

At Least I Have My Health

By Don Bennett, DAS

This past Thanksgiving, I took part in the annual ritual of giving thanks. One by one, in turn, people announced to those assembled what they were thankful for. Some were thankful for the good fortune they experienced during the year, some gave thanks for a blessed event, and some were thankful to still be in one piece (there had been a lot of severe hurricanes in 2005). But when I heard, "I'm thankful to have my health," something struck me.

After dinner, as people milled around sharing tales of hurricane survival, I heard more than a few times, ". . . but at least we have our health." If I had asked these people how they know they're in good health, some of them may have given the question serious thought, and no doubt, some would have looked at me as if I had two heads.

But it raises an important question: When does health fail? Do you lose your standing of "good health" when, during an annual physical, you get a diagnosis of something serious? Maybe technically it is, but for all practical purposes, no. Are you in "good health" up until the point at which you begin to feel "off" enough so that you schedule an appointment with a doctor? It may appear so, and, if indeed, what ails you is an acute (sudden) illness, then the answer may be yes, but the vast majority of disease today is not acute, it is *chronic* (from the Greek word *khronos*, meaning *time*). The majority of disease plaguing our society is *degenerative* disease (and it is, by all definitions, a plague); you degenerate slowly, over

time. So the diagnosis of cancer, for example, may appear suddenly, but it was a long time in forming to get to the point that it was detectable by tests or its symptoms became noticeable by you.

Symptoms come in two flavors: apparent and unapparent. Over the course of 30 years, you may not have consciously noticed a loss of vitality, and if you had, you might simply chalk it up to "getting older." But what if it was a degenerative disease that was responsible for this loss of vim and vigor? Loss of vitality and energy is a symptom of disease and just because it happens over a long period of time doesn't make it any less a symptom.

So although good health can be defined as *the absence of disease*, the absence of noticeable symptoms is not necessarily an indication of good health. Going by today's statistics, and by what science knows of disease progression, the majority of folks who say, "At least I have my health" are a stone's throw away from a diagnosis (or an episode) that will rock their world.

Why do I bring up this issue? I mention it because if you want to be able to say "I have my health" and you want it to be an accurate statement, you need to do more of the things that cause health, and less of the things that cause disease. Now you may have just thought, "I know you can cause disease, but can you *cause* health?" You absolutely can! Health and disease are a continuum; they are two sides of the same coin. Your lifestyle choices and habits dictate where you are on that sliding scale. If

you are all the way to one side of it, the healthy side, does it guarantee that you will live a disease-free life? No, there are no such guarantees. But what it *does* do is give you the absolute *best* odds of avoiding degenerative disease and the needless suffering and premature death that go along with it. It also gives you the best odds of having a vibrant, energetic quality of life (which I feel is more important than *quantity* of life); it gives you the best odds of experiencing your "happiness potential."

Who *wouldn't* want the best odds of being disease-free? One obvious answer is a cigarette smoker who is not honestly trying to quit. Another example is a person who claims they care about their health, but when presented with compelling information that would suggest they are partaking of something that's health-damaging, they dismiss the information out-of-hand because they can't let themselves believe it may be true.

But if you are someone who truly wants the *best* odds of avoiding disease, the *best* odds of feeling great, and the *best* odds of being happy, then take the time to take stock of your lifestyle choices. Don't wait until you get a diagnosis of something serious to start.

Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. Don's lectures explode common misconceptions about food and health. For enlightening and empowering health information, visit www.health101.org.

Thank God For Herbs

By Victor Koenraad, ND

Wow, what would we have if we didn't have herbs? We'd have a lot of hopeless health circumstances! As a matter of fact, few of us would be alive or want to be alive at this moment in time. Every ancient culture has used herbs to stay strong and stay healthy for the entirety of human existence. Every known disease has at one point or another been conquered by the usage of herbs. That is an astonishing statement! Let me repeat, "Every known disease has at one point or another been successfully treated by herbs!" Wow, I'm so impressed

right now I'm inclined to repeat it again, but, I'll spare you . . .

