

## Sprouts and Raw Food Do a Body Good!

By Dr. Brenda Cobb

The life energy in fresh sprouts stimulates the body's inherent self-cleansing and self-healing abilities. Thelma Arthur, M.D., in Chula Vista, California, tested nearly two hundred people before and after they followed the Raw and Living Foods Lifestyle for two weeks. The conclusions showed significant increases in the body's immune response and its ability to fight off illness. It also showed that the toxicity level of the blood, which is usually high in illnesses such as cancer, was reduced in nearly every case. Foods like lentil and mung bean sprouts, as well as carrots and parsley were tested. Even though the carrots and parsley did show an inhibitory effect on carcinogens, they weren't nearly as potent as the sprouts were in terms of anti-cancer activity!

When the body is given a rest from bad foods, bad habits, and destructive behavior, and it is given foods rich in life energy, good positive thoughts, habits, and behavior, it can regenerate and rejuvenate itself to total and perfect health

**Do you want to lose weight?** Sprouts can be your best friends. They supply a large quantity of low-calorie nourishment that is easy to digest. Sprouts stimulate the body's internal self-cleansing abilities and speed up metabolism. They are full of live enzymes, which are necessary if you want to lose weight.

**Do you want to improve your sex life?** Sprouts can help to restore sexual desire and performance. Sexual functions can be rejuvenated when one eats an abundance of sprouts. It brings "life" to your cells and that brings "life" to your sex life.

**Do you want to slow the aging process?** Sprouts contain natural antioxidants, A, C, and E, along with exogenous enzymes (enzymes that come from a source outside the body). Antioxidants inhibit the formation of free radicals in the body. Vitamin C prevents free radicals from being formed and keeps vitamins A and E from being destroyed. This can cause gray hair to turn back to its natural color, age spots to disappear, and eyesight to improve. Even skin clears up and becomes glowing and beautiful. Everyone wants to look younger. Sprouts can help you achieve youth!

Sprouts are not only good for you, they are relatively inexpensive. For an economical and

nutritious food source, eat sprouts. Keep sprouts on hand to munch on. Add sprouts to your smoothies and drink your enzymes. Sprouts are healthy, economical and a key to your good health. Maximize your health and your vitality! Eat sprouts!

A wonderful way to get your sprouts every day is to blend them into delicious, nutritious smoothies. Get creative with your fruits and vegetables by blending some of your favorites along with at least one cup of sprouts. Sunflower and buckwheat sprouts are some of the most nutritious and are high in vitamins, minerals, chlorophyll, and fiber. Adding one to two cups of sprouts into your smoothies insures that you are getting your true living foods. My favorite sprouts, and the ones I use exclusively at my Institute, are grown by Vonnie's Greens. [Editor's note: Vonnie's Greens and other sprouts are available in the produce cooler at Life Grocery.] They are the best tasting and most nutritious I have ever tried.

### Sprout Smoothies

Use 100% organic produce whenever possible. Put all the ingredients in the Vita-Mix and blend for 10 seconds. Add the amount of pure, filtered water you desire to achieve the thickness of smoothie you want.

### Sunny Sprout Smoothie

1 c strawberries  
1 banana  
1 c sunflower sprouts  
½ -1 c water

### Green Goodness Smoothie

1 c kale  
1 c broccoli sprouts  
1 c buckwheat sprouts  
1 avocado  
1 Granny Smith apple  
½ -1 c water

### Lemon Sprout Smoothie

2 apples  
1 T fresh squeezed lemon juice  
2 stalks celery

1 cup sunflower sprouts  
½ -1 c water

### Berry Sprout Smoothie

1 c blueberries  
1 banana  
1 c clover sprouts  
½ -1 c water

Brenda Cobb, author of *The Living Foods Lifestyle*, and eight other books on health and healing naturally, is founder of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program each month. For dates and info on ten-day classes, free seminars, or Emotional Healing to Restore Your Health workshop, call 404-524-4488 or visit [www.Livingfoodsinstitute.com](http://www.Livingfoodsinstitute.com). (Mention Life Grocery and get 1/2 price tuition for the October 1, 2006 workshop.)

**Saturday**  
**9/30/06**  
**Fall Life Fest**

**12-4 pm**

*members receive*  
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## Listening Well

Hearing is not the same as listening. Hearing is one of our five senses. Listening, however, involves the art of understanding. Listening and understanding are so inter-connected that if you listen well, you share the most sought-after gift of giving someone the feeling of being totally understood.

