

## 2015 - In with the New

By Susan Esposito, DC, DACNB, FABES, FACFN

As we sing *Auld Lang Syne* to another year that passes, we are given the opportunity to look forward with anticipation to the beckoning of the new year to come. A new year comes with a golden opportunity to start anew; a rebirth or redirection that entitles and encourages one to seek a new path or redirect an old one. Opportunities that provide us with a veritable sense of renewal should not be overlooked, but welcomed with the eager anticipation and appreciation that we celebrate New Year's Eve. It is tradition that we set resolutions as goals to achieve over the next year ahead. While statistically these resolutions do not prevail against the strength and resistance of the habits that we had previously established, this harsh reality should not dissuade us from committing to change the course of our lives for the better. While the new year may be the impetus for our decision to change, it is not the new year, but the strength of our resolve coupled with our motivations that carry us through to a better path for our lives.

All this being said, I encourage each one of you to take a few minutes out of your busy hectic lives and contemplate changes that you could establish that would make your life run more smoothly. This could take many forms. Are there people in your life that are hindering your achieving your personal best? Should these people be allowed to hinder your progress? Should you limit or deny them further access to creating obstacles in your life? Is your job filling your personal goals? Can you change certain aspects of your job, so that things work better for you and the organization you work for? Can you spend some time helping others? It is often

through helping others that we glean insights that manifest into brilliant changes in our own lives. Do you need to start working harder, taking responsibility for providing for yourself and others or saving for your retirement? Conversely, are you working too hard? Are you allowing your life to pass by as you chalk up your work achievements at the sacrifice of time with your family and loved ones?

This is where we need to stop and take inventory to assure that our top goals and the areas in our lives where we are putting the most time and effort are aligned. If they are not in direct proportion, then a shift needs to be made to allocate our efforts and time into areas that will produce our most important goals. For example, if loving and spending time with your family is your top goal, but you're spending all your time working and what little time you have available is spent watching sports on television or hanging out with your friends, then your time and energy is not achieving your top goal. Are you making the right choices regarding your health? Most people are aware of the appropriate choices to make regarding exercise and nutrition. Are we making these choices or are we falling prey to convenience and artificially heightened taste?

I would like to encourage all of you to recommit to making good health decisions. Life Grocery is one of your biggest allies in this regard. It is a one stop shop that will provide you with organic produce and all the top grocery items to keep your health resolutions on track. The large supplement department is staffed by knowledgeable and helpful

employees that are more than happy to direct you to the health boosting supplements that may provide you with essential support. If you are a novice to the whole world of nutrition, grab some food off the food bar or buy some healthy frozen dinners in the freezer section at Life Grocery and try them. If you like one, you can now look at the list of ingredients and try making this meal from scratch for yourself. There are hundreds, if not thousands, of cookbooks on healthy cooking and eating, try a new recipe a week. Invite friends and family over and you can not only enjoy your new found healthy lifestyle alone, but now can enjoy it in the company of loved ones. This way, you get the joy of enhanced relationships, as well as possibly introducing and encouraging those that are important to you to eat healthy too. Remember that once you make these new changes in your lives, it would be best to be healthy and live for many more years to reap the benefits.

I hope that you are inspired to make some meaningful changes in your life that will not only benefit yourself, but will be of great influence to those around you. It is said that people should lead by example, so I wish you a new year filled with opportunities to exemplify decisions and actions that promote the healthiest and happiest life for you. Happy New Year to all!

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

## A New You

By Kim Strickland

For many people what they struggle most with is self-acceptance. In order to change something you must first be willing to accept it and see it for what it is. Once you have done that you can then change it. Going on diets and binge exercising do not work or stick because people do them out of a sense of disgust for themselves as they are. This never works. You know the saying that you shouldn't marry someone and expect them to change, well the same goes with yourself. Do not expect to hate what you look like or feel like and have that be a great impetus for change.

In order for change to be long-lasting, it needs to come from your authentic self, from an authentic desire to be more, give more, do more, and have more from this life. It is normal when we are young to think about what you can get from life, but as you mature, you realize that the real value in life is in giving. When you give of yourself to others, then you really begin to feel the joy in living. It is difficult to give what you are not and what you do not have. In order to be all you can be it is important to love yourself as you are, and then from that place to honor yourself by taking care of yourself.

