

Exercise Tips That Really Work!

By Brian Murray, Founder mPower

It is the beginning of a new year and a good time to start exercising. Unfortunately, by the end of February most people who began the year with good intentions will quit their exercise program because it requires too much time and yields poor results.

The real cost of exercise is time—your valuable time. To stay committed to your exercise program, it needs to produce good results in a small amount of time. This will allow you to be consistent and continue to reap the benefits all year long.

At the beginning of every year, we are presented with the same old time-consuming, inefficient, unproductive, and dangerous exercise tips. This year is going to be different. For great results in minutes a week, here are two exercise tips that really work!

Tip #1 – Get Strong

Every exercise-related health and fitness benefit stems from one thing: stronger muscles. To strengthen your entire body, raise your metabolism, firm up, and increase your energy level, try this quick workout:

Doorknob Squat

Open a door halfway so you can hold both doorknobs lightly with an underhand grip (palms facing up) and arms straight. Position yourself with feet slightly wider than shoulder width apart, knees slightly bent, and your toes even with the edge of the door. This is your starting position. It should feel like you are leaning back or that if you let go of the doorknobs, you would fall backwards (please do not try that).

To begin, pull your toes up slightly and put all the pressure on your heels. Very slowly bend your knees and lower your body, keeping your knees behind your toes and your arms straight at all times. You should descend at a speed of one inch per second, until your thighs are parallel to the floor. Pause at this point for one second, and then slowly begin your ascent, taking approximately three seconds to move up through the first inch. *Remember to keep the pressure on your heels at all times and use your arms only for balance and not to pull yourself up.* Continue your ascent at a pace of one inch per second, until you feel the exercise becoming easy for your muscles. At this point, immediately, but slowly, change direction and descend again. Continue to perform repetitions until you can no longer rise from the squat position.

During each repetition, remember to breathe freely and never hold your breath. This exercise will strengthen all the major muscles in your lower body, especially the buttocks.

Pushup

Fold up a towel and place it on the floor. Kneel on the towel then place your hands, shoulder width apart, on the floor in front of you in line with your armpits. Hold your body weight steady in the start position with elbows locked straight and your back straight at all times. You can either rest your feet lightly on the floor or slightly elevate them. Keep your chin tucked in, as if holding a tennis ball between your chin and chest. This posture will keep your neck in a neutral position.

To begin, slowly bend your elbows and take three seconds to move down through the first inch. Continue your descent at a rate of one inch per second until your forehead is approximately three or four inches off the floor. (It may be helpful to place a book or two on the floor to prevent your head from going too low.) At this point, immediately, but slowly, change direction taking three seconds to move up through the first inch. Continue your ascent until the elbows are nearly straight, but not completely locked; then slowly change direction again. Continue repetitions until you can no longer push yourself back up.

If you have difficulty trying to push yourself back up even one time, try lowering yourself, as slowly as possible, until you reach the bottom. At this point, rock back onto your knees, then get back into the pushup position and lower yourself again. Once you can lower yourself eight times in ten seconds, you are probably strong enough to do one full repetition.

This brief exercise routine will strengthen all the major muscle groups in your body. It should be performed no more than two times per week. Do not make the mistake of trying to do more. More exercise is never better. Your body becomes stronger while you are resting, so give it what it wants.

If you find yourself able to complete more than eight repetitions of each exercise, purchase the X Vest [available online at www.thexvest.com], which is an adjustable weighted vest. This will give you the ability to progressively overload your muscles and continue your physical fitness improvement.

Tip #2 – Can the Cardio

You might ask, “But don’t I need cardio to keep my heart strong?” It is important to understand that the heart is an involuntary muscle that you have no control over. In addition, physical training cannot give the heart a capability that it doesn’t already have. Exercise does absolutely nothing to strengthen the heart. Cardio can actually be dangerous. Repetitive movement, whether it be high or low impact, is forceful; that force accumulates

to damage joints. If your exercise program leads to injury, what good is it? Exercise should prevent injury, not cause it.

Cardio activity is not efficient enough to strengthen muscles significantly. In fact, regular cardio training will stimulate the body to cannibalize its own muscle tissue. It is physiologically impossible to lose muscle tissue while becoming more physically fit at the same time.

Follow these tips for more strength and vitality. Enjoy the New Year.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. For more information, visit www.strengthforlife.net or call 404.459.0270.

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The Art of Being Healthy

By Michael A. Scimeca, D.C.

Walking through the aisles of Life Grocery takes us on a wondrous journey of good health. We find helpful products to apply directly onto the body and a plethora of foods and supplements to ingest into the body. With such a large array of choices, how do we determine what is right for us? Thus begins the lifelong process of developing the art of being healthy.

