

Top Ten Clinical Research Studies With Natural Products in 2004

By Dr. Michael Murray

Science reflects the desire for humans to understand the manner in which nature functions. In medicine, through science, there is emerging a greater appreciation for the role that vitamins, minerals, herbal products, and other natural compounds play in promoting health and healing. While 2004 produced many noteworthy clinical studies with natural products, the following reflect the most significant.

THE TOP TEN STUDIES IN 2004

1. *Echinacea does work if you use an effective product.*
2. *U.S. Government study acknowledges health benefits of omega-3 fatty acids.*
3. *Omega-3 index emerges as the most significant marker for heart disease.*
4. *Black cohosh extract exerts anticancer effects against breast cancer cells.*
5. *Combination of Glucosamine and MSM is superior to either alone in treating osteoarthritis.*
6. *Antioxidant supplementation reduces risk for Alzheimer's disease.*
7. *Long-term study shows CLA effective as weight loss aid.*
8. *Even brief exposure to statin drugs lowers CoQ10 levels.*
9. *Lutein improves vision in patients with age-related macular degeneration.*
10. *Ginkgo biloba extract continues to show benefits in elderly subjects.*

ECHINACEA DOES WORK IF YOU USE AN EFFECTIVE PRODUCT

There were four double-blind studies in 2004 that evaluated echinacea preparations in the treatment of the common cold. In three of these studies, the echinacea products used were shown to be no more effective than a placebo. However, one study demonstrated quite clearly that echinacea can be of significant value in reducing the severity and duration of a cold. The difference in results from these clinical studies with echinacea is most likely due to lack of or insufficient quantity of active compounds in the negative studies.

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. For example, in the study demonstrating positive results, the commercially available echinacea product used, which contained 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 the double-blind study, the echinacea preparation or a 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 10 doses the first day and four doses per day on subsequent days for 7 days. The total daily symptom scores were found to be 23.1% lower in the echinacea group than in the placebo.

The researcher concluded that early intervention with this standardized echinacea product 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.

Reference: 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

U.S. GOVERNMENT STUDY ACKNOWLEDGES HEALTH BENEFITS OF OMEGA-3 FATTY ACIDS

According to a detailed evaluation of the scientific evidence, the United States Agency for Healthcare Research and Quality concluded that the long chain omega-3 fatty acids, either from fish consumption or supplementation, significantly reduce the risk of heart attacks and strokes. The review also found other evidence indicating that fish oil supplementation can help lower high blood pressure slightly, reduce risk of coronary artery re-blockage after angioplasty, increase exercise capability among patients with clogged arteries, and reduce the risk of irregular heart beats—particularly in individuals with a recent heart attack.

Reference: Wang C, Chung M, Lichtenstein A, Balk E, Kupelnick B, DeVine D, Lawrence A, Lau J. Effects of omega-3 fatty acids on cardiovascular disease. Agency for Healthcare Research and Quality Pub. No. 04-E009-2, March 2004.

OMEGA-3 INDEX EMERGES AS THE MOST SIGNIFICANT MARKER FOR HEART DISEASE

When researchers measure the level of the long chain omega-3 fatty acids EPA and DHA within red blood cells, they found that they had discovered one of the most significant predictors of heart disease. This laboratory value was termed the Omega-3 Index. An Omega-3 Index of =8% was associated with the greatest protection, whereas an index of =4% was associated with the least. The Omega-3 Index was shown to be the most significant predictor of coronary artery disease compared to C-reactive protein; total, LDL, or HDL cholesterol; and homocysteine. Researchers subsequently determined that a total of a combined 1,000 mg of EPA and DHA daily is required to achieve or surpass the =8% Omega-3 Index target.

Reference: Harris WS, Von Schacky C. The Omega-3 Index: A new risk factor for death from coronary heart disease? *Prev Med.* 2004 Jul;39(1):212-20.

BLACK COHOSH EXTRACT EXERTS ANTICANCER EFFECTS AGAINST BREAST CANCER CELLS

Black cohosh (*Cimicifuga racemosa*) is without question the most popular natural approach to menopausal symptoms. Its popularity has been increasing in part because of all of the negative press on Hormone Replacement Therapy. Specifically, last year the National Institutes of Health (NIH) halted a major clinical trial designed to help settle the debate over whether HRT benefits postmenopausal women because the results clearly concluded that the risks of taking combined estrogen and progestin outweighed the benefits and considerably increased the risk of stroke, coronary heart disease, and breast cancer.

The mechanism of action for black cohosh is thought to be via action on control centers in the brain and vascular system rather than through any estrogenic effect. According to detailed review of clinical and pre-clinical data, black cohosh appears to be safe in women at risk for breast cancer, as well as breast cancer survivors. This position was bolstered even further in 2004, as a study in human breast cancer cell lines showed black cohosh extract exerts no proliferative activity on these cells but actually promotes both

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Possibilities

By Michael A. Scimeca, D.C.

We don't create more possibilities. Possibilities exist. We simply get out of the way to support their happening.

Much of the limitations we face are not real limitations, but the result of restrictive thinking. The belief that we create more possibilities by doing this or doing that does not encourage connecting to humility, a most supportive quality for unleashing our infinite potential.

In the business world, humility is often seen as a sign of weakness. We reward people for expressing higher and higher levels of confidence. Although confidence is an important quality for success, it pales in comparison to humility.

The ego would like us to believe that, "I create my own possibilities." For some people, giving up that concept can be more painful than withdrawing from alcohol, drugs, or tobacco. However, with a healthy attitude, which includes proper levels of humility and confidence, we can watch the possibilities unfold before our eyes.

How empowering to have more possibilities express themselves. The more possibilities we uncover, the more choices we have for choosing a great life.

Consider the following four pillars of understanding:

- *Life is Intelligent.*
- *Everything Happens For a Reason.*
- *We Are Here To Serve the Greater Good.*
- *Dissolving Self into Honest Service is a Main Tool for Positive Growth.*

Philosophically or spiritually, we can agree or disagree with the four pillars of understanding.

However, to consider them as offerings, as ingredients of possibility, not as sources of limitation is both practical and wise.

With the four pillars of understanding, we can continue to get out of the way and watch the infinite number of possibilities reveal themselves. From this point, we get to choose. We can choose to live a life of expansion or limitation. Either way, the possibilities are endless.

Dr. Michael A. Scimeca is a Life Enrichment Facilitator who combines Chiropractic, Catalyst, and Coaching to help people connect to their optimal state of health and well-being. He can be reached at 770-992-8220 or at www.GoCatalyst.com.

Phoenix

by Jill Sutherland, Usui & Karuna Reiki Master-Teacher

I always know that I'm still on my spiritual path when my life is full of change. And full of change is just what my life is. I have moved from the farm in Cartersville to a house named Phoenix in Rydal, Georgia.

I am always interested in the name of things and so, living in a house named Phoenix, I started to do some research on that mythical bird.

