

# Echinacea Rubuttal

By Michael T. Murray, N.D.

A recent article in *New England Journal of Medicine* (NEJM) reports that no significant differences in cold-related measures were observed in a double-blind study in which volunteers who were artificially infected with rhinovirus received either placebo or one of three specially prepared extracts of *Echinacea angustifolia* root.<sup>1</sup> While the media will, once again, jump all over this article as “proof” that echinacea does not work, it is once again important to keep things in perspective.

## Important caveat

What determines the effectiveness of any herbal product is its ability to deliver an effective dosage of active compounds. The specific components of echinacea responsible for the immune enhancing effects of echinacea are the polysaccharides, alkylamides, and cichoric acid. While each is effective alone, the greatest degree of enhancement occurs when the three active components are at a specific ratio.

Researchers involved in the development of *Echinamide*, a clinically proven, highly effective echinacea product, discovered that there are several critical steps in making an effective echinacea preparation. First, the plant (*Echinacea purpurea*) must be grown under ideal conditions and harvested at the exact time for maximal levels of all active compounds. It is also imperative that the echinacea be treated properly after harvesting. Studies indicate that it is best to use extracts made from fresh plant material. However, if the fresh plant material is not processed immediately, the content of several key components, especially cichoric acid and alkylamides, will be low (as much as 80% will be lost). It is also essential that the extraction be carried out under ideal circumstances and that all three active components be available in an ideal ratio.

## Echinacea anugustifolia vs. purpurea

In the recent NEJM study, there were several methodological problems. First of all, the three *Echinacea* preparations were manufactured for the study from a single lot of dried root. All were made at a concentration ratio of 1 kilogram of root to 5 liters of extract (1:5 tincture) and were extracted with supercritical CO<sub>2</sub>, 60% ethanol, and 20% ethanol, respectively, to yield different percentages of alkylamides. The dosage for each of the extracts was 1.5 milliliters, three times daily, representing 300 milligrams per dose or 900 milligrams per day of *Echinacea angustifolia* root; hardly an effective dosage.

What this means is that the product studied was not the same as the clinically proven *Echinamide*

(standardized extract of *Echinacea purpurea*). And, the dosage used was less than that required for clinical effect. I like the comment from American Herbal Product's Michael McGuffin about the insufficient dosage, “. . . it is not unlike taking one-third or less of the dose of cough syrup and wondering why you are still coughing. The standard dosage for dried *Echinacea angustifolia* root used at the onset of a cold is well established at three grams per day or more, and this study used less than one gram.”

Another problem with this study may be the experimental model. It involves artificially exposing subjects to a very high dosage of rhinovirus inoculated directly in the nasal passages. While considered the gold standard in common cold research, it is unlikely that the nonspecific nature of echinacea would result in significant protection against this viral assault, even if an appropriate preparation and dosage was used.

## What to look for in an Echinacea product

It has been clearly shown that the single most important aspect in getting results from an echinacea product is to make sure that it is guaranteed to provide sufficient levels of all three classes of all three key categories of active compounds in their proper ratio. The benefits of such a preparation have been clinically verified. For example, recently published studies with a commercially available echinacea product (*Echinilin*® also available as *Clinical Strength Echinamide*) containing standardized levels of alkamides, cichoric acid, and polysaccharides prepared from freshly harvested *Echinacea purpurea* plants showed just how impressive results can be when a high quality product is used. In one double-blind study, *Echinilin*® or placebo was given to 282 subjects, aged 18-65 years, with a history of two or more colds in the previous year. Subjects were instructed to start the echinacea or placebo at the onset of the first symptom related to a cold, consuming ten doses the first day and four doses per day on subsequent seven days. The total daily symptom scores were found to be 23.1% lower in the echinacea group than in the placebo group. The researcher concluded that early intervention with *Echinilin*® results in reduced symptom severity in subjects with upper respiratory tract infection. Some people cleared their cold symptoms up to three times faster than the placebo group.

There are over 300 *Echinacea* products sold in the world, but there is only one with the unique chemical profile and proven clinical efficacy of *Clinical Strength Echinamide*. Ask for *Echinamide* in the Life Grocery Supplement Department.

Here is a brief summary of the advances made by the scientists at Natural Factors:

## Improved analytical techniques

Developed the appropriate techniques in chemical analysis to isolate and measure the substances within *Echinacea purpurea* that are responsible for its immune enhancing effects.

## Better Growing Conditions

Determined the optimal growing conditions using 100% organic growing standards for *Echinacea purpurea* to yield the highest levels of active compounds.

## More Precise Harvesting

Determines the level of active compounds through the growing cycle and harvests the plant at the most ideal time—when it is highest in active compounds.

## Use of Fresh Herb

Uses fresh *Echinacea purpurea* because typically up to 30% of the active compounds are lost in the drying process.

## Advanced Extraction Techniques

Developed a patented extraction technique that results in a product with the highest levels and broadest range of active compounds available. (Many key compounds in echinacea are typically lost during the extraction phase or are left behind due to inappropriate extraction.)

## Improved Experimental Models

Worked with leaders in pharmacology to develop the experimental models designed to better understand and measure the immune enhancing effects of echinacea.

## Proper Clinical Evaluation

The encouraging results from preliminary studies with *Echinamide* were followed by detailed, double-blind clinical studies at major Universities.

