whisk it in, which also breaks up the skin on top. Then I place the crock back into the slow cooker, wrap it up with the two heavy bath towels, and turn it to the "keep warm" setting for a few minutes. The temperature of the milk should be between 110°F and 120°F. If it gets over 120°F after the yogurt starter has been added, you can allow it to cool down to 120°F and add more yogurt again, but ideally it should not be stirred after adding the starter to allow it to set up properly. Stirring can cause a separation, in which you are left with whey and a soft cheese-like consistency—both edible (the "cheese" is great in salads and the whey, in smoothies), but not the creamy yogurt you wanted.

You can leave the cultured milk all wrapped up and turned off overnight. In the morning, the temperature is usually around 90°-95°F for me. If it is not as thick as you would like in the morning, you can warm it up again and give it more time for the cultures to propagate. Most of my batches were done in just eight hours, but others took nearly a day. Again, making yogurt is an art and you can leave it for hours, if you must.

If you just cannot seem to get it as thick as you would like, you can add one to four tablespoons of powdered organic milk when adding the starter and whisk well. You can also strain the additional liquid, which is how the thicker Greek yogurt is made.

To finish up, I use a ladle and a funnel to fill up four one-quart canning jars, while the yogurt is still warm. This results in a good seal when placed in the refrigerator. A batch of yogurt can last for weeks that way—well, not in my house.

*Linda Townsend is a freelance writer of health-related issues and can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).*

## Raw Vegetable Soup by Brenda Cobb

### Soup Base

1 red, yellow or orange bell pepper  
6 tomatoes, very ripe  
1 stalk celery  
1 c water  
1 t Himalayan salt  
2 t dried oregano or 6 t fresh oregano  
pinch cayenne pepper

- Blend all the ingredients in the Vita-Mix until creamy.
- Remove and put in a bowl.

### Chunky Vegetables

½ c chopped tomatoes  
½ c chopped celery  
½ c chopped red pepper  
½ c chopped zucchini or yellow squash

- Combine the chopped vegetables with the soup base and enjoy!

The Life Line  
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Hours:	Store	Café
Mon-Sat	9am-8pm	Mon-Sun 11 am-4 pm
Sunday	11am-6pm	

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# Emotions and Positive Thinking

By Brenda Cobb

We live in a toxic, polluted world where processed food, tap water, drugs, chemicals, preservatives, and pesticides plague us all. Genetically modified foods, irradiated foods, and chemically sprayed foods are part of the typical American diet and part of the reason why more people are sicker than they have ever been. We are constantly bombarded with electromagnetic stress from using computers, cell phones, and microwaves; we also create toxicity with negative thinking and incredible amounts of stress.

There is no doubt that all of these things contribute to poor health, but negative emotions and negative thoughts actually do more harm than all of these others pollutants combined. Thoughts create and manifest things. Positive thoughts bring in the good and negative thoughts attract less desirable things. When emotions stir up anger and fear you will feel it in your gut and chest and anger stores in the liver. Have you ever been so stressed, anxious, or nervous that you created loose bowels? This is a prime example of what gut wrenching fear can do to a person. Fear goes right to the kidneys, so if you have kidney infections, bladder issues, or kidney stones take a good hard look at yourself and ask, "what am I fearful of?"

Since there is so much toxicity in the world and it's on the increase, let's look for what the message in all of this is for us. Let's find the positive side to any negative state. Anytime you have a challenge in your life it is an opportunity to transform and heal something within you. It is an opportunity to move forward into a higher state of consciousness and well-being. Sometimes we can miss this important part of the lesson because we are resistant to what is happening to us in the present moment and we "lose our cool." Many times the way we transform ourselves is when we go into the eye of the

storm, face our greatest fears, and move through them with grace. When we have a breakthrough and are able to release the emotional "stuff" we've buried deep inside, we are able to transform, heal, and reach our true potential. Then we are able to go to our next highest level of spirituality.

To heal emotional stuff, we must first recognize and acknowledge that we have these issues. This in itself can be challenging because many times we've buried these emotions so deeply that we're not consciously aware they are causing us problems or we are in denial. Many people can't think clearly or acknowledge there is a problem because they are so toxic from eating junk, processed foods, and a mostly cooked diet. Changing the diet can be of a huge benefit to clearing out the garbage so you can begin to think clearer and to recognize the things which are causing you stress. Cleaning out your closets, garage, and any other cluttered areas in your home or workplace can also help you to feel less stress and support you in cleaning out toxic emotions from your body too. Too much clutter blocks positive energy and good things from coming into your life. If you are a pack rat or a hoarder, get some help if you need it, but get that clutter cleaned out!

A diet of organic raw and living foods is a great place to start when you're ready to detoxify and heal. These foods help to pull the toxins out of the tissues and as a result, the toxic emotions are able to come up to the surface and be cleared. Cleansing the colon of old, impacted waste, mucoid plaque, and parasites will not only make you feel lighter, it will lighten your emotional load too. Doing enemas and wheatgrass implants at home and getting professionally administered colonics help tremendously.