This means giving yourself plenty of rest, exercise, quality food, fresh air, healthy relationships, and meaningful life experiences. There is no price to be put on being in a body that is strong, healthy, full of energy, and feels awesome. Michael Pollan in the *Omnivore's Dilemma* says, "According to the surgeon general, obesity today is officially an epidemic; it is arguably the most pressing public health problem we face, costing the health care system an estimated \$90 billion a year. Three of every five Americans are overweight; one of every five is obese. The disease formerly known as adult-

*continued on page 3*

# Warm Your Body with Living Foods

By Brenda Cobb

Are you concerned that when you eat a raw and living foods diet you will be too cold, especially in the winter? You can warm up your body in many ways using particular foods and ways of preparation. Organic raw and living foods are the most optimum nutritionally, but if you're used to eating cooked foods you may miss the warmth of heated foods. When you heat food to over 105 degrees you destroy all of the enzymes and most of the nutritional value.

Sometimes people feel cold when they begin a raw and living foods diet because the blood thickens during the detoxification process, which decreases blood circulation. More blood flow is going to the internal organs to help them heal so there is less blood flow to the extremities.

If you eat hot food all the time, it can actually decrease your resistance to cold weather. This is the same as taking a hot shower in the cold of winter. A cold shower will increase your resistance to cold weather, and raw and living foods will increase your resistance to cold. Cold refrigerated food will cool the body so let your food warm up to room temperature before you eat it.

Warm up your blended soups in the Vitamix blender by letting it run until the chill is off. You can even lightly warm foods in an electric skillet by turning the temperature dial to 100 degrees. This will take the chill off and not kill the enzymes. You can dehydrate food at 100 degrees and warm it up. Put your bowls or plates in the dehydrator and warm them up too. Dehydrate nut and seed loaves and burgers and serve warm. Make cookies in the dehydrator and serve them warm. They're so yummy!

Fats warm the body, so add more avocados, young coconuts, olives, nuts, seeds and oils to your cold weather menu. Foods that are rich in potassium are warming to the body. Sunflower seeds, macadamias, avocados, dates, persimmons, prunes,

pumpkins, raisins, bananas, and apricots all are high in potassium. Eat plenty of them during the cooler months.

Sulfur-residue foods like garlic and onions will also warm the body. Within about 45 minutes of eating a meal that is high in fats, potassium, and/or sulfur you will feel warm as the food digests. You will feel this more the longer you continue to eat and purify your body with a raw and living foods diet.

*Cayenne and other hot peppers will warm the body as will curry and other hot spices including ginger. Experiment with the many delicious raw and living foods available to you and continue to live in health and well-being. Stay warm, vibrant and alive with raw and living foods!*

## Sweet Hot Tomato Soup

3 c fresh tomatoes  
¼ c fresh cilantro  
pinch or two of cayenne pepper  
2 T fresh lemon juice  
¼ c green onions  
1 T fresh garlic  
3 pitted medjool dates  
2 tHimalayan salt  
2 T extra virgin olive oil

- Blend all the ingredients in the Vita-Mix until the chill is off and enjoy.

*Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies. For more info, call 404-524-4488 or 1-800-844-9876 and visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com)*

# A Natural Remedy for Migraine and Sinus Headaches

By René Oswald

Have you heard of the healing properties of ginger? It has an anti-inflammatory affect by preventing the blood vessels from becoming inflamed, eliminating or greatly reducing the severity of a headache. Taking ginger as soon as you feel a headache coming on can prevent it from turning into a migraine. This is a tried and true remedy that I learned about several decades ago.

It's also important to always use organic ginger. Simply take 2-3 tablets of powdered ginger or a cup of ginger tea. You can also add fresh-squeezed ginger juice to a freshly squeezed juice, soup, or salad dressing. If you are adding it to a cooked soup, it's best to add the ginger juice just before you are ready to eat the soup in order to get the full benefit.