## References

1. Turner RB, Bauer R, Woelkart K, Hulsey TC, Gangemi DJ. An evaluation of *Echinacea angustifolia* preparations in experimental rhinovirus infections. *N Engl J Med* 2005;353:341-348.
2. Goel V, Lovlin R, Barton R, et al. Efficacy of a standardized echinacea preparation (*Echinilin*) for the treatment of the common cold: a randomized, double-blind, placebo-controlled trial. *J Clin Pharm Ther.* 2004 Feb;29(1):75-83.

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# The Joy of Innovation

By Michael A. Scimeca, D.C.

To be or not to be? That is the question involving the joy of being an innovator. Innovation is the art of introducing something new. In life, we have the opportunity to birth new things in every moment. Innovation, therefore, is the ability to get out of the way to vibrantly bring in the new.

Artists recognize the importance of getting out of the way to reveal the work of pure artistry. For many artists, happening upon a source of inspiration is essential for the creative process. Many creative endeavors inspire more of the same. A single act of innovation can make a significant impact toward advancing the human condition, the ability of us as humans to experience and express greater peace throughout life.

The joy of innovation requires a love for the creative process. With a passion to actively seek out sources of support, we focus a sharp eye on the majesty of life. We look for stimulation through our senses. We navigate through the mind and the emotions, and provoke the inner muse for creativity. Most importantly, we breathe with eyes wide open; we live so present to the now moment. As a result, we naturally get out of the way and bring in a new creative contribution as an offering of hope.

As artists, we have a breath-filled obligation to live as the creative solution. We see areas in life demanding our attention and, if we are fully aware of our infinite capacity, we answer the call with inspirational ideas and suggestions for creating a peaceful new world. Mostly, we begin to express these ideas through our actions, through the way we live our life. We live each moment as a creative solution, as an artistic innovator of life.

The contribution we can make in each moment is quite impressive. Rarely, however, do we make the quality of contribution we are born to make. To answer this call of vitalistic existence, we become fully present to the moment. We stop participating in mindless chatter.

Instead of following hidden agendas or personal desires, we become still—to finally hear the inspiration of creativity. More importantly, we accept the awesome ability to live as bridges between an insane world and a culture of great, inspirational peace.

Innovation leads to creative solutions for peace. By getting out of the way, we enjoy the ability to support a culture of peace. We can stop, look, and listen for support in bringing in the creative process. If we look attentively, we can see all around us the sources of inspiration calling to us to be the solution.

Through the joy of innovation, we not only live a life filled with inspirational wonder, our life becomes a great source of inspiration to those around us. In other words, by getting out of the way and being the artist we are born to be, our very existence becomes a source of inspiration for others committed to building a culture of peace. Our life of complete devotion calls others to devote themselves most productively. In the end, we enjoy a deep sense of fulfillment. Whether we are putting our heads on a pillow to sleep for the evening or saying goodbye to the majesty of living this wondrous life, we know contentment. We have been conduits of peace, and life is good. We can say with complete satisfaction, "And so it is." Most importantly, we leave a ripple of peace for others to follow. Does this sound too idealistic? The joy of innovation is real and calling. To be or not to be? That is the question.

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# Burned Out on Sugar

By Sandra M. Yee, DCM

I've not updated you on my ongoing challenge to give up sweets—because I wasn't trying very hard to free myself from my addiction! In the past few months, I added dried figs and dates to my daily menu of raisins-on-the-go.

Well, much to my embarrassment, a new dentist, and the required x-rays, revealed eleven cavities in my sweet teeth.

Too much sugar, natural or not, agitates the Heart Meridian: the heart beats faster, the mind moves faster, and the mouth moves faster—to talk and to eat. Sugar and caffeine keep us going when our fuel tank is empty, but in a domino effect, all the other meridians suffer.

All that Heart energy stokes the Fire element, which burns up an excess of Wood (Liver, which governs physical energy), which is the reason we feel so tired after a sugar binge. The excess Fire also melts an excess of Metal (Lungs, which govern skin) and creates an abundance of Earth (Spleen, which governs metabolism and weight gain). The raging Heart Fire also dries up Water (Kidneys, which govern teeth, bones, and cartilage).

People with weak kidneys are more prone to cavities and other bone disorders. Kidneys are weakened by worry and dehydration. (We also often inherit weak kidneys). In confronting my worry habit, I admit it was easier to eat sweets to distract myself, rather than deal with emotional growth.

Recently dining at a Chinese restaurant, I was gifted with this cookie fortune: "You'll accomplish more later if you take some time for yourself." (I didn't eat the cookie.)

Ah, it looks like I'll be learning to follow my own advice from now on. If you don't see me around town as often, wish me well as I heal. Nothing like vanity to inspire a change in lifestyle!

Giving thanks for the journey of growing bolder, wiser, and much humbler.

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# Nutrients that Alter Your Genes

Nutritional Genomics, a growing field of medicine, is looking at which foods and nutrients can alter your genes. Imagine having a saliva or blood test to determine which foods and nutrients you need in order to manipulate your genes so you don't get high cholesterol or Alzheimer's. Well it is happening today—and scientists have already studied many foods and nutrients for their ability to alter or turn on or off our genes. The foods you choose can either keep dangerous disease-causing genes dormant or wake them up with a vengeance. I have highlighted a few of the foods and nutrients known to positively affect our genes.