The beginning of the Phoenix legend was perhaps in ancient Egypt, where this solitary bird was a sun symbol representing the immortality of that celestial body in its daily return. In this version, after living for five hundred years, the bird would return to its nest of aromatic branches and spontaneously combust. From the ashes would arise another Phoenix. For Egyptians, the Phoenix bird was always male and only one could exist at a time.

For the Chinese, the Phoenix was not only a symbol of absolute beauty but also of virtue. It alighted so gently as to not break any branch, in spite of its large size, and consumed only dew. The Chinese Phoenix also represented the perfect balance of yin (female) energy and yang (male) energy.

In Japan, the Phoenix was associated only with the Empress, with peace and prosperity, and its appearance heralded a time of plenty or the birth of a wise leader.

In the poem by Hans Christian Andersen, the version goes like this:

In the Garden of Paradise, beneath the Tree of Knowledge, bloomed a rose bush. Here, in the first rose, a bird was born. His flight was like the flashing of light, his plumage was beauteous, and his song ravishing. But when Eve plucked the fruit of the Tree of Knowledge of Good and Evil, when she and Adam were driven from paradise, there fell from the flaming sword of the cherub a spark into the nest of the bird, which blazed up forthwith. The bird perished in the flames; but from the red egg in the nest there fluttered aloft a new

one—the one solitary Phoenix bird. The fable tells that he dwells in Arabia, and that every hundred years he burns himself to death in his nest, but each time a new Phoenix, the only one in the world, rises up from the red egg.

The Phoenix shows up in every culture, in every age through time. It is interesting that the symbol itself seems to be immortal as well as global. These are big shoes (or wings) to fill. Not only do I live in a house named Phoenix, but my healing practice and retreat center now live here, too.

It is indeed very, very beautiful here. The house sits in a hidden valley surrounded and protected by gentle mountains. The trees, wearing autumnal splendor, seem to glow with a light so soft and warm and welcoming. And I am beginning anew, re-creating myself from the ashes of the past, just like the mythical bird of paradise. And I guess that, being American and living in the melting pot, I can pick and choose what suits me from other cultures to create the exact kind of energy I need to support me in the pursuit of happiness. I can take beauty and virtue and build a strong foundation, the perfect balance of masculine energy (to motivate me with appropriate action) and feminine energy (to remind me to receive all these blessings). I can be grateful for my ability to rise up and begin again, new and whole. How perfect that I live in a house named Phoenix.

If I can get all excited about the current chaos of my life, perhaps you can, too. Find something in the Phoenix myth to help you get excited about your life again. Wake up tomorrow, as if newly born, and begin from that place to choose and create. Get support for your process, come up to Phoenix House for healing and restoration, to remember how rare and beautiful you are.

Jill's new phone number is 770-773-0352 and her new e-mail address is ReikiJill@aol.com.

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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:

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A Brand New Year

By Sandra M. Yee, DCM

I told myself I was not going to eat so much, stay up too late, nor stress out over gift-making and family-visiting, but I did. I told myself I was going to rest, write, and do yoga, but I didn't. At first, I think to redeem myself by doing the exact opposite.

However, I now realize the irony is that opposite activities can produce similar feelings. We work 60 hours a week or treat ourselves to a fun-filled vacation and end up feeling run down. We lash ourselves into strict diets, or eat too many chocolates, and feel lousy about ourselves either way. We fret about money, whether our bank accounts are fat or flat.

The key, then, is not in doing the exact opposite activities but to change the attitude with which we approach them. Otherwise, we're opening the same doors to the same feelings of over-work, over-expectation, and under-happy.

It takes courage enough to make external changes: new careers, new cities, new relationships. Once we realize we've brought our same old baggage to new circumstances, though, we begin to examine the changes that need to be made within. (Ever wonder why we meet the same types of people or experience the same diseases in our "brand new" life?)

It's not about DO-ing things differently, but BE-ing ourselves differently, that brings the changes we want so badly. Until then, our bodies ache with the same intensity that our souls ache for joy and healing; and this is pain we must listen to, not numb.

Dear Readers, I don't know what you're resolving for the year ahead, but I'm giving my body and nerves a break. Here's to more fun, freedom, and relaxation for the rest of our lives!

Best wishes for a brilliant, bountiful, and blessed New Year . . .

A motivational speaker, writer, and natural health coach, Sandra M. Yee, DCM uses her background in acupuncture and Ancient Thothetic Medicine to lead workshops in self-healing and self-empowerment in the Atlanta area. For personal wellness coaching, contact Dr. Yee at 678-488-6633.

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Top Ten Clinical Research Studies With Natural Products . . . continued from page 1

estrogen receptor positive and estrogen receptor negative breast cancer cells to commit cellular suicide (apoptosis).

Reference: Hostanska K, Nisslein T, Freudenstein J, Reichling J, Saller R. Cimicifuga racemosa extract inhibits proliferation of estrogen receptor-positive and negative human breast carcinoma cell lines by induction of apoptosis. Breast Cancer Res Treat. 2004 Mar;84(2):151-60.

COMBINATION OF GLUCOSAMINE AND MSM SUPERIOR TO EITHER ALONE IN TREATING OSTEOARTHRITIS

In a double-blind clinical trial, 118 patients with mild to moderate osteoarthritis were treated three times daily with either 500 milligrams of glucosamine, 500 milligrams of MSM, a combination of both, or an inactive placebo. After 12 weeks of treatment, the average pain score had fallen from 1.74 to 0.65 in the glucosamine-only group; 1.53 to 0.74 in the MSM-only group, and 1.7 to 0.36 in the combination group. The researchers also found that the combination treatment had a faster effect on pain and inflammation compared to glucosamine alone.

Reference: Usha PR, Naudu MUR. Randomized, double-blind, parallel, placebo-controlled study of oral glucosamine, methylsulfonylmethane, and their combination in osteoarthritis. Clin Drug Invest 2004;24:353-63.

ANTIOXIDANT SUPPLEMENTATION REDUCES RISK FOR ALZHEIMER'S DISEASE

Combined use of both vitamin C and vitamin E was associated with a dramatic 78% reduced prevalence of Alzheimer's disease in a population-based study. This finding is not unexpected, as the damage to the brain in Alzheimer's disease is believed to be the result of significant oxidative damage. The finding that there was no protection associated with use of either vitamin E or C alone is not surprising, and, once again, highlights the importance of using a combination of antioxidant nutrients versus any single antioxidant.

Reference: Zandi PP, Anthony JC, Khachaturian AS, et al. Reduced risk of Alzheimer disease in users of antioxidant vitamin supplements. Arch Neurol 2004;61:82-8.

LONG-TERM STUDY SHOWS CLA EFFECTIVE AS WEIGHT LOSS AID

Supplementation with conjugated linoleic acid (CLA) at a dosage of 4.5 grams per day was shown in a 12-month double-blind study to help overweight adults decrease body fat mass and increase lean body mass by as much as 9 percent. This 2004 study is the first to clearly establish the efficacy of CLA supplementation over an extended time period without changes in exercise or diet.