One of the most helpful strategies I share as a Life Coach is the seven steps of active listening. These seven points provide a fundamental starting point for engaging in fruitful dialogue. Their efficacy has been time-tested, therefore, keep these steps nearby and use them often. They will help you listen better, communicate more effectively, and relate on a more productive level.

1. **Make Eye Contact**—In a comic strip of Family Circus, a little girl is talking to her father while he is reading the newspaper. He reassures his little girl he is indeed listening to her. Unsatisfied, the little girl says, “Daddy, I need you to listen to me with your eyes!” By giving your full attention, you show respect to the speaker.
2. **Be Patient**—Listen as if you have plenty of time. Allow the speaker to finish. Interrupting someone brings about poor communications.
3. **Consider Non-verbal Cues**—The tone of voice, facial expressions, energy level, posture, and changes in behavior patterns are important factors to note for good communication. You listen well when you focus on the way something is shared as much as *what* is being shared.
4. **Ask Questions**—Clarify what is being shared. If necessary, ask, “What do you mean?” The

By Michael A. Scimeca, D.C.

more questions you ask to clarify your understanding, the more you engage in active listening.

5. **Review the Information**—Share your understanding of both the verbal and non-verbal messages you are receiving, and use your own words. Say, for example, “It sounds as if you are frustrated with the situation.”
6. **Focus on Solutions**—If someone is speaking about an issue, ask what a solution may be. Perhaps you can ask, “What would a solution look like?”
7. **Offer Suggestions**—If you have a suggestion or recommendation, share it safely, as an offering. Allow someone to accept or reject your offering. Never force your viewpoints onto anyone.

Listening well conveys caring. It means, “What you have to say truly matters to me.” If you have the ability to hear, use it wisely—to listen, to understand.

*Dr. Michael A. Scimeca is a chiropractor practicing in Marietta and Roswell. He is the founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body. He is also the owner of Coaching4Peace.com. Michael is a single father with a great passion for sharing core values in support of building a culture of peace. Contact him at 770-992-8220.*

## New Products

### Supplements

**Endurox:** XL (for endurance)

**Hydroxycut:**

Weight loss supplements

**Genesis:**

Goji 100, Noni 100,  
Mangosteen 100, all 32 oz

**Country Life:**

Goji And Acai 32 oz,  
Liquid Multi 32 oz,  
Cal/Mag 16 oz

**Nature's Plus:**

Skini Mini Ultra 90ís

**Natural Factors:**

Whey Factors-  
Chocolate, Strawberry,  
Vanilla, Unflavored

**Nordic Naturals:**

Nordic Berries 120ís  
for Kids

### Health & Beauty Aids

**Abracadabra:**

Aroma Therapeutics  
Bubble Bath

**The Man:**

Deodorizing Soap,  
Body Lotion, Body Scrub,  
Body Wash Neem

**Aura Naturals:**

Citronella Sticks

**Aura Cacia:**

Natural Perfumes:  
Leaf, Wood, Fruit,  
Flower, Root  
Essential Oil Blends:  
Pep Talk, Creative  
Juice, Pillow Potion,  
Panic Button, Mellow Mix

**Earthline:**

Bath Accessories

**Weleda:**

Shaving Lotion,  
After Shave Balm,  
Shaving Cream

**Well in Hand:**

New Mama Sitz Bath,  
Wart Wonder

The Life Line  
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**Hours:**

Monday-Saturday  
Sunday

**Store**

9 am-8 pm  
11 am-6 pm

**Café**

11 am-7:30 pm  
12-5 pm

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

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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### Life Grocery Store, Inc.

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

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# There IS a Magic Bullet!

By Don Bennett, DAS

There are those who are in need of help with a health challenge. Some will put their fate into the hands of the medical/pharmaceutical industry, some will work diligently to become an “educated consumer” and take responsibility for their recovery, and some will look for a magic bullet—a quick-fix answer to their prayers.

To understand what a “magic bullet” is, we need to explore the concept of magic. Magic appears believable because of something called *misdirection*; you are being made to look at something someone wants you to look at, and not to look at what’s really going on. Another way to put it is that you are being deceived. This deceit is well-intentioned when it comes to a magic show, but when deception compromises your health, this is not in your best interest.

A pill that will magically melt pounds away, while you eat “all your favorite foods,” may seem like something sent from heaven, but even if this pill did work as advertised, its advertising fails to include:

*The foods this product allows you to consume without the normally associated weight gain can still present a significant health risk and may contribute to heart disease, diabetes, stroke, cancer, and premature death.*

The pill may help you look good on the outside, but your insides can still be adversely affected by the food’s negative properties that the pill doesn’t address.