At the first sign of a headache, an excellent way to get ginger into your body quickly is to take a hot

ginger bath or hot ginger foot soak. Grate a 2-3" piece of fresh ginger and place it in a small cheesecloth bag or thin sock and place directly in the bath or foot-soak water. I used this remedy for over 25 years with pregnant woman who wanted to avoid taking medicine during pregnancy and they were always pleased with the results.

Hope it works well for you.

*René Oswald, RN, APH, and author of "Transitioning to Living Cuisine," "Juice Feasting for Life," "Living Cuisine for Happy Holidays," and "Wholesome Cooked Creations." She travels around the country teaching her Transitioning to Living Cuisine Program. She has several free videos and an informative Blog that you can check out at her website and Health Coaching Forum at <http://RawFoodRene.com>.*

The Life Line  
is a bi-monthly  
publication of



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

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

Please seek the advice from your physician or other qualified health provider before utilizing any information, products, treatments, or therapies promoted in this publication. This information should not be used as medical advice, for prescription or diagnosis, as it is not a substitute for medical care or your doctor's attention.

If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

Editor, The Life Line  
c/o Life Grocery  
1453 Roswell Rd.  
Marietta, GA 30062  
770-977-9583

**General Manager:** Lisa Maden  
**Operations Manager:** Ronnie B. Hudson  
**Editor:** Ronnie B. Hudson

**Typesetting/Layout:** G. Krislyn  
**Life Line Logo Design:** Heathere Wilmoth  
**Contributors:** Brenda Cobb, Dr. Susan Esposito, Ronnie B. Hudson, René Oswald, Dr. Kim Strickland, Dr. Kal Sellers, Linda Townsend

## Life Grocery Store, Inc. Mission Statement

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

## Volunteer Board of Directors

Elisabeth Carter	770-565-1608
Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001
Ashley Thomas	678-687-5544

## In This Issue

- 1 2015 - In with the New
- 2 Warm Your Body with Living Foods
- 2 A Natural Remedy for Migraine and Sinus Headaches
- 3 Moringa in the Morning
- 4 Peaceful Thinking:  
A Key to Health and Healing



# Moringa in the Morning

By Linda Townsend

For over a year now, we have had some moringa nearly every morning. Moringa and mornings just seem to go together—*maybe it is just the spelling similarity?* You may not have considered moringa when you formulated your New Year's resolutions, but you may want to add it in as a supplement to your diet for 2015 and here is why:

- 92 nutrients, 46 natural antioxidants, and 36 anti-inflammatories
- 10 times more antioxidants than red grapes
- 10-30 times the amount of a cardiovascular-fighting phytochemical called anthocyanin found in red wine
- 7 times more vitamin C than oranges
- 4 times more vitamin A than carrots
- 3 times more potassium than bananas
- 3 times more vitamin E than spinach
- 3 times more iron than almonds
- 4 times more calcium than milk
- 2 times more protein than yogurt
- all 9 essential amino acids along with 9 other amino acids

Moringa certainly has an impressive list of nutrients! Maybe that is why healers traditionally have used different parts of this “miracle” tree for treatment of skin diseases, respiratory illnesses, ear and dental infections, hypertension, digestive disorders, and cancer treatment. The seeds are even used for water purification!

What personally grabbed my attention about moringa when I first heard of it was the fact that this plant provides eighteen amino acids including all

nine essential amino acids. Phenylalanine, valine, threonine, tryptophan, isoleucine, methionine, leucine, lysine, and histidine are called essential amino acids because they are not produced by the body, yet are also necessary, so they must be provided through diet. Because so few edible plants have complete proteins, it is a challenge for vegetarians to maintain a healthy balance of the essential amino acids.

When my husband and I learned about moringa, we decided that we wanted to try to grow our own so we could add fresh cut leaves in our breakfast smoothies, but we also use dried leaf supplements in the winter months because our small trees lose their leaves during that time. I love the leaves' nutty “green” taste in my salad as well.