## Curcumin

The yellow pigment in turmeric, reduces the action of a number of genes that promote inflammation particularly the Cox-2 gene. We know that inflammation is linked to heart disease, several cancers, especially colon cancer, as well as diabetes and Alzheimer's disease. India, where curcumin is eaten daily as a spice in foods, has the lowest rates of Alzheimer's in the world. In North America, Alzheimer's affects 10% of those over 65 and the rate doubles every five years thereafter. Researchers at the University of California found that curcumin, in both low and high doses, reduced the inflammatory immune factors IL-1 and IL-6 secreted by microglia cells. These cells in the brain when hyper-stimulated can cause neuron destruction. It just makes sense to eat curcumin or take it as a nutritional supplement to help prevent Alzheimer's and memory decline.

## Sulforaphane and D-glucarate

Sulforaphane, found in broccoli, is a powerful gene manipulator; so is D-glucarate found in fruits and vegetables. The body has a way of dealing with toxins

via the liver. There are two detoxification pathways affected by key genes. Phase I detoxification breaks down dangerous substances and then Phase II makes sure they are eliminated. If Phase II is working too slowly to clear away all the toxins, the toxins build up in the system and create disease—particularly cancer. Sulforaphane and D-glucarate make sure the genes that control that system work without failure. Mother was right when she told you to eat your fruits and vegetables, but I would go further and make sure your supplement program includes Sulforaphane and D-glucarate. Everyday we are bombarded by thousands of dangerous chemicals and agents and our genes are crying for help.

## Green Tea

Extensively researched for its cancer protective effects, green tea has been found to work on the HER-2 gene associated with aggressive breast cancer. The HER-2 gene causes growth of cancer cells. Green tea slows the signaling of this dangerous gene in some women. Researchers have found not all women benefit from the powerful gene altering agents in green tea because they may have another gene that produces enzymes that turn off green tea's benefits. But for those with the HER-2 genes, green tea does have a powerful effect.

Green tea has also been found to calm inflammation via the Cox-2 gene. In 1999, several studies were published in Sweden, Taiwan, and the United States describing green tea's efficacy in inhibiting the Cox-2 enzymes which cause inflammation in those with arthritis. Not only was green tea found to be as good as Cox-2 anti-inflammatory medications like Celebrex and Vioxx, but green tea also contains 51 other anti-inflammatory

By Lorna R. Vanderhaeghe

compounds. The USDA Phytochemical Database also identified 15 anti-ulcer compounds in green tea, supporting evidence that long-term use can also inhibit ulcers caused by prolonged use of non-steroidal anti-inflammatory medications including ibuprofen. The three ingredients above are contained in *Estrosense*, which is sold in the supplement department of Life Grocery.

## Vitamin D

Vitamin D, manufactured on our skin from sunshine, works on genes that protect us from colon cancer among other diseases. Those living in the northern hemisphere have double the rate of colon cancer and autoimmune diseases like rheumatoid arthritis and multiple sclerosis as those living in the sunny south. Vitamin D deficiency is endemic in the North, even during the summer months, according to research performed at the University of Calgary, mainly because we are heeding the dangers of the sun and seeking shade, slapping on sunscreen and hats, all to the detriment of our vitamin D stores. Vitamin D in a dosage of 1000 IU is essential to ensuring proper gene activity.

These are just a few of the nutrients now known to manipulate our genes in a positive way.

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# The Aerobics Illusion

By Brian Murray, M.Ed.

Does aerobic endurance training really condition the cardiovascular system? Consider the following quotes:

*When patients participate in exercise programs, they often assume that their heart becomes stronger. This is not the case. Physical training results in a sense of well being because of other effects . . . it improves the efficiency of the muscles . . . it improves the hormonal tone of the body . . . it improves the control of sugar in people with diabetes. However, exercise will not make the heart beat more strongly.*

Bruce D. Charash, M.D., Cardiologist  
from his book, *Heart Myths*, 1991

*You might suspect from the emphasis on cardiopulmonary fitness that the major effect of training is on the heart and lungs. Guess again. Exercise does nothing for the lungs—that has been amply proved . . . nor does it especially benefit your heart. Running, no matter what you have been told, primarily trains and conditions the muscles.*

George Sheehan, M.D., Cardiologist  
Author of several books on running for fitness

*Most of the improvement in functional capacity due to exercise is not even directly related to the heart. It is due to an effect on the peripheral muscle cells, whereby they more efficiently extract oxygen from the blood.*

Henry Solomon, M.D., Cardiologist  
from his book, *The Exercise Myth*, 1987

Did you notice the common denominator in all three quotes? It is muscle.

Aerobics simply make your muscles a little stronger, which gives the illusion that your heart and lungs work better. It is the improvement in muscular strength that brings about the changes we call "getting in shape."

To better understand what may sound completely crazy, consider a 1996 study by Parker and associates. Women ages 60-77 performed a weight-loaded and non weight-loaded treadmill walking test. The weight-loaded test required that the women carry a box weighing 40% of their maximum bicep strength, while the non weight-loaded test required them to walk normally. Both tests were performed before and after 16 weeks of weight training only.

At the end of the 16 week training period, total-body strength had increased by 57% in the women who carried the weighted boxes, and the treadmill test results showed reduced heart rate (they weren't breathing as hard), reduced systolic blood pressure (the heart didn't need to pump as hard), and reduced rate-pressure product (the heart needed less oxygen to perform the same task). The authors concluded that weight training reduces cardiovascular stress.