Reference: Gaullier JM, Halse J, Hoye K, Kristiansen K, et al. Conjugated linoleic acid supplementation for one year reduces body fat mass in healthy overweight humans. Am J Clin Nutr. 2004 Jun;79(6):1118-25.

EVEN BRIEF EXPOSURE TO STATIN DRUGS LOWER COQ10 LEVELS

The fact that cholesterol-lowering drugs in the statin family like Lipitor and Pravachol reduce coenzyme Q10 levels is well-established. In 2004, a study better quantified this effect. Dosages of the drug atorvastatin (Lipitor) could cut CoQ10 levels in the blood to well below normal levels. Researchers also concluded that inhibition of CoQ10 synthesis by these drugs could explain the most commonly reported adverse effects, especially fatigue and muscle pain.

Reference: Rundek T, Naini A, Sacco R, Coates K, DiMauro S. Atorvastatin decreases the coenzyme Q10 level in the blood of patients at risk for cardiovascular disease and stroke. Arch Neurol. 2004 Jun;61(6):889-92.

LUTEIN IMPROVES VISION IN PATIENTS WITH AGE-RELATED MACULAR DEGENERATION

Lutein is the yellow-orange carotene that has been shown to offer significant protection against macular degeneration—the leading cause of vision loss in the elderly in the United States and Canada. In 2004, a double-blind study indicated that 10 mg per day of lutein could actually significantly improve visual function in people with existing macular degeneration.

Reference: Richer S, Stiles W, Statkute L, et al. Double-masked, placebo-controlled, randomized trial of lutein and antioxidant supplementation in the intervention of atrophic age-related macular degeneration: the Veterans LAST study (Lutein Antioxidant Supplementation Trial). Optometry. 2004 Apr;75(4):216-30.

GINKGO BILOBA EXTRACT CONTINUES TO SHOW BENEFITS IN ELDERLY SUBJECTS

Ginkgo biloba extract (GBE) continues to show impressive clinical usefulness in elderly subjects. In the most significant study with GBE, a dosage of only 120 mg per day was shown to produce a clear, demonstrable effect in improving mood and ability to perform tasks of everyday living in elderly subjects.

Reference: Trick L, Boyle J, Hindmarch I. The effects of Ginkgo biloba extract (LI 1370) supplementation and discontinuation on activities of daily living and mood in free living older volunteers. Phytother Res. 2004 Jul;18(7):531-7.

Michael T. Murray, N.D., is a graduate of Bastyr University in Seattle, Washington, and the author of over 20 books, including his latest How to Prevent and Treat Diabetes with Natural Medicine. Dr. Murray is Director of Product Development for Natural Factors Nutritional Products.

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Be The Best That You Can Be This Year!

By Dr. Brenda Cobb

Real health encompasses the entire person, inside and out within every cell, every tissue, every feeling, every thought, and every emotion. This year you can explore total health on every level. This is the year to be the best you can be! What are you waiting for? There's no time like the present to do everything you possibly can to feel good, look good, and enjoy life!

Make this year the year that you love yourself and others unconditionally. Become empowered to live a happy, healthy life. Take a look at who you are and what you are really about. Practice good lifestyle habits!

- **Good Nutrition**

Learn about food and what's best for your good health. Become more aware of food as medicine and nourishment for your body and learn to make wise decisions about which foods to put into your body and which ones to avoid. Add more organic raw and living foods to your diet and get the benefit of living enzymes, vitamins, and minerals to support great health. You are what you eat.

- **Exercise**

Exercise every day! Get up and move your body. Dance, bike, walk, run, swim, or practice yoga. Mix up your exercise and you'll never get bored. Exercise burns calories and energizes your body with oxygen. Exercising can actually give you more energy.

- **Fun**

Finding and making fun in your life will help you not take yourself and the rest of the world so seriously. When you spend all your time

thinking about work and other responsibilities and forget to stop and have fun, you get out of balance. Bringing fun back makes you a more enjoyable person to be around.

- **Music**

Fill your life with music. Music has been known to help people heal and enjoy life more. Dance to the music and learn to play a musical instrument. Whistle or sing in the shower. Make music a part of your daily life.

- **Relaxation**

Take time to just be. Between our jobs, our family responsibilities, volunteering, and participating in life, we don't relax enough. Sit on the sofa and read a good book. Lie in the sun and soak up the healing rays. Float down the river!

- **Meditation**

Go within and be silent, quiet your busy brain. Clear your mind. Say, "I Am Healed" over and over until you really believe it. Allow your spirit to receive the blessings from God.

- **Prayer**

Spend time in prayer. Call on God to assist you in your journey. Have faith and belief that prayer works. It heals everything. Make it a part of your life every moment.

- **Hobbies**

Do something that you really enjoy doing. Do something that makes your heart sing. Paint, sculpt, draw, and get creative. Do what you love to do!

- **Reflection**

Take time to be by yourself and reflect on your life, your choices, and who you really are. Look deeply inside to the real you that only you know.

You may have made dozens of New Year's Resolutions so far in your life and tried just as many diets and exercise plans. The test of how good you're really doing is in your total health and well being, how good you feel, and how good you look! There's no time like the New Year to remind us of things we can do to make life better. Do the things that nourish, restore, and rebuild you, body, mind, and spirit. You deserve it! Make your resolutions to become more spiritual, eat nutritious food, think the right way, exercise every day, breathe deeply, relax, and enjoy life. Good health comes with a price and whatever it costs it's worth it because your health is your most valuable asset.

Dr. Brenda Cobb, author of *The Living Foods Lifestyle*, available at *Life Grocery* at a 20% discount, is Director of the Living Foods Institute, featuring classes in the *Living Foods Lifestyle*. For more information about classes, seminars, and the once a month free feast at the graduation party, visit www.livingfoodsinstitute.com or call 404-524-4488.

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Beware Of Internet Health Advisors

By Linda Townsend

This may surprise you. It may shock you. It may even disgust you. Many people set up informative websites about alternative health, but that is not alarming, is it? We all are looking for good health information, and with an Internet connection, we have a worldwide electronic library at our fingertips. Anyone could spend hours (days) just surfing the Internet for health info these days, giving little thought about the people behind the websites.

Several years ago, I met Robert, a retired dentist, who had spent many years learning about herbs after realizing he had mercury toxicity. He was, at that time, developing a website of his herb knowledge and how to use them medicinally. This would be a site that, of course, would require a membership fee, a relatively new concept in 1996 when the Internet was still in its infancy.

I don't know if Robert ever finished his project, but I am sure that his website would be missing one thing: his picture. Robert was over 300 pounds, with open sores common in an out-of-control diabetic. When I met Robert, he was scheduled for surgery to remove some toes. His feet and legs were terribly swollen and discolored, too. (Using BioHarmonics for just two weeks, the sores began healing and he was able to delay the toe surgery. I say *delay* because I felt without some lifestyle

changes it was inevitable that his health would decline again.)