Same goes for that magic tablet that allows you to eat dairy products without any adverse reactions due to “lactose intolerance” (a normal condition touted as an abnormal condition for the sake of the perpetuation of an industry). And, the wondrous medication that magically lowers your abnormally high cholesterol level fails to mention that what it also does is allow you to continue to eat the foods that gave you an unhealthily high cholesterol level in the first place—foods that also increase your risk for coronary artery disease, cancer, and stroke; conditions the medication does not address.

What allows these deceptive practices to exist? The magic words, *Caveat Emptor*: Let the buyer beware. As long as the product promotions are not making blatant lies, they are free to paint their rosy pictures. And, aside from informing you of their direct adverse side-effects, they are not required to explain that their use may compromise your health because of what you’ve decided these products allow you to do.

But take heart, there IS a magic bullet. There is something that truly works wonders—something that can make you feel vibrant, be a healthy weight, and

have the BEST chance of avoiding degenerative disease. And, you can find it on the shelves of Life Grocery!

Some of the books in the book department are filled with empowering and enlightening information that will help you understand what your body requires to be vibrantly healthy; the food your body is designed to eat can be found at the front of the store. These, and some common sense (which unfortunately is not so common these days), will go a long way towards helping you live to your health and longevity potentials. The trick to it is simply living in accordance with your biological requirements, which will allow your body to work its magic . . . magic that is truly in your best interest!

*Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's new book, [How to Have the BEST Odds of Avoiding Degenerative Disease](#) is now available; visit [health101.org/book](http://health101.org/book) for details.*

# Exercise for the Heart?

By Brian Murray, M.Ed.

Will exercise make your heart strong and healthy? Simple observation and a medical physiology textbook proves the answer is no.

I hear it all the time, “. . . but the heart is a muscle, you need cardio exercise to keep the heart muscle strong.” True, the heart is a muscle—a *cardiac muscle*. A cardiac muscle is *involuntary*, meaning you have no willful control over its function. The autonomic nervous system controls the strength of the heart’s contractions. A *skeletal muscle*, like those in your arms and legs, is *voluntary*. You willfully control when to relax, when to contract, and with how much force.

The average adult has a resting cardiac output of five liters of blood per minute. Depending on oxygen demand from minute to minute, and without additional nervous system stimulation, heart rate and strength of contraction can be adjusted automatically to provide a cardiac output up to 15 liters of blood per minute. This is the *normal* physiological capability of a “resting” heart; physical training is not required to gain this, you are born with it. Should the need arise for cardiac output

beyond normal capability, sympathetic nerves can increase the pumping ability of the heart to as high as 25 liters of blood per minute. Again, you are born with this capability and it occurs automatically, and it is not due to physical training.

Based on this information, it should be clear that the heart is a perfectly capable involuntary organ. Physical training cannot give the heart a capability that it already has. Therefore, the claim that exercise is necessary for keeping the heart muscle strong is completely false.

The reason exercise is important is not because of the effect it has on the heart, but because of the effect it has on the *muscles*. Pumping action of the heart is dictated by the metabolic activity in the muscles. Exercise increases muscle metabolism and causes blood vessels to dilate. These changes signal the heart to adjust its pumping activity.

Stronger muscles are more efficient. They extract oxygen and get rid of waste products more efficiently. Weak muscles are inefficient. *The goal of exercise*

*should be to make muscles as strong as possible for the purpose of placing less stress on the heart.* Unfortunately, mainstream exercise guidelines lead to muscle wasting which leads to unnecessary stress on the heart.

Will exercise make the heart *healthier*? There is actually no scientific evidence that proves exercise can make a healthy or diseased heart healthier. I have personally witnessed patients participating in a cardiac rehab program have heart attacks again while following mainstream exercise guidelines. This happens frequently.

In summary, the heart is an involuntary organ that cannot be made stronger or healthier by exercise. Strengthen your muscles and save your heart from undue stress.

*Brian Murray is the founder of mPower, a state-of-the-art strength training facility. For more information please visit [www.strengthforlife.net](http://www.strengthforlife.net) or call 404.459.0270 to schedule a complimentary orientation.*

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# Produce of Life: Grapes and Beets

By Kim Strickland

As I write this article, I am excited about going to Charlotte, NC, to watch my husband run in the USATF National Masters Championship track meet.

I'm featuring grapes as the fruit of this article so read on to discover the benefits of this delectable treat. Another subject of joy is finding a new recipe that uses beets that is delicious. I've shared it with several people and they have been pleasantly surprised.