Did the women in this study improve their heart and lungs? No. So how could these results happen if no aerobic endurance training was performed? The answer is simple. The muscles became stronger. For example, before training it may have required ten muscle fibers to accomplish the treadmill task. After becoming stronger, five muscle fibers were capable of performing the same workload as ten. Therefore, the cardiovascular system only needed to service half as much muscle to perform the same workload.

Stronger muscles are more efficient muscles. By becoming stronger your cardiovascular system will not have to work as hard. Improving strength is actually a heart saver.

## References:

Parker, ND et.al. Effects of Strength Training on Cardiovascular Responses During a Submaximal Walk and Weight-loaded Walking Test in Older Females. *J.Cardiopulm Rehab* 1996 Jan-Feb; 16(1):56-62.

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

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# Produce of Life

By Kim Strickland

Traditionally, fall is the harvest season with so many vegetables coming into their full ripeness. I, too, am coming into full ripeness, as I am expecting my second child in the middle of October! In this issue I'll be focusing on lemons and sweet peppers.

One medium lemon has only 20 calories, 6 grams of carbohydrates, 2% of the RDA of thiamine and calcium, and a whopping 355% of the RDA for vitamin C. Since lemons are a good source of vitamin C, they are beneficial for building up resistance against infection. Every part of the lemon, from the rind to the juice, can be used in preparing delicious dishes. Traditionally, a drink of lemon juice, hot water, and honey has been used as a remedy for colds, obesity, and constipation. Lemon juice also contains oil, which studies show help to relieve rheumatism by stimulating the liver to expel toxins from the body. Squeezed over fish or grilled veggies, used in refreshing salad dressings, pies, custards, mousses, or cakes, or simply added to a glass of cold water, lemons are truly a versatile fruit.

To store lemons before preparation, keep them in a cool, well-ventilated storage area. Rinse lemons under clean, running tap water just before cutting. To preserve the fresh appearance of lemon wedges after they are prepared, refrigerate in covered containers. Refrigerated wedges will stay fresh up to four days—whole lemons will keep for two weeks. Due to the high vitamin C content, lemons prevent oxidation and are thus often brushed over cut fruits or vegetables to stop them from turning brown. Lemon juice also makes an excellent stain remover when combined with baking soda.

Nutritionally, peppers vary depending on the variety and stage of maturity. In general, all peppers are a good source of vitamin A and C; the red ones are bursting with these two antioxidants. Antioxidants are a group of nutrients that neutralize free radicals in the body fluids, reducing the risk of disease. Free radicals are naturally produced when the body uses oxygen. Unless they are neutralized, they cause cell damage, which may lead to

health problems such as arthritis, heart disease, and cancer. A single raw sweet red pepper can meet the daily requirements for these two important antioxidants, vitamins A and C. Sweet green bell-shaped peppers are the most popular garden variety. Left to ripen, they turn red, purple, orange, or yellow and gain various levels of sweetness, depending on the variety. They can be eaten raw or used for stuffing, soups, casseroles, stews, relishes, and pickling.

Bell peppers should be well shaped, firm, and glossy. Their skins should be taut and unwrinkled, and their stems fresh and green. At their best when thick walled and juicy, they should feel heavy for their size. Watch out for soft or sunken areas, slashes, or black spots. Store unwashed sweet peppers in a plastic bag in the refrigerator for up to a week; green peppers will keep somewhat longer than red or other ripe peppers. Check them frequently; immediately use any peppers that have developed soft spots. Wash peppers just before using them.

## Lemon Poppy Seed Cake with Cream Cheese Icing

This recipe was given to me by a friend, Shannon Mulkey:

### Cake

3 c flour of your choice  
4 t baking powder  
½ t sea salt  
3 T poppy seeds  
1 c almond, finely chopped  
1½ c sucrose  
1½ c soy milk  
3 t lemon extract  
zest and juice of 2 lemons  
½ c oil of your choice  
egg replacer for 2 eggs

- Preheat oven to 350.°
- In a large bowl, mix dry ingredients together.
- Add in wet ingredients, stirring just until mixed.
- Pour into 2 lightly oiled 8-inch cake pans and bake for 25-30 minutes.
- Let cool completely before icing.

### Icing

2 c vegan cream cheese  
4 T vegan margarine  
2 c powdered sugar

- Mix in a food processor until smooth.
- Refrigerate until it firms up a bit before icing the cake.

## Sizzlin' Sausage and Peppers

1 pkg vegan sausage  
4 garlic cloves  
1 yellow onion, chopped  
1 bunch green onions, chopped  
1 red, yellow, and green pepper, each cut in strips  
½ c sun-dried tomatoes, reconstituted  
1 heaping T *Vogue Vege Base*, mixed in a little water  
olive oil

- Sauté the sausage, garlic, and onions a few minutes.
- Add in the peppers and cook until just tender.
- Stir in tomatoes and *Vogue* and cook one more minute.

### Resources:

www.bawarchi.com  
www.sunkistfs.com

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# Blood Group AB

By Linda Townsend

In conclusion of my series on the blood groups, this article features the rarest blood type. . . and the more rare a thing is, the more prized it is. Certainly, ABs make an interesting contrast to other blood types.