It does require a bit of reflection, however, to understand and grasp the magnitude of this fact. Every single pharmaceutical drug has found its source and origin in herbs, weeds, or plants. Isn't that something? In Naturopathy, we have a very basic base philosophy; *It's all in God's hands*. Well, that just about sums it up.

Some years ago Hippocrates said, "Let food be your medicine, and medicine be your food." That is the basic statement of today's Hippocratic Oath. He also said "Nature is the healer of ALL disease." Another smart man, whose inventions we use on a daily basis, said the following:

Remedies from chemicals will never stand in favorable comparison with the

products of Nature, the living cell of a plant, the final result of the rays of the sun, the mother of all life. When correctly used, herbs promote the elimination of waste matter and poisons from the system by simple, natural means. They support Nature in its fights against disease, while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by suppressing the symptoms.

. . . Thomas Edison

I couldn't have said it better myself!

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Resolutions

Resolutions come and go. Each New Year brings a plethora of stated goals and sharing of dreams and visions. An interesting question comes to mind when considering our ritual of declaring life improvements on a yearly basis: Is a New Year more important than any other approaching new moment?

Each year as we change the calendar, we have lived through four seasons, 12 months, 52 weeks, 365 days, or 525,600 minutes. The moments we face on a yearly basis are even more impressive when considering the number of *now moments* we have available to us—moments impregnated with so much possibility. Meeting a new year often helps us live in a more focused way. By observing the dizzying speeds at which each subsequent year comes and goes, we remember to live a life filled with great presence, with much love and gratitude.

Some of us, however, do not enjoy each approaching New Year, since it reminds us of a life not being fully realized. We see the arrival of 2006 as a reflection of our aging process, of the fact we are not getting any younger. If we become wiser with each passing year, as is our birthright, the resolutions we declare reflect more honesty and wisdom; they become more practical, more real. We

By Michael A. Scimeca, D.C.

actually follow through on manifesting our dreams of a life filled with great majesty.

May the freshness of this new moment be an effective reminder to celebrate well the successes inherent in life, the joys of living, not another year, but another moment. As we promote the celebration of life, we move beyond the opportunity to do better and actually advance—through our existence—a lifestyle of inspirational wellness, a contagious, attractive way of living, of bringing more hope and promise into the world.

Will 2006 become a happy New Year? That depends on the way we spend our moments. Keep in mind, resolutions are like now moments. They do, indeed, come and go so quickly.

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.

Lyme Disease: Getting Our Health Back

By Dean Martens, C.H.

The Problem

Lyme disease was first recognized around 1975, when a mysterious outbreak of juvenile rheumatoid arthritis occurred around Lyme, Connecticut. In 1982, Willy Burgdorfer discovered the causative agent of Lyme disease: a spirochete (spiral-shaped bacteria) from the genus *Borrelia*, subsequently named *Borrelia burgdorferi* (Bb).

As Lyme disease expert Jo Anne Whitaker, M.D. notes, "Lyme disease is called the 'New Great Imitator' because like syphilis (the original 'Great Imitator'), it attacks multiple organ systems and mimics many diseases. Both diseases are caused by spirochetes, which are motile microorganisms. Originally believed to be spread only through bites by the tiny deer tick, it is now known to be potentially spread by many tick species, as well as mosquitoes and fleas." We are now also seeing evidence that an infected person can transmit Lyme disease sexually and an infected mother can pass it on congenitally through birth or from breastfeeding. Other Lyme disease experts, Brian Fallon and Jennifer Niels, stated in 1994 that the most common vector-borne (meaning spread by ticks and insects) infection in the United States is Lyme disease and that it is geographically spreading.

Lifestyle

It is greatly suggested that the Herbs of Light "Taking Responsibility" DVD or VHS be watched or the CD listened to. This educational sharing gives an understanding of the lifestyle that assists the body in cleaning its toxic debris (the terrain that houses the Lyme microorganism), rebuilding our energies, and improving the immune system. Herbs of Light Male or Female Health Assist helps the body accomplish this process greatly.