Let us take an investigative look at the fundamental variables making up good health. Our most important factor for good health is choosing our grandparents carefully. As crazy as that sounds, the code that holds all the information needed to make and control every cell within a living organism is within our DNA, our, get this, deoxyribonucleic acid.

Although genetics play a significant role in determining our potential for good health, it does not come close to explaining the whole picture. Epidemiology, another insanely large word, is the scientific study of factors affecting health. In epidemiology, environmental factors are those determinants of dis-ease (a loss of health) not transmitted genetically. By looking closely at environmental factors, we find the most notorious toxin known to abate health and create havoc with our quality of life is stress.

If walking down the aisles of Life Grocery results in stress, how healthy could it be? To manufacture a stress-free environment, however, seems more like a fanciful notion, especially considering how important the proper amount of stress is to the ever-developing brain. The key to good health when shopping, therefore, is sifting through the stress to purchase the right brand and amount of health, in addition to buying organic.

My first suggestion is to start down the aisles of smiles—the healthiest sections of the store. Look for employees and customers who are either shopping for smiles or are looking to give some away for free. Of course, smiling has also become associated with being crazy so being cautious about people who smile at seemingly every opportunity is probably a good indicator for taking cover.

Next, bring an ample amount of money. The entire business world thrives on the flaky green stuff, which interestingly enough looks nothing like the green we see on a plant or vegetable. Just compare a dollar bill to broccoli and see which holds a greater value. Of course, for an accurate comparison, go organic! After having the spiritual awakening that the health of the economy is far more important than the health of the individual, take your green-with-envy smile to the check out counter and get really healthy.

Going into the wallet is the greatest art form. Finding the funds necessary to put the highest quality food into “a body that truly deserves it” may require a miracle of biblical proportions. The story of feeding everyone from a single loaf of bread comes to mind during times of checking out. Did you ever wonder why they call it checking out when you pay? They probably call it checking out because if we remain conscious at the time, we would drive ourselves completely mad. The last mindful thing we do before “checking out” is hand over our membership number to get the greatest gift of all: our total, the sum of shopping for health.

Something magical happens when returning to the car to “bring health home,” both figuratively and metaphorically. We remember to have a good sense of humor for our many blessings. For me, it is the music I blast while I munch on all the “health food” that never sees the light of day in my house, which brings me to an even greater reason to smile: monthly bills that make eating healthy look affordable!

I truly do not know how my grandparents did it. These genes—they seem to get tighter as I get older. Perhaps mastering the art of living healthy is finding a way to fit comfortably into these genes!

Dr. Michael A. Scimeca, a chiropractor practicing in Roswell and Marietta, is founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body and the owner of Coaching4Peace.com. Contact him at 770-992-8220.

Weight Loss with PCX

PGX or PolyGlyxopleX is a revolutionary fiber complex originally developed at the University of Toronto. It has received intense scientific development at Natural Factors under the direction of Dr. Michael Lyon and research scientist Chuck Chang. It is a key ingredient in Natural Factors' SlimStyles products, including the new Styx.

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Recently, The New York Times Bestseller, *Ultra Metabolism*, by Mark Hyman, M.D. mentions the benefits of PGX (PolyGlycopleX). On page 327, it states that PGX is a “special superfiber that is very viscous and soaks up fat, sugar, and water in the gut and reduces the overall glycemic load of

any meal you eat. I have found this a uniquely powerful, safe way to promote weight loss, as well as lower blood sugar and cholesterol in many patients. Take two to four capsules before every meal.”

The book has received numerous positive reviews, such as:

“Dr. Hyman, an expert on healing, shares his secrets to harvesting your body's potential for weight loss. Reading this compelling book is the next best thing to entering a cutting-edge health program.” Mehmet C. Oz, M.D., New York Times #1 Bestseller You: The Owner's Manual and regular guest on the Oprah Winfrey Show.

The Styx are easy to use. You can add them to your favorite drink, or sprinkle on salads or other dishes. SlimStyles products are available in the supplement department at Life Grocery.

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

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Hiatal Hernia, Indigestion, Heartburn, Acid Reflux, and Gerd

By Dr. Joe Esposito

The biggest and strongest muscle in your body is not the heart or the legs; it is your diaphragm, the muscle that separates the chest from the abdomen. It is not a muscle that you think about much, unless you have trouble with it. Diagnosing a diaphragm strain or spasm is almost never done; if we could find a quick, simple way to evaluate the diaphragm for normal function, we could avoid many unnecessary treatments based on improper diagnoses, as well as save huge amounts of money needlessly spent on unnecessary drugs.

Many people carry around the damage and symptoms from a strained diaphragm for many years—some carry it around for a lifetime! It is estimated that over half of all Americans over age 60 suffer from hiatal hernias, a condition in which the diaphragm is strained and the stomach pushes up through the diaphragm.