Although moringa oleifera of India is the most cultivated of the moringa trees, therefore the most commonly found as a supplement, if you would like to try to grow your own moringa tree, the moringa stenopetala of Africa seems to be more tolerant of cooler temperatures. Even so, a moringa tree planted outside may not survive a winter (especially like the last one we had) in the Atlanta area, if the ball of its taproot freezes. The best way to grow these nutritious trees here without a greenhouse is to keep them stunted in a planter that can be moved inside during the cold months. Moringa trees grow in poor soils, and are drought and heat tolerant. Because they grow very tall making the leaves difficult to harvest, moringa tree farmers may even cut them down to stumps, from which many branches will sprout at an easy to reach height.

In my experience, potted moringa trees kept

indoors even next to a sunny window still may lose all their leaves due to lack of sunlight and being in temperatures under 75 degrees, but they are very resilient and will sprout new leaves as soon as growing conditions improve. We have both the Indian and African versions, which are pruned to keep them about 30 inches tall. This tree does well with aggressive pruning just as long as the root is healthy. Pruning encourages the tree to sprout new growths from the trunk to make them bushier which is best since we want the leaves.

There really are so many ways to use the whole moringa tree that it is difficult to list. There are also so many studies that give bits of information, like moringa leaves cooked or steeped for tea makes the iron more bioavailable and moringa has beta-sitosterol, which blocks the absorption of bad cholesterol when eaten with cholesterol rich foods. However, there is also quite a bit of unsupported hype and misinformation about moringa if you are further researching the subject on the Internet.

As noble as it may sound, growing a few trees in pots may not be your thing (as they do take quite a bit of space) and you most likely will not have leaves to harvest in the winter months unless you have a sufficient greenhouse, but thankfully Life Grocery has moringa supplements available for your convenience year around so you can get started on adding moringa to your diet right now.

Linda Townsend is a freelance writer of health-related issues and can be contacted at [4biohealth@gmail.com](mailto:4biohealth@gmail.com).

continued from page 1

## A New You

onset diabetes has had to be renamed Type II diabetes since it now occurs so frequently in children.”

It is time to take back your life. Take back the years that have been wasted on just getting by and claim what is rightfully yours – vitality. Every cell in your body is constantly seeking a way to bring itself back to full force. Aid your body in this endeavor. Give it the nutrients it so desperately seeks. Most people eat to fulfill emotional needs. Find someone who can be an emotional support for you and call them when you want to eat; journal or walk or scream or cry, but do not eat when what you really need to do is feel. When you are truly hungry then give your body nourishment rather than empty calories.

Eating well does not need to be complicated. It can be quick and simple. Nature has provided an abundance of healthy foods. Fruits and vegetables require almost no prep time. You do however need to shop frequently to have a variety of fresh foods available at all times. Try going to Life Grocery every few days and pick up what looks delicious in the produce section. Choose a variety of colors in

your fruits and vegetables. If you have a Vitamix or powerful blender, you can make healthy smoothies in minutes. Drink a toast to a new you!

### Morning Go Go Smoothie

- 1 pear
- 1 apple
- ½ c blueberries (fresh or frozen)
- ¼ c cranberries (fresh or frozen)
- juice from 1 lime
- 1 slice of fresh ginger
- handful of fresh spinach
- 1 t raw honey
- ½ t vanilla extract
- water or any kind of milk (enough to blend)
- sprinkle of cinnamon

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.



**Member  
Appreciation  
Day**

**Saturday,  
3/21/15  
12:00-4:00 pm**

**members  
receive  
10% off**

**all in-stock purchases  
9 am-8 pm**

---

# Peaceful Thinking: A Key to Health and Healing

By Dr. Kal Sellers DC, MH, MT

The most harmful toxin you will probably ever be exposed to is manufactured inside your own body. Thanks to modern research into psychosomatic physiology and the reporting of creative thinkers like Deepak Chopra, we probably have all heard about the way our bodies chemically think as one unit. Our bodies respond to those chemicals in a literal way. In this article, we will review this information and explore some answers available to anyone to deal with the stressful parts of each of our lives.