Recognizable from the moment one walks into the door, two chiropractors working in the same office unknowingly display their inherent blood chemistry. On one wall are snapshots of one of the chiropractors with his patients; another wall is devoted to autographed pictures of local athletes, some with the same chiropractor in them as well. When he greets you, he shakes hands or touches your shoulder. He obviously likes a friendly, personal atmosphere, classic of Blood Group AB. In contrast, the other chiropractor is an O, who likes order and a more clinical, professional atmosphere. He is also friendly, but in a more reserved manner, and his personal artifacts are few in the office.

The bedroom of an AB child is often filled with faces. They tend to have piles of stuffed animals, dolls, or posters of people and animals. They may want to have music or the TV on all the time, even when they are doing homework, simulating the atmosphere of having people around. Why? Blood Type ABs not only love people, they are energized by them, and they dislike being alone. Friendly and fun-loving, ABs are the ones that strike up conversations with total strangers with ease. They delight mingling at parties; they probably invented it! Their optimism is infectious. They just love people, lots of people, and people love them, too.

You may be wondering why such loving people are the minority in the blood groups. Here is one of the main reasons: Os, the most common blood group, cannot produce AB offspring. Only parents who are both AB, or one is AB and the other is A or B, or one is A and the other is B, can have an AB child, but these combinations are not confined to produce only AB children, either. So, only the less common blood types can produce the least common AB. Having just the right genetic intermingling, with the law of averages working against them, they are, therefore, the rarest.

A virtually unknown natural phenomenon in nature is that the blood chemistry produces distinct, yet invisible, biocolor patterns, tinting our perceptions and energy reactions in the bioenergy system. I discovered this in recent years by myself, so the readers of *The Life Line* are among the first to know this wondrous aspect of the bioenergy. The attributes associated with these bioenergy patterns are generalized descriptions.

BioType ABs first bring bioenergy through Magenta, and then Orange, in the outer layer of the bioenergy system's Physical Aspect. This causes them to be emotionally driven and open to interacting with the world outside of themselves. In the Hippocrates model of temperaments, this is the people-loving and life-enjoying Sanguine. ABs are predominately Abstract Random learners in Gregorc learning styles, which is to say that they like working in groups and they need to feel good about whatever they are learning, with less concern about the details or logic of it. In the Keirseay classifications, they tend to be extroverted, sensing, feeling, and perceiving.

The greatest area of bioenergy weakness for BioType ABs is in Purple, which is associated with the circulation. Other weaknesses include the Orange organs: respiratory system, digestive system, skin, and bones. Probably the most noted weakness is in Green, which generally supports the immune system energetically, suggesting ABs are more susceptible to infections, colds, and flus.

Just as they like a variety of life experiences, ABs also can enjoy a wide variety of foods. They can have wheat products, but do better with rice and soy. ABs should avoid most red meat and chicken, but can benefit from turkey and a variety of fish, including tuna and salmon. They also can have benefits from many dairy products. ABs do well with most of the common fruits, but not as well with bananas and oranges. They also have many choices in vegetables, but should avoid lima beans, corn, and peppers.

The study of biotypes is fascinating, but I know from studying this field for nearly ten years that no one fits absolutely into any rigid categorization. As I finish this article, I am reminded that just this week I mistook a man to be BioType O, due to his physical and temperament attributes, but I had not tested his bioenergy pattern. I am usually about 85% accurate in guessing and 95% accurate in testing. In this case, the man said he was B. However, one of his parents was an O, so he may have been genotype BO, having a predominate B gene with a suppressed O gene—a study for another time perhaps.

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

## Spirited Walking: An Uplifting Physical Activity

By Don Bennett, DAS

Walking is a great activity; the more walking you do, the better. But to really get your lymphatic fluid flowing (which helps prevent disease), try walking with a “spring in your step.” To see this motion without walking, stand with your feet side-by-side, a few inches apart, and gently bounce up and down on your toes. Your toes should not leave the floor and your heels should almost contact the floor on the downward part of the movement. You have your calf muscles to thank for this.

Now, as you briskly walk, add a little bounce into your step. You’ll find if you shorten your stride, it will make “bopping along” feel more natural. Yes, when you add a spring to your step, you’ll tend to walk slower than if you weren’t walking spiritedly, but remember, it’s not a race; you want to get the most benefit out of your walking.

**Am I Doing it Right?** If you’re doing it correctly, you should feel your chest area bouncing (both men and women). For women, this does not mean that you must now switch to a more “supportive” bra; on the contrary, if you want to lower your risk of breast cancer, you WANT your chest bouncing when you walk briskly (see “Bras and Breast Cancer” at [health101.org](http://health101.org)). So-called sports bras actually increase your risk of breast cancer. (See “Bras and Breast Cancer.”) I know I’m repeating myself, but breast cancer is more preventable than you’ve been led to believe . . . breast cancer is avoidable if you know the facts.

**The Benefits.** The motion that spirited walking produces causes your lymphatic fluid to circulate (it doesn’t circulate a lot when walking slowly, cycling, or rollerblading) and the movement of lymph fluid is critical to preventing disease! Spirited walking is also a great workout for your calf muscles and other leg muscles. And since your steps are shorter, your footfalls are less “heel intensive,” which means less impact transmitted to your knees and spine. And since it’s a walking gait (body weight always supported by at least one leg), it’s gentler on your joints than jogging or running.

**What Do I Do With My Arms?** Keep them, you need them to hug people. Seriously, let them swing naturally. And avoid using hand weights. If your mood is such that your arms start bopping also, great! At this point, you may find yourself whistling . . . and you may

also notice other people looking at you wondering what you’re so happy about.