Staying positive and expecting wonderful things to happen every moment of your life sets up the environment for you to attract what you really want. Give thanks for the opportunity to learn and grow and realize that life is magnificent if you make it so. This is one of the greatest gifts you can give yourself! When you are in the midst of challenging trials it can be difficult to think in a positive way, but this is exactly when you need it most. A positive affirmation to memorize and have available to you at a moments notice is "I am positive in all that I do. I attract positive situations and prosperity every day and in every way. I am blessed in all areas of my life and I am thankful to be alive. Everything I do, I do with ease, happiness, and joy. Life is good and so am I!"

Eating good, nutritious, organic, raw and living foods will help your state of mind and your health. Only you are responsible for your state of health and well-being. When you take responsibility for your actions and make good choices with your diet and lifestyle habits, you will experience the rewards. When you decide to be positive in every situation there is nothing that can throw you. It may take more effort to do the right thing, but you're worth it!

*Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute in Atlanta, Ga. offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing and Anti-Aging including a Therapy Spa Offering treatments to help detoxify, nourish and relax the body. For more information, call 404-524-4488 or 1-800-844-9876 and visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

# Grapefruit and Parsley

By Kim Strickland

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

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

The peak season for grapefruit is January through June. Grapefruit can keep a week or slightly longer at room temperatures of 65 degrees or higher. For longer storage, about six to eight weeks, store the fruits in the fruit and vegetable keeper of the refrigerator. For a juicy grapefruit, choose one that feels solid and weighty. Look for a shiny, smooth skin to be sure of freshness. Reject those with soft areas, large brown spots, or dull dry looking skin. To consume grapefruit at optimum flavor, keep the fruit at room temperature at least 2 hours before eating.

The traditional half grapefruit sectioned with a grapefruit knife simply can't be beat. Grapefruit has a natural affinity for the avocado. Combine them in a salad along with greens and some crunchy vegetables like jicama, celery, sweet onions, or kohlrabi. Add a tangy

dressing or one with a hint of fruity sweetness. When citrus is in season, take advantage of the varieties by joining them together in a fruit cup, a beverage, or a salad. Include white, pink, and red grapefruit for more color variety.

There are two types of parsley; curly and Italian, which has flat leaves. This Mediterranean herb is a member of the carrot family. Fresh parsley is very rich in Vitamin A and potassium. It is moderately rich in Vitamin C, calcium, folate (folic acid), and phosphorous. It is also a good source of dietary fiber when considering weight to volume ratio (1.23 gm dietary fiber to 1/2 cup parsley). In general, herbs should be fresh looking, crisp and brightly-colored. Avoid herbs that are wilted, have dry brown areas, or are pale or yellow in color. Slimy looking dark spots with small areas of mold indicate old product or poor handling. Parsley is stored best in the refrigerator after harvesting. Take the bunch apart, wash, place in a plastic bag and refrigerate immediately. It is also best to use fresh parsley within 5-6 days of harvest.

## Tabouli

1/2 c fine bulgur wheat  
hot water  
2 c finely chopped fresh parsley  
1/2 c finely chopped green onions  
1/4 c chopped fresh mint leaves  
1 medium cucumber, peeled, seeded and diced  
1/2 c diced bell pepper  
1/4 t sea salt

## Dressing

juice of 2 lemons

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

- Place bulgur in a large bowl.
- Add enough hot water to cover.
- Let it sit for approximately 30 minutes. Drain and squeeze dry.
- Place in a large mixing bowl and fluff with a fork.
- Add parsley, onions, mint, cucumber, bell pepper, salt, and black pepper.
- Stir well and set aside.
- In a small bowl, combine dressing ingredients and mix well.
- Pour over salad, toss, cover and refrigerate 3 to 4 hours.
- Remove from refrigerator and add tomatoes.
- Mix well. Serve on a bed of crisp lettuce.
- Shake well before serving. This will last about a week in the refrigerator.

## Resources:

[www.aggie-horticulture.com](http://www.aggie-horticulture.com)  
[www.produceoasis.com](http://www.produceoasis.com)  
[www.vegeparadise.com](http://www.vegeparadise.com)

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

# "Spring" Into Action

By Susan Esposito, DC, DACNB,

As we slowly emerge from the deep freak freeze of February that Atlanta experienced this year, I find myself highly anticipatory of a warm spring, so that I might be able to enjoy the pleasures and beneficial effects of exercising outdoors. Besides reaping the physical benefits of cardiovascular activities, we also provide ourselves with the gift of enhanced brain function.

As we age, neuronal neogenesis, or the birth of new brain cells, slows and we experience shrinkage of brain tissue. While some of that loss is due to actual neuronal death, most of it is attributed to a decrease in size and function of brain neurons. Exercise has been shown to reverse that trend. Research suggests that exercise could have benefits for overall health and cognitive function, particularly in later life. Researchers investigating the role of physical activity and cognitive health have found that moderate physical activity, such as brisk walking, swimming, or yoga, in midlife or later, may reduce the risk of developing mild cognitive impairment. One brain-scanning study of healthy, but sedentary people aged 60 to 79, showed significant increases in brain volume after six months of aerobic fitness training. Vascular fitness that comes with aerobic exercise is associated with fewer age-related changes in the brains of older people. Cardiovascular activity enhances blood flow to the brain, delivering oxygen and nutrients.