Recent research has shown that all the cells of the body “think” simultaneously. Thought “emerges” into existence in all tissues of the body simultaneously, not just in the brain. Neuropeptides, the chemicals utilized by the body to create and respond to thought, are produced in all tissues and received by all tissues simultaneously. This information can be found in Dr. Deepak Chopra’s book, *Ageless Body, Timeless Mind*. This is interesting enough, but the response of the tissues is the point of interest. Your tissues will act according to whatever thought is present.

One interesting study that was reported in a self-help seminar hosted by T. Harv Ecker is worth noting. In this study, the condensate from the participants’ breath was captured. With a room full of people who were kept angry and focusing on angering things, the condensate captured over one hour was enough and toxic enough to poison 100 guinea pigs to death. This poisonous material is released when we are stressed, fearful, angry, or otherwise severely distressed. It is almost like we are set up to terminate our own lives if we get stressed enough.

One theory about why the body releases such toxins in such settings involves natural selection and survival. The organism filled with fear, anger or other negative, poisonous emotions emits a strong smell and, over time, develops a great deal of stress damage in their features. This would change selection for reproduction. In acute or immediately stressful situations, the smell will warn others to stay away. Those who learn what fear smells like will find it frequently when working closely with people. This fear smell is highly offensive and pervasive in the extreme. Anger is not so much a smell as a feeling...it is highly irritating to be around. We might do well to recognize that when one person is angry and we want to respond by getting angry, that we are actually feeling chemicals that are not our own, but that are now in the air.

In addition to the tissues of our body responding negatively in the presence of fear, anger, defeat, hatred, jealousy, envy, depression, etc...we also chemically poison ourselves and make ourselves less desirable to others.

I shall interject here that humans have the ability to love and serve those who need it most, rather than those who are the easiest or most desirable to serve. Such a change in thinking toward helping those who really need it the most can help a lot to improve humanity. I have often said that those hardest for us to serve and love are the ones who need it most. I would not necessarily want to marry such a person since that will affect my ability to serve and help others, as well as to be happy and healthy myself, but regardless of how we find ourselves facing such a case, it is best to recognize those hardest cases as the ones that need help most and act accordingly.

The pervasive odor of fear can infest clothing that was worn while the fear was present and taken off while it was still present. I shall report an interesting test we did and which we have repeated a few times. On one occasion we had a sweater at our house that was worn during a time of fear and the sweater smelled very offensive. The smell persisted even after it was washed multiple times. We put the sweater on the person who was originally wearing it when the smell appeared. We did with that person an emotional release technique. I think most of these techniques are more or less created equal, but in this case we did EFT. When the emotion seemed fully released, the smell on the sweater was gone! We have repeated this

experiment twice since then with the same result. I do not think this is magic, I think it is chemistry. Your body, when the emotional stress is reduced or relieved, then cleans up its mess and returns to the most desirable state it can reach.

I support emotional release techniques, even though I do feel strongly that people tend most often to be “caught” in a traumatic or stressful emotional state because of disease conditions in the body. If the vital organs (stomach, small intestine, large intestine, pancreas, spleen, liver, adrenal glands, reproductive glands, kidneys, etc.) are not working well, the ability to process stress of any kind is decreased.

One example is the person who goes outside after dark, especially in the cold, and feels fear. He or she thinks there is an attacker or aliens or some animal or something threatening. While a healthy respect for compromised situations should be trained into everyone, this kind of fear is actually kidney weakness and can easily be corrected by strengthening kidney chi. In general, the inability to separate real threats from non-real threats, at least relative to fear, is related to kidney vitality, strength and tone. This person generally also has weak or inflexible legs or low back.

Anyone can have an emotional burden that causes them ill. This person can benefit, whether they solve the physiological problem or not, by doing emotional release techniques. In my practice I most often use Emotion Code. If I can do a consult with someone or if I am teaching a class, I most often use Sedona Method or Mace Method. If I have a really stubborn case or a life threatening case (allergies, for example) I use EFT. I love them all.

For long term healing, however, it is important to go to work and heal the physiologic causes of imbalanced emotions or lack of adaptability to stressors that might create an emotional trap for that person.