**The Variables.** The three things you have control over while strut’n your stuff are:

1. The amount of bounce. This is controlled by how much your calf muscles are working. You don’t have to bounce so hard that things start falling out of your pockets, just make sure you can feel your chest bouncing a little.
2. The length of stride. The longer the stride, the harder it is to bounce, so don’t walk like you’re late getting somewhere. Enjoy your walk.
3. The speed of your walk. This variable is based on your energy level. Some days you’ll walk at a brisk clip; other days your pace will be slower. But remember, ambling, strolling, moseying, or sauntering may be nice to relieve stress and smell the roses, but those slow paces don’t do much for your lymph system.

By varying the above three things, you’ll discover many combinations; find the ones that feel most natural to you.

**A Great Indicator.** As its name implies, spirited walking is easier to do when you’re in good spirits. If you’re down-in-the-dumps, you may not feel like bopping down the boulevard, but you should give it your best shot. Getting your body moving up and down not only benefits your physical self, it also does wonders for your spirits. So, spirited walking doesn’t just describe how it looks, it also helps improve your mood. Accordingly, the easier you take to this type of walking, the healthier you are . . . in both mind and body.

*Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. For enlightening and empowering health info, visit [www.health101.org](http://www.health101.org) to learn about health-enhancing technology and Don’s wellness workshops.*

life bits

### The Compassionate Consumer

Compassionate Capitalism is a new term for doing business in ways that honor, preserve, and enrich all of life. The other part of this endeavor would be the Compassionate Consumer. If a business is choosing to go beyond the goal of just making profits, are you willing to read the fine print and add that information to your consumer choices? The options for doing so are increasing, and together we can make a difference.

Consider “chocolate with a cause.” In addition to using premium shade-grown, organic, and Fair Trade chocolate, the *Endangered Species Chocolate Company* donates 10% of its profits to protect endangered species. The touching story behind why the founder and owner created this company is printed on the outside wrapper. On the inside, you can learn about the animal that is pictured on the front, as well as find a practical, everyday conservation tip—great reading for kids.

*Please: “Protect Our Planet . . . It’s the only one with Chocolate.”*

*Traditional Medicinals Tea* states on the inside flap of their boxes, “Our mission is to provide you with an effective tea that’s good for the planet as well as for you. Every year, we eliminate 759,000 pounds of greenhouse gases from the environment by purchasing 100% renewable wind energy credits to offset our electricity use. That’s the equivalent of taking 66 cars off the road or planting 102 acres of trees every year. We care about the environment and we appreciate your support.” To learn more about wind energy, visit [www.traditionalmedicinals.com](http://www.traditionalmedicinals.com).

Last, but not least, is *Newman’s Organics*, well known for donating all its profits to charity. They now market everything from salad mix to cookies.

If you have a favorite product which practices Compassionate Capitalism, email us at [www.lifegrocery.com](http://www.lifegrocery.com) and click on “contact us.”

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# Get Back in Touch with Nature: Heal with Living Foods

By Dr. Brenda Cobb

“Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything, which kills your foods, kills your bodies also. And everything, which kills your bodies, kills your souls also. And your bodies become what your foods are, even as your spirits, likewise, become what your thoughts are. Therefore, eat not anything which fire, or frost, or water has destroyed. For burned, frozen, or rotted foods will burn, freeze, and rot your body also.” The Essenes Gospel of Peace, Book I, translated by Edmond Bordeaux Szekely.

Ah, the wisdom of words. When humans first inhabited the earth everyone ate raw foods. There were no microwaves, crockpots, or gas grills. Now that we’ve “advanced,” we cook most everything we eat. The human body was created to run on raw food, full of vitamins, minerals, and living enzymes. So as we’ve advanced, our health has declined.

You are what you eat and you’re affected by every food you consume. The foundation of good health is good nutrition. There is no vitamin, mineral, or enzyme pill that can take the place of good nutrition. The best vitamins, minerals, and enzymes you can consume are the ones you get when you eat fresh produce picked right off the tree or the vine. Organic fresh fruits and vegetables are the most superior food on the planet.

We humans have gotten so off track and out of balance in our way of thinking and eating that we have become sicker than any other time in history. It is inevitable that we must either clean up our act now or we will be destined to become even more diseased. People are tired of being sick and taking drugs! Most of us want to live a better life. If you want to become stronger, clearer thinking, more focused and have a sharper intuition, eat raw and living foods

In 1999, I did something that medical science thought was impossible. I completely healed of breast and cervical cancer without surgery, chemotherapy, or radiation. I did it all naturally without any toxic chemicals or drugs. My doctor thought it was impossible. Now he is a believer. God created the body to heal itself and it will if we give it what it needs to do the healing.

There are no incurable, hopeless, terminal diseases even though we hear time and again that there are. I have personally witnessed thousands of people heal of every type of disease from cancer of all types to lupus, multiple sclerosis, Parkinson’s, AIDS, HIV, chronic fatigue, allergies, migraine headaches, depression, obesity, diabetes, arthritis, and so many more. Faith and belief can heal all things, but it is equally important to do the right things to take care of the body so it can stay healthy. Creating good health is something that we must participate in. We can’t wait until we get sick and then hope for a miracle. We have to be pro-active everyday in taking the very best care of the human body.