A study that appeared in the *Journal of Nutrition* shows that eating fresh grapes may prevent the accumulation of harmful oxidized cholesterol, as well as the development of atherosclerotic lesions. Naturally occurring antioxidants in fresh grapes, known as polyphenols, are believed to be responsible for this beneficial impact. One polyphenol in particular, called resveratrol, has been shown to help protect against arterial wall damage by "bad" (LDL) cholesterol. Contained in the grape's skin, resveratrol is found in grapes, grape juice, grape jelly, and wine. Grapes also contain high levels of caffeic acid. This acid is a strong cancer-fighting substance. Johanna Brandt tells us about her experience with grapes in her book *The Grape Cure*. She describes how she healed herself with a four-stage program, eating nothing but grapes. She even chewed the seeds.

If you're buying green grapes, reach for those that are slightly golden, which indicates sweetness. Look for uniformity of color on each bunch of grapes as well. Another tip for choosing perfectly ripe grapes is to take a look at their vine. The vine should be green and bend ever so slightly when forced, yet not be limp. Vines should not be brittle either, unless you are purchasing Concord grapes, which are unique in the fact that their vines are brown and woody. Once you have your grapes home, you can remove any unappetizing grapes and store the remainder unwashed in the refrigerator for up to three days. Grapes are sold in perforated plastic bags to prevent spoilage and should remain in this bag during storage. When you're ready to eat the grapes, give them a rinse under cold water to remove any debris. Serve whole for a quick snack, or add to fruit salads or leafy salads either whole or cut in half.

Beets become lasting friends almost instantly. Once you've tasted fresh beets in the peak of their

season from June through October, you'll delight in their sweetness and versatility. Avoid the exceptionally large ones, though, or you'll be chewing on woody cores with little sweetness.

Beets, also known as beetroot, are high in potassium, folacin, and fiber, yet low in calories. Their edible leaves offer protein, calcium, fiber, beta carotene, vitamins A and C, and some B vitamins. They're known in the arena of natural healing for their ability to purify the blood and the liver. Beet juice is rich in natural sugar, sodium, sulphur, chlorine, iodine, copper, and vitamins B1, B2, C, and bioflavonoids. Additionally, beet, being a fibrous root, is excellent for aiding in and eliminating constipation. The fiber adds bulk to the diet and, therefore, helps to improve peristalsis activity in the large intestine.

A little kitchen savvy with beets goes a long way. Beets are famous for blushing or, more commonly, bleeding. To reduce bleeding and preserve more of the flavor as well as the nutrients, cut beet tops off, leaving at least 1" of stems intact. Wash them thoroughly, and boil them whole and unpeeled, leaving the root on as well. Cooking time will vary with size with the larger beets requiring up to one hour to soften. Cool them enough to handle, cut off the root and the stem ends, and rub off the skins. You can then slice, chop, dice, or grate the beets for your recipe.

To roast the beets, it's best to peel them and cut off the root and the stem ends. Slice them, toss them in a tablespoon or two of canola oil, and spread them out on a roasting pan. Roast at 400° for about 25-30 minutes. To add a little pizzazz, sprinkle with salt and some dried thyme, dill, marjoram, or oregano when tossing them in the oil prior to roasting. Beets can be used raw for juice or in salads by grating or chopping them into small pieces.

## Beets and Greens with Quinoa and Miso/Tahini Sauce

8 medium beets with greens  
2 c uncooked quinoa  
pinch of salt  
4 green onions, minced

### Sauce Ingredients

4 T roasted sesame tahini  
6 T light colored miso (I use sweet white miso)

6 T fresh squeezed lemon juice  
2 cloves garlic, minced  
1/3 c hot water  
pinch of cayenne pepper

1. Trim the greens from the beets, leaving about 1 inch of stems attached to the roots. Set the greens aside. Cook the beets in boiling water until soft.
2. Bring 4 cups of water to a boil, add thoroughly rinsed quinoa and salt. Cover, reduce heat to low, and simmer for about 15 minutes, until all the water is absorbed and the grain is tender.
3. When the beets are cool, slip the skins off and slice beets.
4. Meanwhile, mash the tahini and miso together with a fork in a bowl until well combined. Add the lemon juice and mash some more. Add the hot water, a little at a time, stirring as you go. Stir in the garlic and cayenne.
5. Wash the beet greens, removing tough stems, and tear or cut into bite-sized pieces. Pile the wet leaves in a saucepan, cover, and cook over low heat for about 5 minutes until wilted.
6. Mound the hot quinoa in the center of a platter. Arrange the sliced beets and greens prettily around the outside and then drizzle the sauce over everything. Sprinkle with green onions. Serve warm or cold—it's delicious either way.