Other tools are very helpful for discharging stress. Stress of any and all kinds is actually a trapped pattern of circulation, vitality, and energy flow. Some parts of the body become warm, some hot, and some cold. The pattern appears and the person cannot then escape that pattern. In this event, some technique for interrupting and correcting this pattern is wise to use. The first technique I was introduced to for this purpose was deep breathing. I no longer use deep breathing this way, though I continue to advocate it.

The second tool I was introduced to for interrupting stress patterns was cayenne pepper in water. I later learned about Bach Flower Rescue Remedy. I love them both. They do not work exactly the same, but given the choice of one or the other, cayenne is the more powerful of the two in my experience. It has to be strong enough to smart in the mouth and throat to make it work. It resets circulation in the whole body. It is one of the few herbs that can stop bleeding, thin blood, relax arteries, and get blood past clots all equally well. It works very quickly.

If the stress a person is under is very chronic and unyielding, I most often advocate either Tai Chi or vigorous cardiovascular exercise or both. The person needs to train their body to have a new circulation and vitality pattern if they hope to survive without poisoning his or her organs beyond repair. Tai Chi takes time to learn, though even a few minutes of rough duplication of someone doing it on a video can be powerful. Running, lifting weights, or doing load bearing exercises of any type can be immediate options. No matter how bad the shape of someone is or how bad their joints are, it is not as hard on that body to exercise as it is to stew in the poisons generated by stress patterns.

There is, of course, no problem with cross country skiing, bicycling, low impact aerobic exercise with machines or swimming. The point is to change the behavior of the body by forcing it to respond to these new, whole-body demands of healthy stress.

I know enough to know not to tell just anyone to start exercising. It is good to get approval from a doctor, to get

a physical exam, etc. It is also good to change the diet and learn to care for the liver before doing much vigorous exercise. The inability to process the metabolic load of exercise and the repairs that must come after will sabotage the best exercise program.

Finally, it is important to always work on training the mind to think healthier thoughts and the heart to respond with healthier emotions. There are many ways to do this, but probably the most effective is to saturate the mind with reading and study that are enriching to the soul and character. Study religious texts and practice exercising faith. The person of faith is a healthier person and the person who enjoys and feasts upon religious ritual enjoys better energy movement.

Many authors of enriching literature will provide depth that is absolutely honest, powerful, and healing. Seeking out this material to saturate the mind and heart is healing for sure.

Sadly, the time when we lay down the foundation upon which we build our happiness is from the age of 2 until the age of 12 (roughly). We certainly inherit many patterns as well. We may be exposed to stress chemicals (which can become our own patterns) while still in the womb due to influences of father and mother and others around us. In any case, by the time we are 12 we are set up to respond within certain parameters that can thereafter serve or sabotage us. This is no fault of the individual and when clear judgment is passed, no burden will be laid at the feet of people whose whole foundation really sucks. On the other hand, however God might view our level of guilt, the reality is that we can do some things to adapt our structure (our life built upon the foundation we were given early on) to a happier, healthier and more beneficial one. We should do all we can this way, especially if we are rearing children since our patterns will almost absolutely influence theirs.

Under the discussion of healthy thoughts and emotions belongs a discussion of social life. People who have a healthy social life experience the benefit of some chemical changes that will keep disease patterns away or at bay. This is ironically much harder for the person with a sickness pattern. Friends are not quite as friendly and the individual is more likely to have social patterns that are offensive or difficult for people around them trying to have a good time. To the friends, I say support them all you can and it will start to heal them. To the individual, I say make every effort to be selfless, observant, kind, unobtrusive and enjoyable when attending social events. Do socialize some place, any place. If nothing else is available, some research suggests even socializing with a dog will make a big difference.

Perhaps we can create a chart or a life wheel as used by life coaches. Perhaps this chart can include: diet, herbal aids, possibly weak organs (and exercises, treatments or supplements to support them), physical exercise, Tai Chi, spiritual health, healthy input for mental and emotional enrichment, religious ritual and healthy social situations. We can begin building our structure (meaning our lives as built on our personal foundations) to be something better that works better, serves us more and sabotages us less.