The author of this paper was bit by a tick and infected with the first stage of Lyme disease. The first stage of this disease creates a "Bull's Eye," or a raised circle on the skin, which are the thirteen different bacteria emitted by this microorganism. This "Bull's Eye" usually stays for seven to fourteen days on the surface of the skin before the bacteria goes systemic into the blood stream. It then begins the proliferation of problems within different tissues throughout the body.

Oxy Jojoba Skin Salve was applied within 48 hours after the bite, and within the next 36 hours the "Bull's Eye" disappeared as the bacteria was destroyed. This salve should be put on the area of the bite as long as the "Bull's Eye" is still visible. The sooner it is applied after

initial infection, the better chance one has of preventing the bacteria from going internally within the blood and tissues. A scab formed after each time the Oxy was applied; it was scraped off at the time of the next application. This process should be followed a minimum of three to four times a day for medicinal efficacy. On the seventh day of salve application, the remains of the actual tick came out of the body.

Lyme's Defense Herbal Blends

A blend of cat's claw, barberry root, cordyceps mushroom, olive leaf, and propolis assists greatly in the proliferation of lymphocytes and other immune system support while providing safe and significant anti-microbial effects. The natural compounds of cat's claw act as an anti-inflammatory while also providing direct anti-microbial affects. Recent research with the cordyceps mushroom has shown its ability in building energy, stamina, and endurance so that it can assist with those who suffer from Lyme disease. Mairishitake herbal blend comprised of maitake, reishi and shiitake mushrooms assist in topping off the T Cell formation for added immune assistance.

Testing and Diagnosis

Existing blood tests have not been accurate in their results until recently. Bowen Labs from Palm Harbor, Florida, now have a test called the Q-RIBB blood test that is very accurate. Their website is www.bowen.org or they can be reached by phone at 727-937-9077. Dr. Charles Campbell, Ph.D., Iri, CNC, a much respected practitioner who specializes in Lyme Disease, can be reached at 864-833-4372. Dr. Campbell was an essential collaborator with this herbal protocol.

Note: It is recommended that the book, *Flooding Your Body With Oxygen*, by Ed McCabe, be a considered reading.

Dean Martens, C.H., founded Herbs of Light, Inc. to assist people with Whole Food, GMO-Free, "Living" herbal extracts and blends. His studies which included Barbara Brennan, Bioenergetic Physicist, and the Hippocratic writings, allowed his understanding of the true living food which is our medicine. His ultimate understanding of health assisted him to receive all of his health back from scientifically incurable diseases. This information is available on the "Taking Responsibility" DVD/Video/CD.

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Monday-Saturday	9 am-8 pm	11 am-7:30 pm
Sunday	11 am-6 pm	12-5 pm

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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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The Unexpected Side Effect of The Gluten Free Diet

A Diet To Grow On

By Dr. Joe Esposito

As plant-based diets become more popular, the public is rapidly becoming aware of the dangers of eating animal products such as meat, dairy, eggs, and their by-products. There are plenty of terrifying tales about what goes into the raising and processing of livestock and poultry. I will not ruin your appetite now, since that would defeat my purpose here, but suffice it to say that steroids, chemicals, hormones, antibiotics, and tranquilizers commonly used in raising beef and poultry have found their way onto dinner plates across the country. Many people consider the way animals are raised and slaughtered inhumane. It is not so important as to why you stop eating flesh; it is important that you do.

The emergence and growth of products such as free range chicken and chemical-free beef reflects both Americans' growing awareness of these new dangers, as well as a demand for healthy substitutes. However, even those "healthy" substitutes do not digest well and can cause a number of serious and deadly health problems.

People everywhere are choosing to fill their dinner plates with vegetarian foods instead of the traditional elements of the food chain. Yet some health practitioners

still feel that this healthy lifestyle is unsafe or unwise for children. Yet, it would seem logical that children, whose immune systems are generally not as strong as adults, would benefit from a non-animal product containing diet.

