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Mar/Apr 2017

Two Months of Super Savings

Life Savings



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- Full Box of 12 Bars \$24.00



Magnesium Glycinate

Fully Reactive

90 tabs **\$13.99**



- Quercetin 60 caps ... \$11.99
- Quercetin 90 caps ... \$16.99
- Lung, Bronchial & Sinus Health
90 tabs \$17.99



Aged garlic extract
helps support
cardiovascular health

- KyoDolphilus
90 caps \$14.99
- KyoDolphilus
180 caps \$24.99
- KyoDolphilus 9
90 caps \$20.99



- **Golden Milk**
3.7 oz \$13.99
- **Turmeric Supreme**
60 liquid vcaps
..... \$19.99
- **Ashwaganda**
60 liquid vcaps
..... \$16.99



All Products
25% off



All Essential Oils
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120 tabs \$21.99
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All Products

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All Udo's Oils

20% off



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All B Vitamins

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- **Organic Ginger**
90 vcaps \$13.99
- **Organic Cinnamon**
90 vcaps \$14.99
- **Organic Turmeric**
90 vcaps \$19.99



- **Turmeric**
60 liquid vcaps \$27.99
- **Zyflamend**
60 liquid vcaps \$29.99
- **Reishi**
60 vcaps \$25.99

- Giovanni Shampoo/Conditioner 24 oz \$11 Regular Price \$15.99
- Nubian Lotion/Wash 13 oz \$6 Regular Price \$11.99
- Nubian Bar Soap \$2.99 Regular Price \$4.99
- Calm Raspberry/Lemon 16 oz \$22 Regular Price \$40.95
- Emergency Packets All Flavors \$8.99 Regular Price \$15.99
- Neocell Collagen Derma Matrix 6 oz \$15 Regular Price \$24.99
- Organic India 12 oz Whole Psyllium Husk \$8.99 Regular Price \$16.09
- Orgain Superfoods Green Powder 280 gm \$17 Regular Price \$28.59
- Kuli Kuli Moringa Powder 7.4 oz \$16 Regular Price \$22.99

Age Well

By Linda Townsend

I have two older women in my life, my aunt and my mother-in-love. They are just months apart in age both approaching their mid-eighties. My aunt lives a few states north, while my mother-in-love lives in Florida. Both have some things in common because of the era in which they grew up and yet both also have much in which they differ because of circumstances and choices they made during their lives.

My aunt was not supposed to live beyond childhood. She was a very sickly child particularly after she had rheumatic fever, which left her with a weakened heart. She often would describe herself like this: "On a day when I would feel good, I would try to do everything I could not do on the other days I was too weak to get out of bed. I would keep going even when my mother told me to take a nap until I was so tired I could barely stand and then I would run to the couch as fast as I could and as soon as my head was on the pillow I was asleep."

Fortunately, my aunt beat the odds and not only survived, but thrived particularly after it was suggested to her father to get her a pony. She fell off the pony more than a few times, but she always got right back on and she continued to ride horses into her sixties. Every bit the stereotypical red-head, whose passions run high along with her determination, her traits captured my uncle's attention and his heart. She also has been a very practical mother of four, a business partner, a college graduate in her forties, and quite active in her community and church during their nearly 65 years of marriage.

Because of her fight to regain health in her tender years and her many experiences with horses, including some injuries, my aunt had a different attitude towards growing old. She did not fear it. In fact, she welcomed it with practicality. Once when her doctor asked if she had any aches or pains, she quipped, "Of course, I do! I'm old." My aunt never expected to get through the aging process without having some challenging health issues and she truly is thankful to have *lived* beyond her childhood—believe me, she has lived a very active and fulfilling life. About ten years ago, she began warning me that she is not the aunt I knew, but even then she could still outwork most people. Although she tires out much more now and has memory problems, I have no doubts that with her determination she will sprint in her very last moments.

In contrast, my mother-in-love warns everyone, "Don't grow old!" as if that is something a person can or even should choose to avoid. Her views on aging are probably more common: unpleasant and feared. She was a stay-at-home mother and used to have a small seasonal business of selling crafts, mostly her handmade dolls and Christmas ornaments, but she gave that up some years ago. Realizing that she cannot do all the things she used to do as quickly or that such things tire her more has affected her attitude differently when compared to my aunt. She seems to want to just give up on doing things like preparing her meals, doing laundry, and housekeeping, even though she had been physically able to do those things. She would sit in the sunlight in front of the garage with its door open (a Florida thing) in the afternoon to talk with any neighbors who might stop by on their walks. In the last few years, my mother-in-love has nearly died from septic shock twice; as I write this, she is currently recuperating from the last time.

One of those life choices that these two women made that is in contrast to each other is that my aunt and uncle accepted their son's offer to sell their homes and build a house in which they could live together on a few acres in the country. In that way, my aunt could still have her last remaining horse and her milking goats, which kept her active. We offered to move my mother-in-love nearer to us after her husband died six years ago, but she replied that she wanted to live in her house for as long as she could every time we asked, even though she is lonely without any family around.