Normal Hiatal Hernia

Many of these folks not only have stomach and reflux problems, but symptoms of heart and related circulatory problems as well, all of which are caused by weakness of the diaphragm. The danger of misdiagnosing a hiatal hernia or diaphragm strain is that these folks are often treated with dangerous drugs for suspected stomach, heart, and circulatory problems.

If properly diagnosed, these problems could be corrected by simply stretching the diaphragm back to its normal position, freeing the stomach from its trapped position in the diaphragm. This would allow normal breathing, as well as normal stomach function. The entire diagnosis and treatment takes less than two minutes. Even those who have had a scope put down into their stomach and the condition is not found, should still have the condition evaluated by someone who is aware of this technique. It is oftentimes missed by ordinary medical procedures.

A diaphragm strain or hiatal hernia cannot only cause the symptoms mentioned above, but can also cause acid reflux, sometimes called GERD (gastro esophageal reflux disease). This is traditionally treated with medications to reduce the body's production of stomach acids. This might give temporary relief, however the body needs stomach acid to digest food. The brain senses that there is not enough stomach acid to digest food properly, so it sends a message to the brain to produce more stomach acid, thus making the problem worse in the end. It also means that if the food is not digested properly, it will stay in the stomach longer, in an attempt to digest the food better. If food stays in the stomach too long, it will begin to putrefy, which can cause this "rotten" food to reflux back up the esophagus in an attempt by the body to get rid of this "rotten" food. If food does not break down properly, it can stay in the digestive tract too long and produce excessive amounts of gas, as well as constipation and bloating.

If the food is not broken down properly in the stomach, it can pass on to the small intestine in a partially digested state. If the stomach does not do its job in breaking down proteins small enough, and these relatively big pieces of protein pass into the small intestine, the small intestine has a tough time trying to break them into smaller components. Two things can happen at this point. Some of the bigger chunks of protein can be absorbed into the body. The body does not recognize these bigger pieces of protein, so it sends out the immune system cells to attack it and get it out of the body. This can cause what is known as an allergic reaction. Symptoms may include sinus inflammation and runny nose, swelling, hives, rashes, other skin conditions,

headaches, watery eyes and digestive problems such as diarrhea.

The other condition that is common involves some of the protein being broken down properly, however not enough is broken down to meet the body's requirements. The amino acids that are broken down from the proteins are utilized by the muscular system first. If there are any left, the amino acids are sent to other parts of the body where they are needed for vital functions. The last place to get any "left over" amino acids is the higher cortical functions, the brain.

The brain needs these amino acids, when they bind with certain B vitamins, to produce neurotransmitters. Different neurotransmitters have different functions. For example, when tryptophan binds with certain B vitamins, it produces serotonin. Serotonin helps you to relax and focus. Other amino acids are the building blocks for other neurotransmitters. That being said, if we look at folks who have emotional disorders, for example ADD, ADHD, bi-polar, anxiety, or depression, many times they will have excessive amounts of stinky gas, bloating, belching, and are oftentimes ticklish, especially on the sides of their ribs. (This is the body's defense mechanism. The body is protecting the digestive system, which is in distress. If you "attack" the area of the digestive system, the body protects itself by creating the sensation of being ticklish so that the person pulls away and does not allow the "attacker" to get any closer to the digestive system.)

Trying to fix the brain only treats the symptoms. The cause is often in the digestive system. Fix the cause and the symptoms go away. Poor diet is also a big issue, but for the purposes of this article, we will assume that (1) you eat a good diet consisting of fruit, veggies, certain whole grains (not to include wheat, which is not easily digested), nuts, and seeds and (2) you avoid alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners.

What to do for Digestive Problems, Especially Strained Diaphragm and Hiatal Hernia

If you eliminate the mechanical problem and follow the dietary and nutritional information available on my website, drjoesposito.com, you will be performing a priceless service for your entire body. Instead of making yourself permanently sick with antacids, you will allow for proper digestion and assimilation of nutrients, thereby providing your body with its priceless source of energy and life.

While the dietary changes are absolutely necessary when it comes to indigestion, the reason so many doctors and patients fail to manage this problem is that the mechanics of the stomach are overlooked. So keep this in mind. Even if your doctor tells you that you do not have a hiatal hernia or any problem in your diaphragm, perform the test I'm about to recommend anyway. It is diagnostic and no matter what your test results say (including x-rays and scope tests of the GI tract), treatment is needed when the diagnosis from the following test is positive.

Diagnosis and Treatment

Whether you want to test yourself or someone else, try this treatment with the help of a partner. You will need a watch or a clock with a second hand. For this explanation, your partner will be the patient. Reverse roles if you want to be the patient. Have your partner stand against a wall or lay on their back with their head and shoulders supported by a pillow. Have them hold their breath for as long as they can. Record the time in

seconds. Now place your hand on the upper abdomen just slightly to the left of the "V" formed by the breastbone and the ribs.