According to the American Dietetic Association, "Infants, children, and adolescents who consume well balanced vegetarian diets can generally meet all their nutritional requirements for growth. The ADA endorses a vegetarian diet, concluding that the nutrients found in animal products can also be found in a plant-based diet. Imagine that! And, to stay on my soapbox for a little bit longer, when it comes to nutrition in this country, we seem to have lost our common sense and our better judgment. In fact, all we've gained are unhealthy eating habits and a lot of weight!

For over two decades I have been teaching the same lesson in every seminar taught all over the world. Good nutrition is simple: stay away from the 7 Deadly Sins of Nutrition, those being alcohol, meat, sugar, dairy, coffee, soda, and artificial sweetener. Make sure your diet consist of fruits, vegetables, some whole grains, nuts,

and seeds. (Note: There are over 120,000 fruits, vegetables, whole grains, nuts, and seeds to choose from. You probably couldn't eat all of them in a lifetime even if you tried!)

It is also important to have proper structure. What I mean by this is that your spine must be in proper alignment. If you have symptoms, such as pain, your body is telling you that something is wrong and you need to get it fixed. Don't just cover up the problem with medications that might have dangerous side effects. See a qualified holistic health care provider who knows how to treat the cause, not cover up the symptoms, and get yourself back on the road to good health!

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 nat at 20% discount. Contact him at 770-427-7387 for further information.

A Root Cause of Back Pain Part II

By Brian Murray, M.Ed.

In the last issue of *The Life Line*, I illustrated the importance of the spinal erector muscles and how weakness of this muscle group is a root cause of low back pain. Strengthening this muscle group is a key factor in the treatment and avoidance of low back pain.

You may be surprised to learn that normal activities of daily living do very little to exercise the lower back. In addition, it is sad to say that the exercises recommended by our specialists are not much help either. And by the way, strengthening the abdominals, although good for core support and health enhancement, does not address the problem.

Recall from Part One of this series, the deconditioning syndrome. This involves guarding the spine with limited movement, which leads to muscular atrophy, which compromises the structural integrity of the spine making you more prone to experience pain. Unless this cycle is broken with effective exercise for the spine, the underlying problem will continue. And it is important to understand that this process is at work in people who experience no pain at all!

In normal back movement, the large muscles of the hips (gluteus maximus) and thighs (hamstrings) extend the pelvis and move the back. When this occurs, the low back muscles do very little work. Basically, the pelvis and spine move together. This is why your doctor

tells you to lift things by squatting down rather than bending over.

The secret to ending low back pain is properly immobilizing the large muscles of the hips and thighs. When these muscles are prevented from assisting low back movement, spine movement occurs by way of the spinal erectors. By exercising the spinal erectors in this manner, a several-hundred to several-thousand percent improvement in strength can be gained, as well as a significant reduction or elimination of pain.

Exercising the spine in isolation is not an easy task. In my facility we use the MedX Medical Lumbar Extension Machine. This is a specially designed machine that exercises the lumbar spine in isolation by completely immobilizing the pelvis. Doctors, chiropractors, physical therapists, and exercise physiologists have used this system for decades with phenomenal results. Unfortunately, you will most likely never hear your doctor mention it. Back pain patients are repeat customers.

Next to being pain-free and regaining a normal quality of life, perhaps the most important benefit of directly addressing the root of the problem is that the individual rarely reutilizes the health care system for back pain treatment.

Case Study:

Bob was experiencing numbness and weakness in his right leg with moderate pain. It was uncomfortable to stand for any length of time and his mobility was severely limited. Due to his discomfort, Bob was ready to have surgery. Not wanting to go through such an invasive process, he agreed to give a more conservative approach a try. Within six weeks, he demonstrated 100% improvement in low back strength, his discomfort was significantly reduced, and he was able to do activities he would not have considered years before. Two years later, he is still active and continues to improve his back strength.