Heart disease, cancer, diabetes, chronic fatigue, depression, and most other serious diseases come from toxicity and deficiency in the body which is created by eating cooked dead food, thinking negative thoughts, not assimilating and eliminating properly, emotions that have been buried alive, and stress. Most people do not want to go through life in a weakened condition, but that’s just what is happening.

It isn’t so difficult to make changes if we perceive that we are getting a greater benefit by making the change. A raw and living foods organic diet will help the body detoxify, cleanse, and heal so you can live healthier, longer, and better!

#### Resources:

*Rebuild Your Life* by Dr. Ann Wigmore

*Feelings Buried Alive Never Die* by

Karol K. Truman

*Colon Health* by Dr. Norman Walker

*Brenda Cobb is the founder of The Living Foods Institute, a detoxification, nutrition, and health center teaching natural healing with foods, herbs, essential oils, and detoxification treatments. She is the author of The Living Foods Lifestyle, Colon Cleansing For Optimum Health, 101 Raw and Living Food Recipes, and Get Started Now Towards Better Health. There are free events, gourmet dinners, educational seminars and a 10-Day Course offered at the Institute each month. For more information call 404-524-4488. www.livingfoodsinstitute.com.*

#### life bits

## FREE Trees to Plant Now

As the chainsaws and rainstorms take down more and more trees, our health is subtly and slowly, but seriously, damaged over time. Trees add oxygen to the air, as well as absorb pollutants from the air, rivers and streams. Trees fight global warming. They can keep your house cooler in the summer; studies show they keep down the summer temperatures of neighborhoods and cities.

Get ten free trees to plant in your yard, a neighbors yard, or a nearby park or wooded area, and begin reversing the damage, as well as enjoying the beauty. Join the non-profit National Arbor Day Foundation, and you will receive ten free flowering trees that are selected for your area. The variety may include Dogwoods, Flowering Crabapples, Goldenrain, Washington Hawthorns, and American Redbuds. You’ll also receive the Foundation’s colorful bimonthly, *Arbor Day*, and *The Tree Book*, with tree planting and care information. Your six to twelve inch trees are guaranteed to grow, or they’ll be replaced free of charge. Trees are shipped when conditions are right for planting in your area: October–December or February–May.

Join today, by sending a \$10.00 membership contribution to 10 Flowering Trees, The National Arbor Day Foundation, 100 Arbor Ave, Nebraska City, NE 68410, or join online at [arborday.org](http://arborday.org).

## ATTENTION SUFFERERS OF CELIAC DISEASE

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## Attention Health Care Practitioners

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## Body Wisdom

By Janill Mitchell

This is a wonderful time to be alive. Right now, available to everyone, are more opportunities for wellness than have ever been. We are living under grace. We have accessible to us the means for achieving true, lasting happiness. And happiness is, according to a great Japanese healer named Mikao Usui, the miraculous medicine for all diseases. We carry with us every day the means for achieving true happiness. It is our body. Through our body, we can access all the information we need to make appropriate choices for the behaviors that will lead us to health and happiness.

Our wonderful body is ready and willing to share its wisdom with us. All we need to do is ask. The body will answer! Here is something to try: first go someplace where you can be quiet and relaxed, even if this means locking the bathroom door for a couple of minutes. Now, get settled, take a breath, and get into a comfortable position. Take a couple of more breaths as you quiet your mind. Now, make a scan with your mind, starting at your head and working your way to your feet. Go slowly and observe. What you are looking for is tightness, tension, stress, pain, blocks, or anything that is noteworthy or remarkable. Please realize that these are subtle sensations; it is easy to talk yourself out of any messages should you engage the ego mind with all its thinking and analyzing. Remain in the observer role as you make your scan, and just take notes.

For example, as I scan my own body right now, I feel tension in my jaw and tightness in my chest, there is a little sluggishness on my right side, a full feeling in my abdomen, and tightness in my legs. These are not things that are big enough for me to notice as I go about my day, but when I take time to relax and scan, I can take notice of these very subtle sensations.

When you are finished with the scan and have noted what your body is feeling, put your awareness on the areas where you observed something notable. You can do this in the same order as the scan, head to toe, or you can do it according to importance as measured by the amount of discomfort you are experiencing. Let your awareness rest on the area and just be with it for a moment. Be willing to receive information; be receptive to ideas and subtleties.

For example, when I place my awareness on my jaw, the information that I receive is that holding my jaw has become an unconscious habit (I didn't know I did that!). The corrective behavior I can choose is to

become aware of clenching my jaw and relax those muscles. There, that feels better. Now, the tightness in my chest is anxiety from writing this article. Hmmm . . . I can work on writing for awhile and allow the flow of words, then I can take a break, take a walk, and come back to it. That is a very doable behavior. As for the sluggishness on my right side, I'm surprised by the answer I get. My body let me know that I haven't had enough water. What my mind expected was that my liver needed a little detox help. This is great! I can very easily drink a glass of magic Phoenix water right now. The full feeling in my abdomen is coming from processing some emotions. That surprises me, too. I wasn't aware that I processed emotions there. I know that I am processing, and I can give myself time to complete the process. The tightness in my legs . . . I really do need that walk.

This information is different from what my ego mind was telling me about my body sensations. In fact, my ego mind was making it worse than what it really was when I received the true answer from my body. My body was very willing to communicate with me, but I had to take the time to ask and listen. That was the first important step. Then, armed with information, I needed to take the next, equally important, step, I needed to take action. I need to honor the wisdom of my body by choosing appropriate, corrective behavior. To use this valuable insight, I need to love myself enough to choose behavior that will lead to healing. When my awareness lets me know that I don't have enough information to choose wisely, I can always get help from a qualified health practitioner. Taking responsibility for my health, and taking charge of my own healing process, doesn't mean doing it alone.