Jennifer completed her website project and it is still on-line today. It is an amateurishly friendly site with numerous articles providing a great deal of information, mostly her own perceptions of a wide variety of health methods woven with threads of her religious beliefs. Although her website is noncommercial, Jennifer had an agenda off-line: She attempted to sell a remedy maker, which she used with her self-styled energized oil treatments. (Ironically, she developed this method based on my research. Unfortunately, she did not heed my warnings against her flawed testing methods.)

Some years ago, Jennifer hosted one of my seminars. Although we were email pals for about two years, she never mentioned her weight problem, and only hinted about other health problems. Last I knew, Jennifer was still promoting her energized oil therapy, and even uses it on other people, even though it had not worked for her much at all. (Any well-based method poorly applied is a poor method.)

This is not to say that Robert, Jennifer, and others like them have not provided websites that provide informative on alternative health, but neither Robert nor Jennifer exercised or regulated

their diets, although Jennifer did grow her own organic food. Still, it simply is not appealing to be advised by a person about health that does not, at least, have the appearance of healthiness. *Would you pay seminar fees to hear ill and obese people speak on health?* Good or bad, the Internet is a technological veil for such people.

A world full of wonderful knowledge about all kinds of health alternatives is accessible as we surf the Internet, but knowledge itself is not a magical fix. The *application* of the knowledge is the key. Application of knowledge is wisdom. Most health therapists say that if they could get people to just exercise and eat mostly organic live foods, they would lose half of their clients. We all *know* that, right? Don't just know it, apply it! Be wise by actually *living* a healthy lifestyle.

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

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Endometriosis Epidemic

By Lorna R. Vanderhaeghe

The Endometriosis Association states it is extremely rare that a woman in this day and age should ever need a hysterectomy for endometriosis, no matter how severe. Yet, three out of four gynecologists I saw said, "You have already had your children, so if we find that you have extensive endometriosis, the best option is to perform a hysterectomy." This was in response to yet undiagnosed severe pelvic pain. The thought of a hysterectomy in my mid thirties sent me searching for the cause for the intense pain I was experiencing. All my symptoms seemed to point to endometriosis. Finally, the fourth doctor I visited discussed diagnosis and treatment options with me without mentioning hysterectomy as a "cure." That was years ago and now I am still free of endometriosis.

Careful Diagnosis

Pelvic examinations by a highly skilled gynecologist may disclose nodules or lesions on the ovaries, but ultrasound tests rarely confirm endometriosis. The only way to know for certain is through a procedure called laparoscopy. This surgery, performed under general anesthetic, involves inserting a light-containing telescope through a small incision in your navel and another one or two small incisions along the bikini line for the instruments.

Remember, a laparoscopy is only as good as the surgeon who performs the exam. To remove all the endometriosis tissue requires a physician who is committed to biopsying and getting rid of all suspicious abnormalities. Endometrial tissue can look like tiny blueberries or black spots, white, yellow or red-like cysts varying from tiny bluish or dark brown blisters to large chocolate cysts up to 20 centimeters in diameter. Only biopsy can confirm which tissue is truly endometriosis.

It is not uncommon for endometrial cells to grow on the ovaries, the fallopian tubes, the pelvic ligaments, the outer surface of the uterus, bladder, the large intestine, and the covering of the abdominal cavity. Women are often misdiagnosed with irritable bowel syndrome, bladder infections, appendix attack, "just" PMS, or painful cramps. But you know your body better than anyone. If you feel bad, something is wrong!

Seven Early Warning Symptoms of Endometriosis

1. Menstrual cramps that increase in severity
2. Intermenstrual pain, usually at mid-month
3. Painful intercourse or dyspareunia
4. Infertility of unknown origin
5. You feel like you have bladder infections, but the test results are always negative
6. Pelvic pain that is all-encompassing
7. History of ovarian cysts

What Causes Endometriosis?

Until recently, the most widely accepted theory to explain the cause of endometriosis was that of retrograde menstruation. Supposedly, tiny fragments of normal endometrial tissue (from the lining of the uterus) travel up the fallopian tubes and take residence in the abdominal or pelvic cavity. Here this tissue acts as it would in the uterus in accordance with the monthly menstrual cycle. The

blood often cannot escape, however, and causes the formation of deposits.

Our Immune System is the Key

New research points to a glitch in the immune system. Dr David Redwine, world renowned expert and director of the Endometriosis Institute of Bend, Oregon, believes that some women are born with abnormally located endometrial cells and that something goes astray with the immune system, causing the cells to become active. This theory seems more plausible as endometrial lesions are often found far from the pelvic cavity in other areas of the body.

Environmental Pollutants Linked to Endometriosis

Convincing evidence has linked organochlorine exposure to the development of endometriosis. Carolyn De Marco, in her book, *Take Charge of Your Body*, states that dioxins are a group of 75 chemicals used to make PVC plastics (our drinking water runs through pipes made from PVC in our homes), solvents, pesticides, refrigerants, and in the pulp and paper industry. These same chemicals also persist in the fats of meat and dairy products, a major source of dioxins. These environmental pollutants mimic the action of estrogen in the body and increase our carcinogenic estrogens. Women should refuse to use bleached paper products. This includes toilet paper, sanitary napkins and especially tampons. (*Natracare* sanitary products, sold at Life Grocery, are unbleached and do not contain these estrogen mimickers.) Do not use plastic containers to store food and do not microwave your foods in plastic either. Emphasize whole grains, fresh vegetables, and fruits in your diet. Cut down on fats from milk and meat products. Buy organic foods whenever possible. Use a nutritional supplement that includes Indole-3-carbinol, sulphoraphane, lycopene, calcium D-glucarate, milk thistle, curcumin and green tea. These nutrients have been extensively studied for their ability to protect us from cancer-causing estrogens while detoxifying environmental pollutants in the body.

The Hormone Connection

Because of the hormone connection, medical therapy for endometriosis has concentrated on altering a woman's hormonal chemistry with drugs. These drugs include Danazol and gonadotropin-releasing hormones (GnRH) such as Nafarelin and birth control pills. Sometimes these drugs are successful in controlling the symptoms of endometriosis but not without side effects. Oily skin, acne, decreased breast size, growth of facial hair, weight gain and depression are symptoms. Some cause menopausal symptoms like hot flashes, decreased bone density, vaginal dryness, and decreased libido. None of the drugs cures the disease. After the drug is stopped, the endometriosis symptoms return. Many women are also prescribed estrogen containing birth control pills, yet endometriosis is an estrogen-dominant condition and we should be using treatments that control estrogen and balance hormones. A holistic approach to treatment wherein the body heals itself is more effective and safer.