Use a steady, heavy, inward, and downward pressure for ten to fifteen seconds while the patient relaxes and breathes normally. Repeat this three to four times. Now test your partner's breath holding time again. If the breath holding time increases by 50% or more, this is diagnostic of hiatal hernia or a mechanical problem with the stomach or diaphragm.

This procedure is used to diagnose this condition as well as correct it. You might have to do it several times, but you should notice a positive change after just a few times. I would suggest doing this every day for one week, then three times a week for four weeks, then two times a week for four weeks. Always make sure you are not pushing on the person's ribs or rib ends. Ribs are not the strongest bones in the body and they can snap, especially if the person is elderly or has osteoporosis. If you feel uncomfortable doing this or if you have any question whatsoever, it would be best to have this procedure done by a trained professional. I would suggest you find a chiropractor that knows how to perform this technique and have him or her guide you through it.

Progressive health care practitioners are starting to get back to basics. They are returning to their roots and using the techniques that have been time tested. This technique and other hands-on therapies are becoming more common. Every day our bodies are subjected to physical, chemical, emotional, and environmental stresses, bumps, and bruises. This battering can cause bones and muscles to be forced out of their proper position. The body can correct many of these misalignments, but sometimes it needs outside help. This is when you need the help of a qualified chiropractor. Too often, pain and organ malfunctions are treated with dangerous drugs and surgeries that, in many cases, do more harm than good. The drugs often only treat the symptoms and allow the cause to fester. This is not to say all drugs are bad, but I feel that in all but emergency cases, chiropractic should be used first, drugs second, and surgery last.

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. This information is an excerpt from Dr. Joe's award winning book, Eating Right . . . For the Health of It! available in the Life Grocery book section at a 20% discount. Contact him at 770-427-7387 for further information.

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What's In Water?

By Kim Strickland

Are you concerned about the water you drink? There are so many types of water available. Is one really better for you than the others are? You will have to make that decision, but here is some information to help you.

Why should you drink water? Your body is about 60-70% water. It is in your blood, your muscles, your brain . . . and it needs to be replenished regularly. One of the main activities of the body's self-healing system is filtration of the blood, a job performed mostly by the kidneys with a little help from the mechanism of perspiration. Kidneys are extremely efficient and miraculous filters. With the heart, blood, and kidneys acting together as a single unit they continuously cleanse and purify themselves. They remove metabolic toxic wastes and the byproducts of harmful substances that get into our bodies. The body can only operate efficiently if the amount of water flowing through this system is great enough to carry away waste matter. Try to drink six to eight glasses of quality water, either plain or as herbal tea, per day.

The two main concerns in tap water are chlorine and lead. Chlorine will dissipate into the air if you allow tap water to stand uncovered for several hours. When you use the tap water from the sink after a significant period of inactivity, run the water for about three minutes before using it so you can flush out the water that has collected in the pipes. Always use cold water for consumption purposes, even if you are going to boil it for cooking or tea. Hot water leaches out impurities.

You may decide you want to get a water purifier for your house. Prior to buying one, do your homework since they vary greatly. Most of them rely on activated carbon filters that are attached under the sink or on the tap. Contaminant molecules stick to the large surface area of the carbon. This will remove chlorine, toxic organic molecules, bad tastes and colors, but will not remove heavy metals or mineral contaminants. Activated carbon filters are fast and effective. A very important concern is to find out how often the filter needs to be changed, otherwise you will be drinking contaminated water. A drawback is that bacteria can grow on the organic contaminants. Silver-carbon units inhibit bacterial growth, however they are more expensive, and you may be exposed to unhealthy amounts of silver.

Does your drinking water contain added fluoride? If so, keep it away from infants under the age of one. This directive was issued recently by an unlikely source: the American Dental Association (ADA). In a November 9 email alert sent to all of its members, the ADA noted, "Infants less than one year old may be getting more than the optimal amount of fluoride if their primary source of nutrition is powdered or liquid infant formula mixed with water containing fluoride." The ADA went on to advise: "If using a product that needs to be reconstituted, parents and caregivers should consider using water that has no or low levels of fluoride."

Bottled drinking water is a highly regulated industry. Bottled drinking water must meet established quality standards which are based on the maximum contaminant levels set under the EPA's Safe Drinking Water Act. Because bottled water is considered a "food," by the U.S. Food and Drug Administration (FDA), its production is required to meet established criteria for sanitation and quality control. From a regulatory standpoint, the FDA describes bottled water as water that (1) is intended for human consumption and (2) is sealed in bottles or other containers with no added ingredients, except for a safe and suitable antimicrobial agent. Fluoride may also be added within the limits set by the FDA. All bottled water,

including mineral water, must be processed and packaged in accordance with the FDA *Good Manufacturing Practices* (GMPs), as well as any other regulations prescribed by local governments or country of origin.