Bob's case is one of hundreds I could tell you about. The common denominator in all of these cases is improved strength of the spinal erectors and removal from the back pain treatment merry-go-round.

Make strengthening the spinal erectors a component of your lifestyle and you can avoid or eliminate back pain forever.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To experience the MedX system, call 404-459-0270 to schedule a complimentary program introduction or visit www.strengthforlife.net for more information.

Café Life: Your Organic Eatery

Café Life announces our signature sandwiches. These cooked sandwiches feature an old favorite, the Avocado Melt, and some great new ones. We also offer our two cold food bars, a hot food bar, two fresh soups, and daily specials, in addition to our smoothies, fresh juices, and vegan desserts. We will keep you updated as to the newly added food items, both living and cooked.

Organic Avocado Melt \$7.25
Toasted garlic bread, spread with sun sauce and topped with avocado slices, roasted red bell peppers, and vegan Monterey Jack cheese.

Organic Barbeque Tempeh \$6.25
Toasted light Jewish rye bread with marinated BBQ tempeh, red onions, and arugula.

Organic Rosemary Portabella Philly . . \$7.25
Hoagie roll spread with vegan mayo and topped with garlic and rosemary marinated portabella mushrooms, bell peppers, onions, vegan Monterey Jack cheese, and romaine lettuce.

Organic Portabella & Cheddar . . \$7.25
Toasted light Jewish rye spread with whole grain mustard and portabella mushrooms, in a rosemary marinade topped with vegan cheddar cheese.

Build Your Own Sub \$5.99/pound
Fill your hoagie roll with fixin's from the food bars, hot and cold.

NEW MENU ITEMS NOW AVAILABLE!

Organic Living Sea Patties with Living Tarter Sauce \$5.50
Organic Living Taco Salad \$6.95
Living Organic Curried Cauliflower Hummus Wrap \$6.50

Produce of Life

By Kim Strickland

Here's to a Happy New Year to you and your family. Is this the year to make changes in your diet, lifestyle, and thought patterns? Here's some information to help you make diet changes and incorporate more fresh fruit and vegetables into your daily routine. I'll be featuring oranges and onions this issue.

More than any other fruit, the orange is associated with its vitamin C content. But oranges have more to offer nutritionally than just this one nutrient. A small orange contains generous levels of folate (folic acid), potassium, and thiamin, as well as some calcium and magnesium. Americans consume most of their oranges in the form of juice, which provides 140% of the current suggested daily intake of vitamin C. However, if you choose to eat a whole orange instead of drinking a glass of juice, you'll get about the same amount of vitamin C, with the added benefit of more than three grams of dietary fiber.

Choose oranges that are firm, heavy for their size, and evenly shaped. The skin should be smooth, rather than deeply pitted, although juice oranges are generally smoother than navels. Thin-skinned oranges are juicier than thick-skinned varieties, and small- to medium-sized fruits are sweeter than the largest oranges. There is no need to worry about ripeness—oranges are always picked when they are ripe. Oranges keep for up to two weeks in the refrigerator, but they keep almost as well at room temperature, retaining nearly all of their vitamin content even after two weeks. They will also yield more juice at room temperature.

Onions not only provide flavor, they also provide health-promoting phytochemicals as well as nutrients. Research shows that onions may help guard against many chronic diseases. That's probably because onions contain generous amounts of a flavonoid called quercetin.

In addition, onions contain a variety of other naturally occurring chemicals known as organosulfur compounds, which have been linked to lowering blood pressure and cholesterol levels. Yellow onions are full-flavored and are a reliable standby for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French Onion Soup its tangy sweet flavor. The red onion, with its wonderful color, is a good choice for fresh uses or in grilling and charbroiling. White onions are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.

When purchasing onions, look for dry outer skins, free of spots or blemishes. The onion should be heavy for its size with no scent. Store onions in a cool, dry, ventilated place, not in the refrigerator. Do not store whole onions in plastic bags, as lack of air movement reduces storage life. Chopped or sliced onions can be stored in a sealed container in your refrigerator for up to seven days.