The mainstay of any endometriosis treatment is a diet that decreases the amount of circulating estrogens in the bloodstream to the point where the endometriosis symptoms subside, but not so far as to cause pseudo-menopause. A vegetarian diet containing no more than 20 to 25 grams of fat a day and eliminating all dairy products works well. The fat you do eat should come from organically grown nuts and seeds and their oils. Look in the refrigerator at your health food store. Many women get relief by simply removing dairy products. I was one of those people. I had to eliminate all dairy products to obtain maximum relief.

Supplementing the diet with vitamins and minerals is essential. A high potency B-complex supplement will help ease symptoms of PMS and balance hormonal states, elevate mood, and control fluid retention. Cold-pressed oils containing gamma-linoleic acid or GLA are important both as a possible pain inhibitor and immune strengthener. GLA may offset the symptoms of prostaglandin production. Prostaglandins are involved with uterine contractions producing menstrual cramps. Look for a multi-nutrient supplement formulated especially for women that contains at least 2,600 mg of organic flax and evening primrose oil along with magnesium, iodine, phosphorous, selenium, zinc, chromium, and copper, along with all the B-vitamins. Calcium is a muscle relaxant and calms nerves. Look for formulas with at least 1,000 mg, along with at least 1000 IU of vitamin D.

Of all the vitamins, vitamin C is the most important. Vitamin C is known to help the body fight off the effects of environmental toxins, especially dioxins. Beta-carotene will strengthen your immune system which is especially important when dealing with endometriosis. Take 15,000 units per day.

Herbs Help Too

Herbalist Rosemary Slick developed a special endometriosis tea formula to strengthen the liver, which plays an essential role in hormonal regulation. She recommends that women with endometriosis drink three to four cups per day of this tea for four to six months. The most effective herbal treatments for endometriosis act to reduce estrogen levels and regulate hormonal activity. They work by affecting the liver, which is largely responsible for converting the active ovarian estrogen (estradiol) into a safer form (estriol). I also used the tincture Vitex (commonly known as Chaste Tree berry) as directed on the bottle to eliminate my endometriosis, along with Indole-3-carbinol, sulphoraphane, lycopene, milk thistle, calcium D-glucarate, curcumin, rosemary and green tea. These nutrients, which are found in the supplement *EstroSense*, are essential to balancing your hormones and detoxifying excess cancer-causing and endometriosis promoting estrogens:

- **Indole-3-carbinol (I3C)** is an anti-cancer phytonutrient found in cruciferous vegetables. Research has shown that I3C helps to breakdown cancer-causing estrogens to non-toxic forms.

continued on page 6

Is Your Bathroom Poisoning You?

By Dr. Joe Esposito

If you are like most of us, you start your morning by heading to your bathroom to get ready to face the day. Let's talk about what happens when you perform your rituals and how you might be adversely affecting your health and the health of your family. You might not know it, but the soap, lotion, cream, toothpaste, deodorant, shampoo, and even the laundry soap you use on your towels might account for your less than perfect health.

Let's talk about what you might normally do and what you can do to solve the problem and keep yourself healthy. If you shave, man or woman, you probably start by putting some hot water on your skin to soften your hair, then apply shaving cream. The shaving cream lathers up and you think that is a good thing. However, the shaving cream is loaded with toxic chemicals. One of the very bad chemicals in most shaving creams is sodium lauryl sulfate, which helps to make creams and soaps foam up. It can cause skin irritation, dry skin, and vision problems if it gets in the eyes or is absorbed into the skin. If you use hot water when shaving, it will open up the pores of your skin and give the chemicals an open route into your body. Sodium lauryl sulfate exposure can also lead to headaches, breathing difficulties, and hair loss. And, if you cut yourself shaving, the chemicals now have a clear path directly into your blood system.

Your morning shower will expose you to a myriad of chemicals, including chlorine, unless you have a filter on your water system. The steam from your shower opens up your pores and allows access to the body. It also dilates your lungs. Chlorine is used in swimming pools to kill bacteria. Our bodies have about 100% more bacterial cells than human cells. Bacteria help us digest our food, help protect our skin from outside invaders, and help in our immune system function, as well as many other functions. By exposing ourselves to chlorine, many good bacteria are destroyed and the adverse effects on our health can be far reaching.

Women using tampons or pads are also exposing themselves to chlorine. These products are usually bleached and bleach contains chlorine.

After your shave and shower, you proceed to brush your teeth. If you ever take the time to read the side of a commercial tube of toothpaste, you will see a warning. There are chemicals in toothpaste that are harmful if swallowed, specifically fluoride (which can cause nerve and tooth damage), sodium lauryl sulfate, dyes, and sweeteners. The type of fluoride used in toothpaste, sodium fluoride, is in the same group of poisons as arsenic and cyanide. It can actually affect brain function. I have seen children, after they stop using fluorinated toothpaste able to focus better in school. It has also been linked to bone and oral cancers.

If that isn't bad enough, a slick marketing ploy is to avoid the use of sugar in toothpaste and use artificial sweeteners, such as aspartame or saccharine, instead. The FDA has 92 potential side effects listed from aspartame ingestion. The number one side effect is headaches; another one of the side effects—no kidding—is death! Saccharine used to have a warning printed on its label stating that the product has been linked to cancer in animals. If a product states right on its label that it has been linked to cancer, believe it!

Next, you put on your antiperspirant, which contains aluminum. Research has shown there may be a link between aluminum build up in the brain and Alzheimer's disease as well as other neurological conditions. Aluminum clogs up our pores and prevents us from sweating. Sweating is one of the ways our body rids itself of toxins. The fragrance in antiperspirants can cause allergic reactions as well as irritate the skin.

So, what can we do? The good news is that there are alternative products that work just as well—and in many cases better—and they are safer. These safer products are available at Life Grocery. The non-toxic shaving creams may not foam up as much as commercial shaving creams, but they do a better job at removing whiskers without drying out your skin. Try *Kiss My*

Face brand. You can also use castile soap, not only to clean your body, but as a shaving cream. Castile soap is made with plant oils and removes most dirt as well as commercial soaps do. Try *Dr. Bonner's* brand. It is so safe, you can even eat it! I would not recommend this though; I tasted it once and it is not very tasty. If it is going to be absorbed into your skin, you want to make sure it will not make you sick if you eat it. No matter how it gets into your body, it should not do damage.

There are several toothpastes that do not have fluoride, artificial sweeteners, or sodium lauryl sulfate. Try *Tom's of Maine*. Use deodorant instead of antiperspirant. Deodorants do not contain aluminum. You might have to try a few different brands to find one that works for you, but it is worth it to protect your health. *Aubrey* and *Nature's Gate* are good brands to try. Feminine hygiene products that are not treated with bleach are available. Try *Natracare* brand.

A water filter can be attached to your shower head to filter out chlorine, but a better choice would be to get a whole house water filter. This way all the water you drink, bathe in, wash clothes in, and clean your fruits and veggies in is safe. As a bonus, laundry and dishwashing soaps that don't contain toxic chemicals are usually hypoallergenic as well. They work very well and are just as easy to use as their commercial counterparts. Many times I have seen patients with unexplained rashes, allergies, and fatigue respond very well when they discontinue commercial laundry soaps and switch to a more natural soap.