You may be able to discern a plastic taste from water that is sold in soft plastic bottles. This is because plastic molecules leach into the water. When possible avoid drinking water from this type of container. If you are going to purchase water from outside your home then either glass containers or hard plastic containers are recommended. You may purchase five-gallon containers and then refill them at health food stores or at most grocery stores. (Life Grocery sells refills for 39¢ per gallon.) There are water companies that will deliver water directly to you.

Types of Water

Artesian Well Water: Water from a well that taps an aquifer—layers of porous rock, sand, and earth that contain water—which is under pressure from surrounding upper layers of rock or clay. When tapped, the pressure in the aquifer, commonly called artesian pressure, pushes the water above the level of the aquifer, sometimes to the surface. Other means may be used to help bring the water to the surface. According to the EPA, water from artesian aquifers often is more pure because the confining layers of rock and clay impede the movement of contamination. However, despite the claims of some bottlers, there is no guarantee that artesian waters are any cleaner than ground water from an unconfined aquifer, the EPA says.

Drinking Water: Bottled water obtained from an approved source that has, at minimum, undergone treatment consisting of filtration processes, such as activated carbon and/or particulate, and has been treated with ozone or an equivalent disinfection process.

Mineral Water: Bottled water coming from an approved source tapped at one or more boreholes or natural springs, originating from a geologically and physically protected underground water source. Mineral water shall be clearly distinguishable from other types of water by its specific content of minerals and trace elements, which in the original state at the point of emergence remain constant. The total dissolved solids (TDS) of natural mineral water shall appear on a label of the bottle and be stated in milligrams per liter. Mineral water shall meet the requirements of natural water. Minerals and trace elements must come from the source of the underground water. They cannot be added later.

Natural Water: Bottled spring, mineral, artesian well, or well water which is derived from an underground formation and is not derived from a municipal or public water supply. The water has not been modified by blending with water of another type or by the addition or deletion of dissolved solids, except as it relates to ozonation or equivalent disinfection and filtration.

Spring Water: Bottled water derived from an underground formation from which water flows naturally to the surface of the earth. Spring water meets the requirements of natural water.

Well Water: Bottled water from a hole bored, drilled, or otherwise constructed in the ground that taps the water of an aquifer. Well water meets the requirements of natural water.

Purified Water: Bottled water produced by distillation, deionization, reverse osmosis, or other suitable process that meets the definition of purified water in the United States Pharmacopoeia.

Methods to Purify Water

Distillation: Distilled water has had virtually all of its impurities, as well as electrolytes, removed through distillation. Water is vaporized, and then condensed, leaving the water free of dissolved minerals.

Deionization: Water is passed through resins, which remove most of the dissolved minerals. Deionized water lacks ions such as cations from sodium, calcium, iron, and copper as well as anions like chloride and bromide. It may still contain non-ionic types of impurities, such as organic compounds. It is produced utilizing an ion exchange process in which ions are exchanged between a solution and an ion exchanger in the form of insoluble solid or gel. Typical ion exchangers are ion exchange resins such as zeolite, montmorillonite, clay, and humus. Ion exchangers are either for positively charged cations or for negatively charged anions. Ion exchange is a reversible process and the ion exchanger can be regenerated or loaded by washing with an excess of the ions to be exchanged. Ion exchange is a method widely used in household and industrial water purifications to produce soft water.

Resources:

www.howstuffworks.com

Weil, Andrew, M.D. *Natural Health, Natural Medicine*. 1995 Houghton Mifflin Company.

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Outer Cleansing

By Linda Townsend

Proponents for alternative health often talk about inner cleansing, such as colon cleanses, liver-gall bladder flushes, and fasts. I believe such things are very beneficial, particularly after holiday feasting. However, after doing research on the chemical body burden, I began to think more and more about the chemicals we absorb through the skin. I, personally, had used liquid castile soaps for many years, but it really was not until recently that I began to appreciate the beneficial differences between real soap and the commercial soaps, which are actually synthetic detergents.

Many commercial soaps are made from petroleum distillates and remove the natural occurring glycerin, a humectant that attracts moisture. This creates a skin drying detergent. (Did you know that the extracted glycerin is then sold to manufacturers of lotions and creams, which are almost necessary after bathing with commercial soaps?)

Although the term "glycerin soap" typically refers to clear soaps, technically all soaps that do not have the glycerin harvested out are glycerin rich. The benefit is that skin washed with this soap is left with a thin layer of glycerin, which draws moisture to the skin and leaves skin with a wonderful feel that is not greasy or oily.