We have the opportunity to access the wisdom of our body, because we have enough consciousness to do so. We, as a culture, have been growing and developing, raising our level of consciousness. This allows us to have more choices available and more ability in choosing an appropriate response. We can choose our way to true health and happiness. If I can do it, you can too.

*Janill Mitchell is living her bliss at The Phoenix House, a healing and retreat center in the North Georgia mountains. Her classes and private session work empower people to live, love, and celebrate the miracles of healing. Call 770-773-0352 or visit [www.ThePhoenixHouse.info](http://www.ThePhoenixHouse.info).*

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*11:00 a.m. to 7:30 p.m.*  
*Sunday*  
*12:00 p.m. to 5:00 p.m.*

*October 1, 2005*  
*Remember due date*  
*for submissions to the*  
*Nov/Dec issue of*  
*The Life Line.*

# Hidden Glutens

Ok, so you were diagnosed with Celiac Disease or a Gluten Intolerance and told to go on a gluten free diet. You think you're following the diet really well, but you still keep getting sick. What could be the problem? Usually the problem is hidden glutens—those ingredients in foods that hide under names like “natural flavors,” “modified food starch,” or other things that you just can't pronounce. In the United States, modified food starch is almost always corn based, but products manufactured in other countries may use a wheat based source. Unless a product is specifically labeled as gluten free, you really need to become an expert at reading labels, and whenever something is in question, always contact the manufacturer to make sure.

Then there is the problem with dining out. Certain fast food restaurants add wheat or gluten to foods, where it really has no business being. For example, Taco Bell uses wheat as a filler in their meat sauce, so you are going along thinking “Well, I'm getting a plain taco on a corn shell, this is safe . . .” WRONG!

Personally, I don't trust any fast food restaurants—the food isn't healthy and the chance of cross contamination issues are too great to take the risk of getting sick. This is where we are lucky, because Cafe Life has a huge selection of gluten free items available—just ask them!

Another place where you find hidden glutens that you wouldn't ordinarily even think to consider, is in shampoos, conditioners, cosmetics, toothpastes, hand soaps, lotions, vitamins, supplements, and even prescription medications. Generic companies are notorious for not disclosing the source of their fillers, so please be careful if you have any prescriptions you take on a regular basis. I can just see you shaking your head at me going, “How can gluten in my shampoo make me sick?” Well dear, anything that touches your hands can inevitably make it near your mouth and even a molecule of gluten is enough to cause damage in someone with Celiac disease.

My friends, this is another area where we are extremely fortunate. Life Grocery carries so many of the products that we need, and most of them are clearly labeled with what their ingredients are, so there's no guessing about hidden glutens! You can trust *Tom's of*

*Maine* to clearly label their products. *Burt's Bee's* are all clearly labeled (some of their products do contain wheat so just read ingredients carefully). *Amy's Organics* clearly labels which products are gluten free, somewhere on their label. So many more products are available to you at Life Grocery. Learn to read labels like your life depended on it (it does!) and you will find that you are miraculously feeling better!

It's Recipe Time!

## Carrot Raisin Salad

2 c shredded carrot  
1 c canned crushed pineapple in juice, drained  
½ c raisins  
1 (8-oz) carton plain nonfat yogurt

- Combine carrots, pineapple, and raisins.
- Stir in yogurt until well mixed.
- Serve over lettuce leaves, if desired.

## Easy Chicken Vegetable Rice Soup

1 lb of chicken pieces  
6-10 small pearl onions or ½ large onion, chopped  
1 bag of frozen mixed vegetables (or fresh veggies, steamed)  
1 c of cooked rice  
1-2 t garlic, minced  
sea salt and pepper  
seasoned salt

- In a large pan, fill with water and add chicken pieces, onion, garlic, and seasonings.
- Bring to a boil, reduce heat, and simmer covered for an hour.
- If chicken pieces are not already cut up, carefully remove and cut into small chunks. Return to pan of water.
- Add bag of frozen mixed vegetables, stirring occasionally. Cook for another 15-20 minutes.
- When vegetables are done, remove from heat.
- Add cooked rice, stir, and serve!

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

## Chebe Pockets (like Hot Pockets)

1 bag of *Chebe Bread Mix*

Fillings of choice, such as: broccoli and cheddar cheese; spinach, tomato paste, and mozzarella cheese; mushrooms, swiss cheese, and hamburger meat; baked chicken, mushrooms, and cheese; steamed veggies and rice cheese. No need to add spices because the flavor of the *Chebe Bread* is so good! Get creative with the fillings, the possibilities are endless!

- Follow package directions on bag of *Chebe Bread Mix*.
- Separate into approximately four or five round balls and flatten on parchment or waxed paper.
- Place your fillings on half of each piece of bread. Fold the other half over and pinch together at the edges.
- Bake on a cookie sheet for about 20-25 minutes or until golden brown on top.
- Let cool.
- These can be frozen and reheated quite easily for a quick snack or meal!

Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic, 770-509-2433.

## Please Remember

- Membership card or picture id must be shown for each transaction.
- Memberships are non-transferable.
- Memberships are valid for one year from purchase date.
- Keep your membership info correct and updated.
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