Buyer beware! Be sure you read the labels of all products that you purchase and choose those that have the safest possible ingredients. By making some simple changes in your usual personal hygiene products, you might be preventing health problems not only now but in the future.

Joe Esposito, chiropractor, licensed dietitian, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. Contact him at 770-427-7387 for further information.

Endometriosis Epidemic continued from page 5

- **Calcium D-glucarate** is a powerful detoxifier of excess estrogens from the liver.
- **Green Tea** extract contains polyphenols, catechins and flavonoids shown to be protective against estrogen-related cancers. Substitute green tea for coffee if you have cystic breasts and watch the cysts disappear.
- **Curcumin** is the yellow pigment of turmeric, the chief ingredient in curry. It is a powerful anti-inflammatory agent and it works to inhibit all steps of cancer formation: initiation, promotion, and progression. Curcumin also protects against inflammatory calcium loss from our bones preventing osteoporosis.
- **Milk thistle** enhances detoxification from the liver, inhibits breast cancer cells from replicating, and reduces the toxic effects of chemotherapy.
- **Rosemary extract**, a potent antioxidant, inhibits mammary cancer development and it helps to detoxify carcinogenic estrogens.
- **Lycopene** found in tomatoes, pink grapefruit, papaya, guava, and watermelon, was recently shown to reduce a women's risk of breast cancer by 36 percent when those women took 6.5 mg per day.
- **Sulfurophane**, from broccoli extract, has been shown to stimulate the body's

production of detoxification enzymes that eliminate harmful xenoestrogens. Sulfurophane is also a powerful antioxidant slowing the aging process

Endo-Tea

3 parts dandelion root
3 parts wild yam root
2 parts burdock root
2 parts pau d'arco bark
1 part vitex berries
1 part Oregon grape root
1/2 parts dong quai root
sassafras, cinnamon, orange peel and ginger to taste

Combine herbs. Fill a large pot with four cups of cold water. Add four to six tablespoons of the herb mixture. Simmer over low heat for 20 minutes. Strain.

Be Good to Yourself

Reducing stress in your life, especially the self-inflicted type, is essential. Working women are the most vulnerable to endometriosis. If you have a laparoscopy to remove endometriosis but do nothing to change your lifestyle, the endometriosis will be back. Resting, relaxing, and knowing when to say "no" are important to your health.

Pain Relief

Castor oil packs are excellent at controlling pain. Take six pieces of flannel soaked in castor oil (damp but not dripping) about the size of the area you want to treat. Cover these flannel pieces with a hot water bottle wrapped in a towel to the lower abdomen for 30 to 45 minutes several times a day. This will not only relieve

pain, but also improves immune function in the pelvic area. Endometriosis is an insidious disorder but it can be cured forever if you examine your stress level, the types of environmental toxins you are exposed to, and improve your nutrition. I cured my endometriosis and you can too.

Recommended Reading

No More HRT: Menopause Treat the Cause by Dr. Karen Jensen, ND and Lorna R. Vanderhaeghe

Healthy Immunity, Scientifically Proven Natural Treatments for Conditions from A-Z by Lorna R. Vanderhaeghe

Take Charge of Your Body by Carolyn DeMarco

Lorna Vanderhaeghe is a medical journalist who has been researching and writing on the subject of nutritional medicine for over 20 years. She has a BS in Biochemistry and is currently working on completing her MA in Nutrition. Her list of accomplishments include: working at the Journal of Orthomolecular Medicine at the Canadian Schizophrenia Foundation; past editor-in-chief of Healthy Living Guide; and senior editor of the Encyclopedia of Natural Healing. She is an associate editor for Total Health magazine in the US and Alive magazine in Canada.

Lorna is the author of Healthy Immunity and Scientifically Proven Natural Treatments for Conditions from A-Z. She is the co-author of The Immune System Cure; No More HRT: Menopause Treat the Cause; and Healthy Fats for Life. Her latest book is The Body Sense Natural Diet. Lorna is an internationally known lecturer who believes in empowering people with health knowledge so they can achieve optimal wellness.

We're All Different

By Don Bennett, DAS

It's hard to read health-oriented literature without seeing something that suggests that since we're all different, we require different diets. People who readily embrace this notion because "we're all different" very often believe this simply because they want to believe it, for it allows them to eat the foods they *want* to eat, as opposed to the foods they *should* be eating (health promoting foods).

In truth, the inside of our bodies are more alike than different. Speaking before a group of folks, I mentioned this physiological fact. I said, "Everyone in this room has a liver and all of your livers function the exact same way." With that, someone called out, "You're wrong; people's livers work differently!" In response, I read the definition in a medical dictionary of the liver. Closing the book I said, "See, there is only one definition of liver function; there isn't one definition for Bob and one for Sally, nor one definition for people with Type O blood and one for people with Type A. All livers function the same way. What differs from person to person is the *degree* of functionality!" So, all organs function the same, regardless of which human being they're in. Therefore they all have the same requirements; they all need *enough* vitamin C, *enough* rest, *enough* omega 3 fatty acids, etc. The *amounts* needed may differ depending on the relative state of health of the organ, but they all need the *same* nutrients.

Since our bodies need the same nutrition, our bodies need the same diet. The idea that blood type, hair color, eye color, skin color, or zodiac sign determines ones diet is false. The article, *The Blood Type Diet: Fact or Fiction?* does an excellent job of debunking the blood type diet and is available at www.health101.org. But with so many blood type diet books and merchandise around, it's difficult for some people to believe that it could be a bunch of nonsense. There are over a dozen books that tout the merits of drinking your own urine, and the practice is hyped at fancy salons in upscale neighborhoods and has followers around the world. But, regardless of how many seemingly intelligent people do it, all things considered, it's still an unhealthy thing to do.

How did we get so far away from nature? How did so many unhealthy things become part of our everyday life? How did tons of practices that are not natural become the norm? Free will, that's how. Humans are the only animal capable of consciously doing things that are not in our best interest. We are the only life form that can knowingly and willingly do things that injure our insides. We are very programmable, and this natural human trait has been taken advantage of by those who care more about their financial gain than they do about the wellbeing of others.

I spoke about being more the same than different on the inside; but even on the outside we're more the same than different. Think about it. Unless we were born with a birth defect, or had an accident, we all have two hands on two arms, each with five fingers, one being an opposable thumb, a nose with two nostrils, two legs with knees, ears with stereo hearing, color stereoscopic eyesight, bipedal locomotion via two feet, each with five toes. We've got hips, skin, nipples, a navel, and our height is within a very narrow range—at least it used to be before we began eating hormones (from milk and animal flesh). So you see, we're more alike than different on the outside too!