### Resources:

[www.vegparadise.com](http://www.vegparadise.com)  
[www.lifescrpt.com](http://www.lifescrpt.com)  
*The Vegan Gourmet* by Hadler and Toomay

*Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons and can be reached at [mkstrickland@peoplepc.com](mailto:mkstrickland@peoplepc.com) or 770-218-3952.*

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## Chemical Body Burden - Part 2

By Linda Townsend

Chemicals do not discriminate. There is no escaping exposure, so no one is immune. They are not only in your body, they are building up in your body. And, their use is not being monitored as strictly as you might think.

In the US, chemical companies are trusted to conduct basic safety testing of their own products. There are no requirements to report to the EPA where these compounds might end up in the environment. New chemicals are approved by the EPA as quickly as three weeks, even though eight out of ten chemicals have no health or safety information. The ones tested are done so singularly, that is, not along with any other chemicals that could be occupying the same body, so there really is no telling what is brewing inside us. Also, there is a high probability that the body burden increases with age due to subsequent exposures to chemicals. This accumulation of chemicals begins at a very early age.

### **Babies Are Not Immune**

Scientists used to believe that babies in the womb were protected from pollutants by the filtering of the placenta, but research has since found that chemicals cross the placenta, so that all babies are born with a chemical body burden. Testing the umbilical cord blood from ten babies, two major laboratories found an average of 200 industrial chemicals and pollutants. Tests revealed a total of 287 chemicals in the group, of which 180 cause cancer, 217 are toxic to the Central Nervous System, and 208 cause birth defects.

Mothers also continue to pass their chemical body burden on to the child when breast feeding. In fact, breast

milk has often been found to have PCBs and dioxin together, which has been established to cause extensive liver damage. (Even so, studies have shown that breast feeding has nutritional and psychological benefits.)

### **Are There Any Remedies?**

Not only are we unaware of what all these chemicals mixed together are doing to us, there have been no answers of how to successfully lower the chemical body burden or reverse the damage. Research in this field has been limited and is inconclusive, but results suggest that at least some measure of fat-stored chemicals can be eliminated by special diets, exercise, and saunas. Chelation methods may be successful in removing heavy metals, but that does not necessarily cause a reversal of damage already done. Many alternative health experts believe that various natural detoxification methods are beneficial, but we really don't know which chemicals are still being stored and which ones, if any, we have successfully lowered or eliminated.

Still, if routine detoxification methods lower just small amounts of a few of the chemicals, it could lower the risk of that ever-building concentration of contaminants and their interactions with each other. There are so many ways to attempt detoxification and some of them are rather harsh or can cause health complications. It really is advisable to seek a professional's opinion on what to do and what to expect, particularly if you have never done a detoxification program previously or are thinking of trying a new one.

There may not be any way to neutralize the chemicals already out there in the environment. There also may not be any way to stop passing the body burden from mother to baby, from generation to generation. But, there are things that can be done which make a significant difference. Banning unnecessary and harmful chemicals has been successful. Even though DDT is found everywhere in our environment, the Center for Disease Control and Prevention reports the levels of DDT have been decreasing in people since it was banned in the 1970s.

Here is some more good news that may help you understand how important making a lifestyle change to organic and natural products can be: A study in the state of Washington concluded that children who ate organic food and who were not exposed to pesticides in their homes had significantly lower body burdens.

As I was finishing the final draft of this article, my daughter came up to me. I looked into her eyes and wondered what unseen chemicals were in my precious child, what health problems she may face because of them, and how many more contaminants she would pass on to her children. The less, the better. Is it worth the extra money and effort to buy organic foods, live a more natural life, and teach my child to do the same? There is no doubt in my mind. No doubt at all!

Linda Townsend, founder of BioHarmonics Research  
may be contacted at [research@bioharmonics.com](mailto:research@bioharmonics.com).

### **Prevention?**



# Saturday 9/30/06 Fall Life Fest

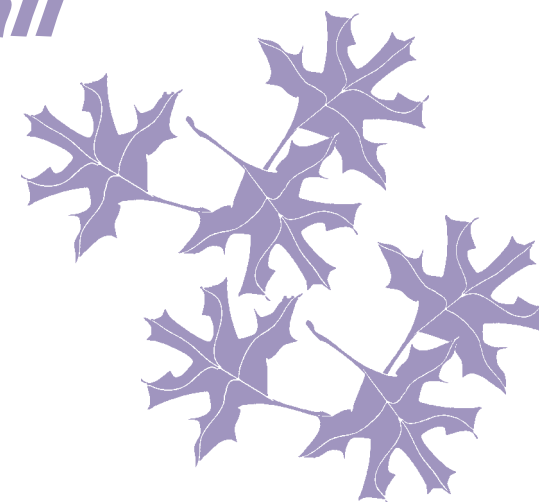
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## life bits

By Kay L. Bird

### Freecycle.org

*The Freecycle Network™* is an online, entirely nonprofit, grassroots movement of people who are giving and getting stuff for free in their own towns. It is made up of many individual groups around the world, and each local group is moderated by a local volunteer. Membership is free and open to all. Once you join, you will receive an automatic email which will sign you up for the local group and send you instructions on how it works.