Hot processed soaps can produce clear soap (otherwise known as glycerin soap), but cold process is the most popular among soap makers of yesteryears and today. Cold process soaps are made using lye, animal fats, and/or vegetable oils, and water forming a chemical reaction called saponification. The natural emollients in the fats and oils are retained. In fact, some soaps are super fatted by adding emollients such as jojoba oil or shea butter after most of the oils have saponified. Essential oils can be added as well as natural coloring and other ingredients, like bits of oatmeal and herbs, for added appeal and therapeutic values.

There was a time I mistakenly thought that all castile soaps were liquid, but they can be bar soaps too. Soap that is made without animal fat and exclusively with vegetable oils is castile soap. The most commonly used oils are olive, coconut, almond, hemp, and jojoba. Castile soaps have a very high alkalinity, usually around 9 pH, and therefore are not recommended for hair, as hair typically needs between 5 to 6 pH.

This past year I tried different soaps, mostly liquid soaps for convenience, but recently I developed a new fascination with bar soaps. Although bar soaps are known to be messier to deal with than liquids, I am now

convinced that the little bit of extra care that is required of a cold processed bar of castile soap is worth the benefits. I like how well they lather; they leave the skin moisturized and have a wonderful scent. Now that I have found just the right soap for my skin type, I have not had to use lotion after a shower even once this winter! As an added bonus, a fresh bar of soap can scent the entire bathroom as well as a candle. So, guess what I gave my friends and family as gifts this past holiday?

If you are taking care of your body from the inside out, by eating organic foods and taking supplements and maybe doing a cleanse or two, but you are still using those synthetic detergents on your skin, perhaps you should take a look at the wonderful selection of natural and organic soaps, bathing salts, shampoos, and lotions available at Life Grocery. Experiment with different kinds until you find the ones that work best for you, because whatever you use is not just cleansing and conditioning your skin, it is also being absorbed into your body.

Linda Townsend of BioHarmonics Research can be contacted at ceisa@bellsouth.net.

New Products

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- Organic Under Age
- Organic Eyewitness

Become Toxic Free and Thrive

By Dr. Brenda Cobb

Toxicity is one of the top reasons people get sick. Toxicity comes in many forms. Some of the culprits are poor air and water, toxins in food and drugs, toxic thoughts, toxic emotions, and toxic relationships.

When was the last time you took a good look at your health, not just by going to the doctor, but also by getting in touch with how you truly feel? It is empowering to monitor your own health and become familiar with your body so you can determine if something is out of balance and needs correcting. Become your own doctor and you will be ahead of the game.

When people wait until they are really sick and then go to the doctor to find out what is wrong with them, many times they are in shock to learn they have a serious disease. If instead, a person learns to listen to and feel what the body is trying to tell them they could avoid serious diseases.

A toxic body is giving out symptoms all the time. Fatigue and headaches are signs of toxicity. Painful joints and aches are signs of toxicity. Skin rashes and itching are signs of toxicity. Stop and listen to what your body is telling you and then take the steps to clean out and clean up.

Drugs are very toxic to the body and can interfere with the body's own ability to heal itself. It is easy to reach for a drug to alleviate a symptom, but every drug you have ever taken is stored somewhere in your body. Taking drugs can be dangerous. They each have long lists of potential side effects, some of which can even result in death. Television ads make drugs look glamorous with great looking people doing fun things, but that is just advertising. When you consider the potential dangers of a drug, you might ask yourself if it will cure you or kill you.

Take this toxicity test and see how you rate. If you have one or more of these symptoms, you are toxic.

- Low Energy
- Constipation
- Poor Skin
- Itching
- Depression
- Mood Swings
- Poor Digestion
- Heartburn
- Acid reflux
- Indigestion
- Headaches
- Bad Breath
- Allergies
- Impotence
- Hot Flashes
- Insomnia
- Coated Tongue
- Backache
- Obesity
- Infertility
- Arthritis
- Colitis
- Irritable bowel
- Dark circles under your eyes

These are just some of the many problems that could be bothering you that are all linked to toxicity. Get

busy detoxifying your body so you can experience the great health you deserve.

To rid the body of toxins eat more organic raw and living foods, especially dark green leafy vegetables like kale, turnips, and collards. Eat lots of living sprouts like sunflower sprouts, buckwheat sprouts, and broccoli sprouts. Drink lots of pure filtered water everyday, at least one ounce for every two pounds you weigh. Eat celery for lots of minerals and apples, which contain pectin, to bind and pull out the radioactive particles in your body.

Clean out your colon with enemas and colonics and put back high quality probiotics. This will help you get rid of Candida yeast, worms, and parasites. Change the way you think to positive, loving thoughts and work on healing the emotional stuff that is buried deep inside. Get rid of toxic relationships and toxic jobs that hold you back. Do not be afraid to change. Change is good and positive especially when it comes to getting rid of toxicity.