If these words find their way to stronger, healthier people...maybe even...maybe *especially* if they find their way to those who are not, those people should make every effort to give love, support, kind words, help and attention to those who need it most. We will recognize those who need it most because they are the hardest people to help. This kind of behavior has a deep healing effect on the human soul. It is the opposite of an eye for an eye and it really does make the whole world see!

*Dr. Kal Sellers DC, MH, MT has a practice in Wyoming and in the Marietta, Georgia area where he works one week per month. You can contact him for help in healing your patterns of illness at: 307-413-9664 or email him at DrKal@Live.com.*



# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Jan/Feb 2015

Two Months of Super Savings

# Life Savings



**NEW!**  
**All Organic  
Plant Protein  
Powders**

**30% off**



**Maxi-Skin  
Collagen**

**2.7 oz ..... \$11.99**

**90 tabs ..... \$15.99**



**NEW!**  
**Whole Earth  
and Sea  
Whole Food Line**

**25% off**



**All Garlic Formulas**

*Aged garlic extract helps support  
cardiovascular health*

**20% off**



- **Gaba Ease**  
60 vcaps ..... \$12.99
- **Women's Symmetry**  
180 vcaps ..... \$22.99
- **Thyro-Fem**  
60 vcaps ..... \$12.99



- **Green Vibrance**  
12 oz ..... \$39.99
- **Green Vibrance**  
25 oz ..... \$69.99
- **Vibrance**  
9 oz ..... \$23.99  
(Orange and Citrus)



**All Probiotic Products**

20% off



- **Natural Brain Enhancers**  
60 vcaps
- **DHA** 60 softgels

25% off



- **Mushroom Optimizer**  
90 caps ..... \$13.99
- **NAC**  
100 caps ..... \$12.99
- **Heavy Metal Detox**  
90 caps ..... \$22.99



**All Clean Series Products**

25% off



**All Products**

20% off



**Femmenessence**

- **Maca Harmony**
- **Maca Life**
- **Maca Pause** 120 caps

\$21.99



- **Holy Basil**  
60 vcaps ..... \$18.99
- **Black Elderberry Syrup**  
3 oz ..... \$13.99
- **Olive Leaf**  
60 vcaps ..... \$17.99



- **IntestCare**  
17 oz ..... \$19.99
- **Red Beet Crystals**  
7 oz ..... \$18.99



**All Multi Vitamins**

20% off



**All Vitamin C Products**

25% off



**All Blends**

15% off



**Diffusers**

\$36.99



**All Revitalizing Facial Care Line**

20% off



- **Pasta-Tricolor Vegetable**  
17.6 oz . . . . \$2.79
- **Mixed Beans**  
14 oz . . . . \$1.79



**All Blessing Kale Crunch**  
2.2 oz **10% off**



**All Varieties**  
16 oz **20% off**



**Natural Granola**  
9 oz **15% off**



**All Nut and Seed Butter**  
16 oz **15% off**



**NEW!** **Corn Pupusas**  
All Flavors  
4 pack **15% off**



- **Aronia Berry Juice**
- **Aronia Berry and Matcha Green Tea Juice Blend**  
11.5 oz **15% off**



- All Flavors**
- **Ready to Eat**  
4.25-4.75 . . . . . \$3.69
  - **Microwave Popcorn**  
6.9-7 oz . . . . . \$4.49

**New Products**

- Lisa's Frozen Vegetable Entrees
- Lundberg Chocolate Rice Cakes & Smokey Maple Rice Chips
- Sambazon Acai Palmberry & Acai Sorbet
- Sophie Breaded Vegan Fishless Sticks
- Veggie Carrot Fries
- Clifia Almond Milk Creamers
- Madhava Baking Blend
- Pacific Bone Broths
- Westbrae Organic Canned Corn & Green Beans
- Glutino Hazelnut Wafer bites
- Earth Balance Coconut Spread & Vegan Cheddar Squares
- Organic India Ghee
- Nature's All Organic, Raw Peas & Raw Fruit

**Ready to Eat  
Gluten Free Cookies**

- **Chocolate Chunk Brownie**
- **Chocolate Chip**
- **Oatmeal Raisin**  
6 oz **\$4.49**