In order to produce and grow new brain cells, a hormone called brain-derived neurotrophic factor (BDNF), is required. This is especially true in the hippocampus, frontal and temporal lobes, which are brain regions that are largely responsible for memory and which are particularly vulnerable to age-related decline. As you increase your exercise, you also increase your proliferation of BDNF. Exercise has also been shown to increase the production of other highly important brain hormones, such as serotonin and dopamine. These hormones in particular have a major role in mood elevation and can be considered "happiness hormones." Exercise also causes an elevation in our level of endorphins, which are additional chemicals found in our brain, providing us with that "feeling good" experience.

When we lack sufficient levels of these neurotransmitters, or brain chemicals, we can feel depressed. Depression slows the brain's ability to process information, causing mild to significant issues with concentration, decision-making, and memory.

While high levels of some hormones are desirous, others are not. This is true of the hormone cortisol, which is known as the stress hormone. When we are under stress, this hormone proliferates, causing symptoms such as slow, scattered thinking, and forgetfulness. Exercise has been shown to lower cortisol levels, assisting in appropriate mental function. It is also believed to help generate new nerve cells in the area of the brain called the dentate gyrus, an area of the hippocampus linked to the creation of new memories. Brain neurons in this area are diminished during times of stress.

A recent Reader's Digest article had this to say about exercise and executive function: "Executive function basically means cognitive abilities like being able to focus on complex tasks, to organize, to think abstractly, and to plan for future events. It also encompasses working memory, such as the ability to keep a phone number in your head while you dial. When researchers set out to analyze the effects of exercise on executive function, they looked at 18 well-designed studies and found that adults aged 55 to 80 who did regular exercise performed four times better on cognitive tests than control groups who didn't work out. Effects were greatest among those who exercised 30 to 45 minutes each session for longer than six months, but substantial benefits were seen in as few as four weeks of exercise."

So if the physical benefits are not enough to entice you to grab your bicycle and start pedaling or throw on your hiking boots and scale that mountain, perhaps the added benefit of a bulging brain above those bulging biceps will spring you into action this spring. Have fun.

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

#### Pink Grapefruit Vinaigrette by Kim Strickland yields 2 cups

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

- Combine all ingredients in a blender and blend until grapefruit is fully pureed, about 30 seconds.
- Using a funnel, pour into a narrow neck bottle for easy serving.
- Shake well before serving. This will last about a week in the refrigerator.



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- Organic Unbleached White Flour 5 lb
  - Organic Whole Wheat Flour 5 lb
  - Gluten Free Baking Flour 44 oz
- \$5.99**

**GO Veggie!**

**Non Dairy Cream Cheese**

- Chive & Garlic
- Strawberry
- Plain

**\$2.99**

8 oz



- Strawberry
- Cherry
- Blueberry
- Carob

4 oz **\$4.99**



**Edame Chips**

- Sea Salt
- Wasabi Soy

**\$2.79**

4 oz



**All Varieties**

2-3.5 lbs **15% off**

**New Products**

- Annie's Family Size Macaroni & Cheese
- Columbia River Organic Butternut Squash
- Lisa's Southwest Vegetable Tofurky Pockets
- Lundberg New Rice Entrees
- Thunderbird Raw Energy Bars
- Essential Living Yacon Syrup
- Sunfood Yacon Syrup
- Angie's Boom Chickapop Popcorn Mix
- Beanfields Bean & Rice Chips
- LaTourangelle Grapeseed and Pistachio Oils
- GlutenFreeda Instant Oatmeal Cups
- Herrell's Hot Fudge
- Chocolove Dark Chocolate Chips
- Upton Natural Seitan
- Lifeway Probugs for Kids



**All Products**  
**20% off**

*Wyndmere Naturals Aromatherapy*

**All Essential Oil Blends**  
**10% off**

**Yerba Prima**

**All Products**  
**20% off**

**Jarrow FORMULAS**

- **Prostate Optimizer**  
90 soft gels ... \$21.99
- **Max DHA**  
180 soft gels ... \$22.99
- **Ultra Joint Builder**  
90 tabs .... \$19.99

**LifeExtension®**

**All Products**  
**20% off**

**VIBRANT HEALTH®**

**All Products**  
**20% off**



**Ultrasonic Oil Diffuser**  
**\$35.99**



**All Shampoo and Conditioners**  
**20% off**

Natural Health International  
 Conscious | Leading | Empowering

**All Femmenessence Products**  
**20% off**

*MegaFood*

- **B Complex**  
60 tabs .... \$22.39
- **Women One Day Daily**  
60 tabs ... \$27.29
- **Men One Daily**  
60 tabs .... \$29.29

**Bluebonnet**

**All Vitamin C Formulas**  
**15% off**



**Floravital Shrink Wraps**  
 Buy one 17 oz.  
 get one 8.5 oz FREE



**All Products**  
**20% off**



**All Curamin Products**  
**15% off**

**TWINLAB®**

**Bio PQQ**  
 30 tabs. .... \$26.99  
**All B Vitamins**  
**25% off**