Posting guidelines require that everything exchanged must be free, legal, and appropriate for all ages, but no pets. There's no trading, bartering, or exchange of money or services. You must post an "offer" before listing a "want." When you want to find a new home for something, whether it's a chair, fax machine, piano, or an old door, you simply send an e-mail offering it to members of the local *Freecycle* group.

If you want to acquire something, simply respond to a member's offer. After that, it's up to the giver to decide who receives the item and to set up a pickup time. On the home page, you can use Freecycle Finder, which locates items by name and zip code.

Non-profit organizations also benefit from *freecycle.org*. Post the item or items you want to give away, and specify that you wish it to go to a nonprofit cause. It's entirely your choice.

*The Freecycle Network™* was started in May, 2003, to promote waste reduction in Tucson, Arizona's downtown and to help save the desert landscape from being taken over by landfills. There are currently 3,745 *Freecycle* communities and over 2,606,000 members.

Tell a friend about *Freecycle.com*.

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- 327,800 trees
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- 1,313,700 gallons of petroleum
- 123,642,500 gallons of water

For more information and product coupons, go to [www.seventhgeneration.com](http://www.seventhgeneration.com).

### In case you didn't know . . .

Increasing the lighting efficiency in your home and office is one of the fastest ways to decrease energy bills, according to the Department of Energy. A single compact fluorescent light bulb will typically save you its cost plus another \$20-\$30 in energy costs over its lifetime. You can find a selection of compact fluorescent bulbs, sometimes including daylight bulbs, at *Big Lots* in the \$3.00 price range.

\*\*\*\*\*

Your car's gas mileage decreases at speeds above 60 mph. According to the Sierra Club, every 5 mph over 60 is equivalent to paying an extra 10 cents per gallon at the pump. A resident of a North Georgia mountain town called the Clark Howard show and reported that when gas prices soared, he decided to drive 60 mph or less on his daily trip to his job in south Atlanta. He realized a 40% savings in the amount he was spending for gasoline, and it only took him 12 minutes longer to make the one-way trip.

\*\*\*\*\*

When you recycle one glass bottle, you save the amount of energy needed to light a 100 watt bulb for 4 hours.

Sources: *Gaiam Newsletter*, *Freecycle Fun Facts*.

## Café Life

offers a wide variety of gluten-free entrees and desserts (cooked and living), as well as freshly-made, gluten-free, vinegar-free salad dressings.

All living food desserts are not only delicious, they are also gluten free!

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### Dr. Joe Esposito

*Listen to leading edge research in the field of food and nutrition and how it affects all aspects of health and disease*

# Landmark Study Proves HRT Too Dangerous

By Lorna R. Vanderhaeghe

The single biggest question I get at public lectures and through e-mail is "Should I take Hormone Replacement Therapy (HRT)" or "How do I get off of HRT?" The baby boomers are just starting to enter menopause or perimenopause (over 55 million North American women). Prescriptions for hormone replacement therapy, a combination of synthetic estrogen and progestin called HRT, are being written in increasing numbers to prevent everything from hot flashes to protection from cardiovascular disease. In Canada, HRT is the number three most prescribed drug with 12 million prescriptions written in 2001. In the United States, in the year 2000, over 22 million prescriptions were written.

**Did you Know?** The HRT drugs, Premphase™ (which contains Premarin), Prempro,™ and Premarin® deplete the body of magnesium, vitamin B6 and zinc.

Now, the study that ends the debate has been published in the *Journal of the American Medical Association* and women are being warned of the risks of stroke, heart attack, blood clots, and breast cancer. This study of 16,608 women found that the reduction of hot flashes, night sweats, and vaginal dryness offered by HRT (Prempro™ by Wyeth Ayerst was used in the study) may come with disastrous health consequences. The Women's Health Initiative randomized controlled trial scheduled to run 8.5 years, was abruptly halted at 5.2 years, because women in the treatment group had a 26% increased risk of invasive breast cancer. This increased risk was seen around the third year of the study. This is not the first study to show increased risk of breast cancer, but this is the one that the scientific community is listening to. I have heard advocates trying to rescue HRT by saying it is "only" eight women in 10,000 that will get breast cancer as a result of HRT. I would like those making that statement to make it personal—those eight women could be their mother, sisters, daughters, wife, grandmother, and aunts.