Unfortunately, my mother-in-love tripped twice last year. In July, her fall resulted in a compression fracture in one vertebra in her back. In December, she fell on her knee and became septic. My husband told her that now there was the question of whether she *should* continue to live alone considering these two falls being just six months apart. The most heartbreaking part though is as she seemed to finally warm to the idea of selling her property and moving into a larger house together with us where she would have the master suite on the main floor, we began to realize that moving her now is inadvisable for many reasons. She is not recuperating well and will most likely need more care than we hoped.

I am writing about this because I am sure you have or will have an aging loved one in your life and because we are all growing older every day. We often do not foresee how our choices today will affect our lives and the lives of people who love us later on. We can choose to approach aging with a heart of appreciation that we have lived and are still living or with dread of what may yet come. We can choose to continue to share our lives with our families and friends or be lonely. We can be young in our hearts and open to new experiences or be set in our ways and unwilling to accept change.

Since I was in my twenties, I began preparing for my old age . . . really, for the rest of my life because all my life I have been aging. I chose to change my diet. I chose to eat organic foods as much as possible. I chose to try to stay as healthy as I would know how to without compromising the ability to enjoy my life. I chose to encourage natural healing every day, because when healing is impaired there is disease. So far, I have avoided diabetes, heart disease, obesity, and cancer that are so common on both sides of my family.

No matter how much I have worked towards a healthy old age, I am not in denial that I probably will have some challenges that I would not be looking forward to having, however I have also learned that fearing the aging process does not stop it and while I am aging, I *am* still living, still making choices. I want to appreciate life and I also want to be appreciated when I am old and more limited in what I can do. I have learned that my good attitude and accumulated knowledge may be the only things I have left to contribute to others.

While I believe that I am currently benefiting from my choices, I cannot prove that they have added even one year to my life, but I can say that I am living in good health at an age when nearly all the members of my family were not in such good health. I firmly believe that the choices made today, make a difference in tomorrow. I say to choose life is to choose to age and you can choose to age well.

Linda Townsend is a freelance writer of health-related issues and can be contacted at 4biohealth@gmail.com.

New Grocery Products

- Barbara's Cheese Puffs Multipack (6-1oz bags)
- Haiku Kukicha Twig Og Tea
- Knudsen Organic Juice: Beet, Carrot Ginger Turmeric, Carrot, Sriracha
- Late July Sea Salt Tortilla Chips 11 oz bag
- Terra Sea Salt Plantains, Sweet Plantains
- Epic Pork Rinds: Crackling Maple Bacon, Sea Salt & Pepper, Texas BBQ
- Garden Organic Chips: Nacho Corn Tortilla, Ranch Corn Tortilla
- Peeled Peas Please Organic Habanero Lime
- Little Duck Tiny Probiotic Fruit and Veggie Snacks: Apple Orange Carrot Goji,
- Apple Pomegranate Blueberry Acai Single Serve and 5 pack
- Kii Naturals Pecan Raisin Organic Crisps
- Clif Protein Bar Chocolate Coconut Almond, Chocolate Peanut Butter
- Celestial Seasonings Organic Teas: Ginger Turmeric, Green Lemongrass, Pure Green Tea
- Arrowhead Mills Cereals: Puffed Brown Rice, Puffed Corn
- Earth Balance Mini Cookies: Chocolate, Chocolate Chip, Cinnamon Oat
- Foodie Organic Snacks: Cinnamon Ginger, Coconut Vanilla, Swiss Chocolate
- Glee Chewing Gum: Mint, Watermelon, Triple Berry
- GoRaw Zesty Lemon Sprouted Organic Bar
- Lily's Sweets Dark Chocolate Baking Chips
- Madhava Organic Pancake Syrup Maple, Maple Cinnamon
- Organic Banana Bliss Honey
- Kitchen Accomplice Beef Broth Concentrate Wicked Mesquite, Turkey Broth Concentrate Wicked Applewood
- Imagine Organic Miso Broth, Organic Ramen Broth
- Absolutely Gluten Free Cookies: Vanilla Blondie Crunch, Chocolate Brownie Crunch
- Sophie Vegan Toona: Black Pepper, Sea Salt
- Garden Lites Muffin Blueberry Oat Vegetable, Zucchini Banana Chocolate Vegetable
- Saffron Road Entrees Fish bowls: Lemongrass Basil, Thai Red Curry, Salmon Sesame Ginger
- Tandor Chef Chicken Tikka Masala
- Clifia Homestyle Lemonade
- Kevita Organic Tonic: Elderberry, Ginseng Mandarin, Meyer Lemon
- Citrus Magic Organic Veggie Wash with Sprayer
- Ark Natural Joint Rescue Chewable Wafers, Old Dog Happy Joints

NORDIC NATURALS



• Ultimate Omega 3

60 softgels \$20.99

120 softgels \$37.49

180 softgels \$52.49

• Nordic Berries

120 Gummy Berries \$18.79