Make this New Year the best you have ever had by focusing on your health and well-being. Good health makes everything better.

Detox Juice

- 1 bunch kale
- 1 bunch celery
- 6 apples

Juice the kale, celery, and apples and drink throughout the day. For every one glass of juice also drink one glass of pure filtered water. This will help you detox fast!

Detox Smoothie

- 2 cups kale
- 2 apples
- 4 stalks celery
- 1 cup sunflower sprouts
- 1 cup buckwheat sprouts
- 2 cups pure filtered water

Blend all ingredients in the Vita-Mix into a smoothie and drink throughout the day.

Brenda Cobb is the Director of the Living Foods Institute where she teaches classes in the Living Foods Lifestyle. For more information visit www.Livingfoodsinstitute.com or call 404-524-4488.

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Which Type of Prevention is Best? – part 2 Classifieds

By Don Bennett

In the previous issue of *The Life Line*, we looked at the different ways prevention is viewed today as it relates to your health. You can try preventing a disease by taking pills that claim “May help to prevent xyz.” On the other hand, you can prevent a disease by not doing the things that cause it in the first place and by doing the things your body needs to give it the best chance of avoiding the development of a disease to the point where you get a diagnosis. In my opinion, the latter gives you the best odds of living a disease-free life.

Now as promised in part one, we will explore some of the preventative steps you can take that can positively impact your health. The item that gets the most attention is diet. As important as it is, diet is not the most important thing in the prevention of disease; we will talk about what *is* the most important thing in a moment. However, as far as diet goes, eating less processed food and eating more natural, fresh, uncooked, ripe, delicious fruits and green leafy vegetables goes a long way towards helping you avoid the many serious diseases of our modern times. Many organizations say this exact same thing, but as our mainstream media is not the best purveyor of truly helpful health information, you’re not likely to hear this message unless it’s courtesy of an ad from the American Fruit Growers Association . . . and their budget isn’t anything like the American Meat Council’s, Kraft’s, Hershey’s, McDonald’s, etc.

Next comes another *basic of health*, which is physical activity. The human body is designed to be active, but our modern society is full of ways to make life easier and more convenient. The problem is, when we help ourselves to an escalator or elevator rather than taking the stairs, we are helping our body age prematurely. When we park as close as we can to the mall entrance instead of far enough away to require a good walk, we are passing up an opportunity to give our lymphatic system a workout, and that increases our risk of cancer. So look for opportunities to be active. Make time to take

vigorous walks and do some simple push-ups and pull-ups; being strong now is an excellent investment in your future health.

Other important *basics of health* revolve around the word “enough.” They include getting enough sunshine on your bare skin to create the vitamin D you need, enough deep, restorative sleep to help your body stay ahead of developing disease, enough water so you’re properly hydrated, enough stress management and laughter so your immune system isn’t depressed, enough toxin avoidance to keep damaged cells down to a dull roar so they don’t get ahead of the body’s ability to deal with them, and enough education so you’ll know when you’re not doing enough of the above.

This brings me to the most important thing of all . . . more important than diet, more important than exercise, more important than any one aspect of health. That being that you pay EQUAL attention to ALL the aforementioned *basics of health*. Focusing on one or two and not paying enough attention to the others is a sure fire way to hurt your odds of being vibrantly healthy. All of the above healthy lifestyle practices are equally important and demand your equal attention if you are to have the BEST odds of avoiding degenerative disease.

Obviously, the limited space available here does not allow me to expand on any of the above, but in Life Grocery’s book department, there sits a paperback that does just that. I urge you to examine it to see if it is something that can help you have the best chance of living a long and healthy life.

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 in the book department at Life Grocery or online at health101.org/book..

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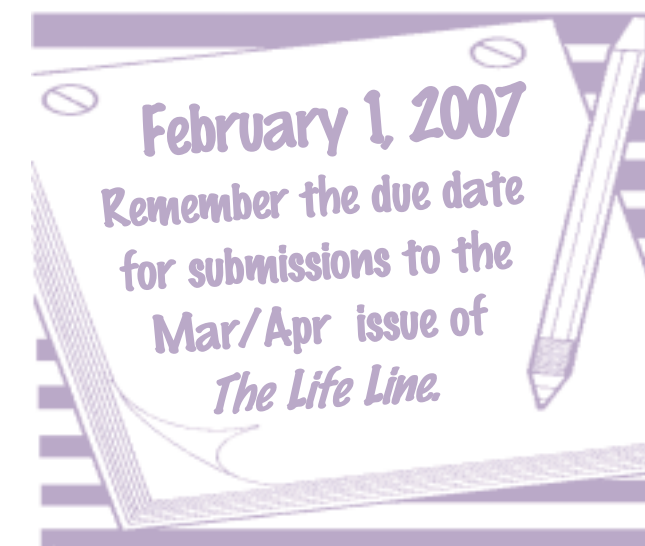
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How Did You Lose All That Weight?