The study also concluded that women who took HRT were 41% more likely to have a stroke and had a 29% increased risk of heart attack. This was in a group of healthy women not at high risk for heart disease! The increased risk of coronary heart disease caused by HRT was seen within the first one to two years of the study. No longer will women be prescribed HRT to reduce the incidence of coronary heart disease. The study did show a reduction in the risk of fracture and colorectal cancer,

but the risks of stroke, heart attack, and breast cancer outweigh any benefit for these conditions. Women taking HRT are also at risk of gallbladder and liver disease, as well as blood clots.

We know that women who still have a uterus can't take estrogen alone, because it increases her risk of uterine or endometrial cancer dramatically. Estrogen dominance, or too much estrogen, is also cause for concern for everything from endometriosis, heavy periods, and weight gain to uterine fibroids. A study in the *Journal of the American Chemical Society* has also reported a by-product of Premarin® (horse urine derived estrogen) damaged DNA in a way that could cause cancer.

My answer has always been the same. When we weigh the risks and benefits of HRT the risks outweigh the benefits and my answer is say "No" to HRT. Now the medical doctors will have to admit the same. For the millions of women who have been taking HRT, they will now want to detoxify their body of the cancer-causing estrogens. If they are in the throes of menopause, they should start to wean off the HRT and at the same time start taking **EstroSense™ Femmessentials, Black Cohosh** and **Vitex** to help them ease off the drug symptom free. After about two weeks on the nutrients, you should be off your HRT.

Hormone balancing therapy (HBT), which combines estrogen detox with other nutrients, is a better way to deal with menopausal symptoms. Most women are so nutrient deficient that simply adding a multi-vitamin with minerals, plus some essential fatty acids reduces the symptoms of menopause and the risk of heart disease, as well as helps to build solid bone. Getting rid of excess carcinogenic estrogens with **EstroSense™** also helps to support the body during times of hormone imbalance. Eating a diet rich in cruciferous vegetables, fermented soy products, and ground flaxseeds, while reducing alcohol intake and exercising regularly, will also provide health benefits.

*Lorna Vanderhaeghe, medical journalist who has been researching and writing about nutritional medicine for over 20 years, has a BS in Biochemistry. She is the author of Healthy Immunity: Scientifically Proven Natural Treatments for Conditions from A-Z, and The Body Sense Natural Diet; co-author of The Immune System Cure; No More HRT: Menopause Treat the Cause; and Healthy Fats for Life. Lorna believes in empowering people with health knowledge so they can achieve optimal wellness.*

## Snicker-Snackers

By Lorna R. Vanderhaeghe

Instant healthy treats with no baking that are rich in sterols and sterolins.

- 1/2 c sunflower seeds
- 1/2 c sesame seeds
- 1/3 -1/2 c honey
- 1/2 c nut butter (we like cashew)
- 1/2 c unsweetened carob powder
- 1/4 c wheat germ or oat bran
- 1/4 c unsweetened coconut

Insert the metal blade into the bottom of your food processor and add the ingredients one at a time. Blend until the mixture forms a ball.

Pinch off small amounts and form into bite-sized balls—your children will love to help!

For a special effect, roll balls in extra sesame seeds or coconut. If your family hasn't eaten them all already, place in an airtight container and refrigerate.

The best method of blending is a food processor, but if you don't own one, combine all the ingredients in a large bowl and stir until the mixture is well blended. If you are feeding these treats to toddlers, you should grind the seeds first in your coffee grinder.

There are so many variations you can make on this original recipe. When you are out of one of the ingredients, create your own special mixture. Ground pumpkin seeds, almonds, cashews, finely chopped dates, raisins, a drop of vanilla or a pinch of cinnamon will give these treats a new twist. Choose seeds and nuts that are raw and unsalted.

This recipe is a family favorite, as it is very quick to make, delicious, and nutritious. Pack extras in your kids' lunch bags for friends at school.

P.S. Adults love them too!