Sure, there are different eye colors, skin colors, and hair colors; some belly-buttons are "inies" and some are outies," but so what! These differences are

tiny compared to the similarities mentioned above, right? Yet, there were times in our history when some people made a big deal if someone's hair or eye color was different, and just as ridiculous, if someone's skin color was a different shade. But as sad as it is, there are still people today who are hurting other people because they are a little different on the outside. And there are still people today who hurt people for financial gain, which is what accounts for this epidemic of degenerative disease we have today in this country.

What dictates what we're supposed to eat is not our blood type anymore than it is our hair color; it is the form and function of our digestive system, a system that is basically the same in all human beings. Yes, some digestive systems function better than others, but they are all designed to process food the exact same way, and they all require the same nutrition.

Why all the dietary confusion? Perhaps it is a combination of profit motive and the fact that we are so easily programmable (i.e. conditionable, brainwashable). So how do you separate fact from fiction (assuming you care about being the healthiest you are capable of being)? Start thinking outside the box. Take Jenny Craig, Weight Watchers, Dr. Aktins and the low-carb industry, the diet pill pushers, the bariatric surgeons, the processed food manufactures, and all the other diet "experts," and put them in a box, and put the box in your closet for a few minutes. Let's explore a way of thinking that is more in harmony with nature, and thus in your best interest health-wise.

How about a way of approaching lifestyle practices that combines the use of observation, science, innate intelligence, reason, and experience? Let's use all these things together to efficiently and wisely live in balance with nature and make your lives more pleasant and your bodies less burdened. This way of living would surely give you the best chance of avoiding disease, unnecessary suffering, and premature death. Sounds like this philosophy should be taught in high school, but it isn't because it would call into question many of today's societal norms—alcohol consumption, eating dead animals and other things you aren't designed to eat, cigarette smoking, medicinal drug use, and unapparent destructive habits that are pushed on your subconscious every day by the media. If enough people became aware of these things, it would severely injure our economy (the profits of those industries that benefit from your ill-health), so you're not about to see truthful health info in our schools or on your TV.

What can you personally do to improve your health? Shop at stores like Life Grocery that are wellness oriented. If your grocery store doesn't sell organic produce, patronize one that does. And if *all* the produce it sells is organic, thank your lucky stars, and support that store with every dollar you can. Carrying only organically grown produce shows that they care; show them you care, too.

You can now bring that box back out of the closet. Those in it can't wait to tell you that everything I've just said is ridiculous and that you would be foolish to pay any attention to it.

Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. For enlightening and empowering health information, visit www.health101.org. Excellent articles dealing with diet can be found on this site.

Classifieds

PART-TIME HELP WANTED AT LIFE GROCERY. Seeking customer-service oriented, reliable people for cashiering and produce positions. Must be available nights and weekends. Apply at Life Grocery or call 770-977-9583, extension 216.

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Café Life

Healthy Wholesome & Healing

Monday-Saturday
11:00 am to 7:30 pm

Sunday
12:00 pm to 5:00 pm

February 1, 2005

Remember due date
for submissions to the
Mar/Apr issue of
The Life Line

JUICES	
16 ounces	\$4.99
18 Carrot Gold: 100% carrot juice	
Carrot-Apple-Ginger: Carrot, apple, and ginger	
Sunrise Lift: Carrot, beet, celery, and greens	
Bionic Bones: Carrot, kale, parsley, and apple	
Red Blood: Carrot, spinach, beet, and parsley	
Greens for Life: Celery, cucumber, and chard	
Emerald Green: Cucumber, carrot, and chard	
V6: Celery, cucumber, carrots, tomatoes, garlic, and spinach	
Wheat Grass: 1 oz	\$1.59
Ginger Shot: 1 oz	\$1.99

SMOOTHIES	
16 oz	\$3.99
<i>(For a Living Food version of any smoothie, substitute living vanilla date syrup for honey and water for the liquid.)</i>	
Chai Smoothie: Chai, almond milk, banana, honey, and ice	
Grasshopper: Wheatgrass, banana, apple juice, and ice	
Banana Shake: Banana, almond milk, honey, and ice	
It's Alive Shake: Vitamineral Green Superfoods, banana, water, and ice	
Blueberry: Blueberries, almond milk, honey, and ice	
Tropical Twister: Pineapple, banana, apple juice, vanilla date syrup, and ice	
Lemon Lassie: Lemon juice, water, vanilla date syrup, and ice	
Berry Blast: Strawberries, raspberries, banana, apple juice, honey, and ice	
Pina Colada: Coconut milk, pineapple, honey, and ice (no Living version)	
Add Nature's Plus Oxy Nectar, Source of Life Energy Shake or Vanilla Protein Powder, Nutribiotic Vegan Rice Protein, Vitamineral Green, Life Time Liquid Calcium Magnesium Citrate each \$1.25	

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SIDE ITEMS	
Corn chips	\$1.00
Vegan Gourmet Soy Cheese 1 slice	\$.50
Guacamole (4 oz) or Salsa (8 oz)	\$3.50
Extra Side of Dressing	\$.89
Replace Entree Chips or Salad for Cup of Soup	\$1.25
Brown Rice (8 oz)	\$1.99
Steamed Vegetables (10 oz)	\$3.50
Living Guacamole (4 oz) and Chips or Living Flax Crackers	\$4.50
Living Salsa (8 oz) and Chips or Living Flax Crackers	\$4.50
6 Living Falafels with Tahini Dill	\$3.99
Living Flax Bread Slice	\$1.50
Living Tostada Shell	\$1.50
Living Flax Wrap	\$1.99
Any Salad Dressing 8 oz	\$3.99
16 oz	\$6.25

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Organic Coffee	\$1.49
Iced Tea NUMI Organic Blends	\$1.49
Hot Teas NUMI Organic Blends	\$1.49
Refill (tea and coffee each)	\$.49
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Rejuvelac 16 oz	\$2.99

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Cashew-based ice cream Choose your flavors by the scoop	
Cup: Two 2-oz scoops	\$3.99
Four 4-oz scoops (pint)	\$14.99
Sundae: Two 2-oz scoops of ice cream, your choice of one topping (strawberry, carob, pineapple), and chopped nuts	\$4.99
Banana Split: Three 2-oz scoops of ice cream, bananas, chopped walnuts, strawberry sauce, pineapple sauce, carob sauce, and shredded coconut	\$7.49
Living & Cooked Pies and Cakes Available Daily	