By Nisla C. Whetstone, L.M.T., Gluten Free Lifestyle Coach, and Amateur Chef

“But I’m going to get fat eating all this gluten free stuff!” Someone said this to me the other day, and I said, “Yeah sure you will if you stick to eating all the gluten free breads, pastas, donuts, cookies, pretzels, crackers, cakes, and on and on.” The truth is that any diet that relies heavily on processed foods has the potential for packing on unwanted pounds. For many people with Celiac disease (an autoimmune disorder caused by the body’s inability to process the protein gluten found in wheat, barley, and rye) they are often underweight to start out with so it does not hurt to eat high calorie, high fat, and processed gluten free substitute products at first, that is until they get their weight stabilized. Many other people with Celiac started out overweight to begin with, and while the gluten free substitute products can be a healthy part of a balanced diet, no one should rely solely on processed food for their nutritional needs.

Even if you do not have Celiac disease, but are on a gluten free diet for other reasons, weight is usually an issue with most people. Whether you need to gain or lose weight, or you are just afraid of putting on unwanted pounds, I generally like to recommend that you stick to a diet of foods that are naturally gluten free. Foods like fresh fruits and vegetables, nuts and seeds, alternative grains and starches like rice, potatoes, quinoa, teff, millet, buckwheat and tapioca, organic meats (if you eat meat), and organic cheeses (if you can tolerate dairy).

Before my Celiac Disease diagnosis almost four years ago, I weighed 260 pounds and was wearing plus size clothing. I have now lost 110 pounds and am still going. Over the past few years I have had many people ask me how I have managed to lose the weight and they want to know my secret. My secret is sticking to a diet of naturally gluten free food. Sure, I eat the substitute products; I absolutely love Ener-G’s Light Tapioca bread, but it is not a staple of my diet. I allow myself treats occasionally so that I do not feel deprived, but mainly my diet consists of “clean” meats, fruits and vegetables, rice and potatoes, and cheese. Pretty basic, but I use spices to flavor my food and lots of garlic because I just love it. I do love to cook and bake and it sure is tempting to eat a whole batch of cookies in one sitting, but honestly, I cannot do it anymore! By eating this way, my appetite has shrunk and I have found that I can be satisfied with smaller portions than the average American usually consumes.

You do not have to “get fat” from eating gluten free goodies, just do not rely on them as your main source of food. Find a balance that works for you. My motto has become “everything in moderation” (except for gluten of course! I have a zero tolerance policy on gluten). You will have more success getting to, and maintaining, a healthy weight if you do not feel deprived. Here are some recipes that are easy, great tasting, and naturally gluten free! As a reminder, be sure to use organic ingredients whenever possible.

Sweet Grapefruit

1 grapefruit
1 t cane sugar (or stevia)

- Cut the grapefruit in half, using your knife to separate the flesh from the pulp.
- Sprinkle the sugar on the grapefruit and enjoy with a spoon.

This is very good for breakfast; grapefruit is great for stimulating weight loss.

Baked Lemon Chicken

1-2 pounds chicken breasts or tenders
1 T olive oil
1-2 cloves garlic, minced
¼ t parsley
¼ t sage
¼ t oregano
¼ t salt
¼ t pepper
1 lemon, sliced
1 t lemon juice

- Place cleaned chicken in baking dish, cover with the olive oil, garlic, parsley, sage, oregano, salt, pepper, and lemon juice.
- Bake uncovered at 350° for 20 minutes and remove from oven.
- Turn chicken over, and add more olive oil and seasoning if desired.
- Place lemon slices on top of chicken and bake for another 15-20 minutes until done.
- Serve over steamed rice if desired.

Easy Chicken Vegetable Rice Soup

1 lb of chicken pieces
6-10 small pearl onions or ½ large onion

1 bag frozen mixed vegetables
1 c cooked rice
1-2 t garlic, minced
salt and pepper

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

Easy Steamed Broccoli

1 head of broccoli
water (enough to come up to the bottom of steamer basket)
parsley, sage, oregano, and pepper to taste

special equipment: steamer basket

- Clean broccoli and cut florets off head of broccoli.
- Place florets in steamer basket in saucepan with lid.
- Pour water over broccoli until it comes up to the bottom of the steamer basket.
- Cover with lid and cook on medium-high heat for approximately 15 minutes or until you can stick a fork through the broccoli easily.
- Remove broccoli in the steamer basket, drain water from saucepan and return the broccoli to the pan.
- Sprinkle with spices as desired.

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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