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**Nov/Dec issue of**  
*The Life Line.*

# How to Have a “Spooktacular” Gluten Free Halloween

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



Does the thought of sending your little ghosts, goblins, powerpuff girls, ninja's, princesses, pirates, and monsters out for a night of gluten filled trick or treating fill you with dread? It shouldn't. Trick or treating is a right of passage in which most children love to participate. Just because your little one is on a gluten free diet, either for Celiac Disease, gluten intolerance, ADD, ADHD, Autism, or because of family choice, there is no reason to force them to sit out this most favorite night of childhood. I know you are saying, “but I don't want them to eat all this candy” or “how will I know if the goodies my child collects are gluten free?” I understand your concerns, and I'm here to tell you that this will be our fourth Halloween since going gluten free, and I want to share what has worked for us.

Besides the obvious candy and other edible treats, there are some other concerns of which you may need to be aware. If your child's costume consists of makeup, hair colorings, or gels in any form, you will need to verify with the companies beforehand that these products are free from wheat/gluten. Why is this a concern? Because kids touch their hair and face and if even a molecule of the stuff gets on their hands and makes it to their mouth, then viola! You have instant glutening.

If your child has an opportunity to go on a hayride, be sure to check if the hay they are using is wheat straw. Yes, even wheat straw on a hay ride can cause a gluten intolerant child to become sick or have a reaction due to the dust of a gluten containing hay. Because your mouth and nose are connected to your digestive tract, if the dust that contains the gluten protein is swallowed, well, you get the picture. There are some safe hays, like alfalfa, that are often used, but you will want to verify this before letting your child ride on any hay rides.

Now onto the candy. Most of us, especially those of us who shop at Life Grocery, are concerned about our children's diet and we don't want them consuming junk food. My personal opinion is that in small quantities, and as an occasional treat, it is

ok. But I will always opt for a healthier choice than most of the candy that is out there. That being said, I still don't want to deprive my child from the experience of parading around in a costume and collecting treats from neighbors. Will I let her eat the candy she collects? Most likely not. So what do I do? Before Halloween, or any other kid-friendly celebration that includes candy, I stock up on safe, gluten free treats, or even better, non-food items that I can trade out with her. Life Grocery offers many wonderful options of safe treats with which to trade out your child's loot. Fresh fruit is a great one, or fruit leathers, Tropical Source candy bars that are clearly labeled gluten free, raisins, Candy Tree's Gluten Free Licorice, St. Claire's Organic Mints, popcorn, and Kinnikinick cookies, just to name a few. Another thing I've found is that kids just love those silly little plastic rings, snakes, and spiders that you can find at just about any store around Halloween. Little trick or treaters love to have toys that they can play with after the candy is gone. So, you can even hand out non-food treats to the children that come to your door. This time of year you can also find Halloween and Fall themed pencils, stickers, and other assorted trinkets.

The bottom line is, don't be afraid to let your child participate in Halloween events just because of their gluten free diet. With just a little preparation your little monsters can have the time of their lives and won't even miss the gluten! Prepare them for being ready to trade out any non-safe treats that they get for the safe ones you provide. If they are going to a Halloween party, just send them with a bag of goodies that they can share with others, as well as enjoy themselves. I always try to find out what the menu is going to be at any party my daughter goes to. Then I just make sure to pack her a lunch box with a comparable gluten free meal. If you are going to have a Halloween party at your house, you can easily make sure that all the goodies you serve are naturally gluten free; your guests won't even know the difference! Have a safe Halloween and enjoy the following recipes!

## Brain Dip

1 whole cauliflower  
your favorite dip  
radishes  
assorted raw vegetables  
gluten free crackers for dipping

1. Cut florets from the top of the cauliflower until you have a cauliflower “bowl.” Remove greens from bottom.
2. Cut stems from radishes, leave the root and remove skin.
3. Using wooden picks and natural food coloring, draw an eyeball on the flat part of the radish (where the top was). The root will look like the optic nerve.
4. Fill cauliflower with dip, garnish with radish “eyes,” and serve with veggies and gluten free crackers.

## Stick ‘Em Up Apples

6 medium craft sticks  
6 apples  
1 c Enjoy Life semi sweet chocolate chips  
1 c peanut butter  
1 T vegetable oil  
1 c chopped peanuts (optional)

1. Insert sticks into tops of apples.
2. Mix chips, peanut butter, and oil in microwave safe bowl or double boiler. Heat until the chips are melted together with the peanut butter, stirring constantly.
3. Dip apples in chocolate, peanut butter mixture.
4. Roll in peanuts, if desired.
5. Place on cookie sheet on wax paper and chill until firm.

*Nisla Whetstone, a Licensed Massage Therapist and a Gluten Free Lifestyle Coach in private practice, can be reached at 770-653-6017 or at nisla@comcast.net. Please check Life Grocery's calendar regularly for Nisla's mini massage days at the store!*

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