Raw and Living Foods	
WRAPS <i>(Choice of flax wrap, flax bread, or green leaf wrap served with choice of flax crackers or side salad)</i>	
Hummus: Sprouted garbanzo hummus, lettuce, and tomatoes	\$5.95
Un-Tuna Salad: Carrot tuna, lettuce, and tomatoes	\$5.95
Refried Bean: Sunflower seed refried beans, lettuce, and salsa	\$6.50
Falafel: Sliced cucumbers, tomatoes, spring mix, tahini dill sauce, and crumbled dehydrated falafel	\$6.75
SANDWICHES	
Almond Butter and Banana: Flax bread topped with fresh bananas, almond butter, and honey	\$6.25
Avocado and Pesto: Flax bread topped with cucumbers, tomatoes, avocados, pesto, and spinach	\$7.50
ENTREES	
Taco Salad: Taco nut meat, romaine lettuce, guacamole, salsa, and pine nut sour cream, served with flax crackers	\$6.25
Tostada: 2 Flax tostada shells layered with sunflower seed refried beans, lettuce, salsa, guacamole, and taco sauce	\$6.50
Zucchini Pasta: Pasta-cut zucchini with marinated vegetables, tossed with either marinara sauce or fresh pesto	\$6.50
Lasagna: Thin-sliced marinated zucchini, sun-dried tomato marinara, Italian walnut meat, served with a side salad. <i>(Variety may vary based on produce availability)</i>	\$8.25
Pad Thai: Pasta-cut daikon radish, mushrooms, scallions, cilantro, tomatoes, broccoli, and cabbage tossed with almond Pad Thai sauce, topped with chopped hazel nuts	\$7.25
Deep Dish Pizza: Chicago-style deep dish pizza with a cashew crust filled with spinach, mushrooms, and onions, tossed with a pizza sauce, served with a side salad	\$8.25
Energy Soup: Chard or kale, mung bean and lentil sprouts, avocado, sunflower sprouts, kelp, and choice of apple or cucumber Allow 5-7 minutes to make fresh. 64 oz	\$19.98
<p>Salad and Living Food Bar \$5.99 a pound Soup of the Day Cup...\$3.25 Bowl...\$4.25</p>	
<p>All ingredients are organic, except for the following or where otherwise clearly indicated (due to availability): Honey, bread, sea salt, Vegan Gourmet Soy Cheese, wheatgrass,* sunflower sprouts.* All added supplements, except for Vitamineral Green, are non-organic. *Chemical- & pesticide-free</p>	

Cooked Foods	
<i>Wraps & sandwiches served with choice of side salad or corn chips</i>	
WRAPS	
Roasted Vegetables of the Day: A tortilla filled with Vegan Gourmet Soy Cheese, spinach, and assorted roasted vegetables \$6.50	
Spinach and Portabella Mushroom: A tortilla filled with Vegan Gourmet Soy Cheese, spinach, and roasted portabella mushrooms \$6.50	
Tempeh Reuben: A tortilla filled with Vegan Gourmet Soy Cheese, tempeh, sun sauce, & sauerkraut \$6.50	
Black Bean: A tortilla filled with seasoned black beans, roasted red bell peppers, salsa, and spinach \$6.50	
SANDWICHES	
Almond Butter and Banana Sandwich: Toasted sprouted spelt bread spread with almond butter, topped with bananas and honey \$4.95	
Avocado Melt: Toasted sprouted spelt bread, spread with sun sauce and topped with avocado, Vegan Gourmet Soy Cheese, roasted red bell pepper, & lettuce \$6.50	
Pesto Sandwich: Roasted zucchini, onions, red bell pepper, avocado, lettuce, and tomato on spelt bread with basil pesto sauce \$7.25	
Sunburger: Served with lettuce and sun sauce on an Ezekiel Sprouted Grain bun with salsa and guacamole \$5.95	
ENTREES	
Ravioli: Roasted vegetable ravioli tossed with mushrooms, onions, broccoli, spinach, and basil marinara sauce \$7.25	
Black Bean Burrito: A tortilla filled with black beans, roasted vegetables, and salsa, then baked and served with brown rice \$7.25	
Steamed Veggies and Brown Rice: Broccoli, carrots, cauliflower, onions, and mushrooms, steamed and served over brown rice \$6.99	
with coconut curry \$7.25	

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- **Echinamide Clinical Strength**
1.7 oz **\$18.99**

GAIA HERBS



- **Fit 4 Health 60 caps** **\$14.99**
- **Cleanse Maintenance Kit** . . . **\$19.99**
- **Candida Cleanse Kit** **\$24.99**
- **Supreme Cleanse Kit** **\$29.99**



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- Mint
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- Grand Shell
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- Little Dreams
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10 oz \$2.49




Evamor Water

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33.8 oz \$1.29

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Sourdough Pizza Crust yeast free, dairy free

12 oz \$2.99


Spelt Pizza Crust, wheat free, yeast free

12 oz \$3.49



- Mighty Tasty Hot Cereal
20 oz \$2.39
- All Purpose Baking Flour
24 oz \$2.89
- Pancake Mix
22 oz \$3.19
- Brownie Mix
21 oz \$4.29

All Gluten-Free
Items On Sale!




- Albacore Tuna In Water
- Albacore Tuna No Salt Added In Water

6.125 oz **\$1.79**



All Facial Cleansers

15% off



- DMAE Firming Fluid
1 oz \$13.99
- Hyaluronic Acid Serum
1 oz \$15.99
- Alpha Lipoic/ DMAE Cream
2 oz \$16.99

ENZYMEDICA
Therapeutic Enzymes

Natto-K
30 caps. \$17.99
Natto-K
90 caps \$48.99
Lypo
90 caps \$19.99
Lypo
180 caps \$31.99



Cod Liver Oil
8 oz \$12.99
Perfect Food
300 g \$35.99
Perfect Food Original
300 g \$35.99
Goatein
440 g \$38.99

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NATURAL COSMETICS

**All
Shampoos &
Conditioners**

25% off

NEWCHAPTER

**Super Critical
Holy Basil**

60 caps **\$17.99**

TWINLAB

- *Cholesterol Success*
120 tabs. ... \$19.99
- *Blood Pressure Control*
60 tabs \$21.99

AVALON ORGANICS

**All Bath &
Shower Gels**

25% off

MegaFood
FOCUSED ON FOOD

- *Immucan*
60 tabs ... \$15.99
- *Complex C*
180 tabs .. \$36.99
- *Lifestyle*
180 tabs .. \$49.99

**RAINBOW
LIGHT**

- *Women's One*
90 tabs ... \$19.99
- *Men's One*
90 tabs ... \$19.99
- *Prenatal One*
90 tabs ... \$19.99

Jarrow FORMULAS

- *EPS Probiotic*
60 caps. .. \$11.99
- *Tribulus Complex*
60 tabs ... \$14.99
- *CLA*
100 caps. ... \$19.99



- *Wild Yam Cream*
2 oz. ... \$11.99
- *Wild Yam Gel*
2 oz ... \$12.99
- *Equigest Cream*
2 oz. ... \$15.99



**Desert
Essence New
Spa Series**

25% off

MANGO-XAN

Mango - Xan

24 oz **\$21.99**



**All
Powders**

30% off

KYOLIC
Aged Garlic Extract™

**All Kyolic
Products**

25% off

SweetLeaf
STEVIA PRODUCTS

All Stevia

30% off