Winter Fruit Salad

2 bananas, sliced
2 oranges, sectioned
1 pint strawberries, sliced
1 apple, sliced

¾ c ground raw cashews
1 c apple juice
½ t vanilla extract
½ c ground walnuts

- Blend cashews, juice, and vanilla.
- Drizzle sauce over fruit.
- Top with ground walnuts.

French Onion Soup

From *Vegan Vittles* by Joanne Stepaniak

1 T olive oil
3 medium onions, sliced or chopped
5 cloves garlic, minced

¼ c spelt flour
4 c water
¼ c soy sauce or Braggs Liquid Aminos

¼ c croutons per serving

- Place oil in large saucepan over medium-high heat.
- Add onion and garlic and reduce heat to medium. Sauté for 5 minutes.
- Stir in flour, mixing well.
- Stir in water and soy sauce or Braggs and bring to a boil. Cover and simmer on low for about 20 minutes.
- Place croutons in bowl and ladle soup on top.
- Serve immediately.

Resources:

www.onions-usa.org/about/faq.asp
www.wholehealthmd.com

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

Thanks God For Herbs

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In light of Edison's proclamation regarding herbs, along with many similar statements from many more famous people, Nobel Prize winners, people whose every word we would believe simply because of the impact they have on our lives, it is important for each of us to educate ourselves regarding the real power of herbs.

Their impact is enormous:

1. Herbs are very, very strong and can kill many microorganisms that are harming you.
2. Herbs, in probably 100% of the time, have so many co-factors that make them so effective that to isolate one chemical compound within the hundreds present is one of the main reasons harmful side effects end up manifesting.
3. Because of these co-factors, herbs are basically perfect and harmless. (Wow!)
4. Herbs present the ability to cleanse, repair, and build all at the same time.
5. Herbs have vibrational frequencies (Wow!) Combinations of herbs raise these frequencies exponentially, creating a bio-identical resonance with organ frequencies.
6. Herbs present solutions the medical field doesn't have and they do it without harming the rest of your body.
7. Herbs have solutions for every single ailment known to mankind.
8. Many studies exist utilizing medical standards (which are NOT the end-all-be-all) to prove all the above.
9. Herbs should be tested to make sure the person ingesting them actually needs those specific ones.
10. Many tests exist in the natural field of HEALTH care, for example; Electro Acupuncture (EAV) according to Voll,

Electro Dermal Screening (EDS)—the same thing really—Kinesiology (many, many, many systems available), Sclerology, etc., etc., etc.

11. Herbs don't kill people; they extend life.

Not to make things more difficult, but it's possible that many of the weeds growing besides the roads, or even in your back yard, have some medicinal value. They are likely herbs, not weeds. Who doesn't use herbs for cooking? Cilantro is good for pulling heavy metals from your brain; parsley is good for your kidneys and blood purification, and garlic, oregano, and onion.

There was a book called *The Cure Is In Your Cupboard*. And yes, there are lots of available cures likely in your kitchen cabinets. Eat big fat raw salads with all these different ingredients in them; make your own salad dressings with lots of spices. You'd be amazed at the different flavors that will excite and stimulate you and make you feel great—all by God's great design. Do away with commercial cleaners and before you spray your weeds, you may just want to check to see if they are actually weeds or if they are herbs. If they are herbs that are safe to ingest, put them in your next salad for a tasteful, healthy, and cheap addition.

Further, for those of you who don't like the taste of "da healthy stuff," not to worry. If you don't like the taste of greens, it is a great indicator to go see your local HEALTH doctor to help you balance out your pH and other very important factors that are the sum total of your health picture, even if you think there is nothing wrong with you. There is a giant epidemic of yeast and parasites out there—things that mimic hundreds of chronic diagnosis. Be smart, whether you have short or long term health issues, there is a solution for you.

Victor Koenraad, ND, recently opened his office in the Atlanta area after 12 years in Beverly Hills, California. Maintaining the "A" list clientele in Beverly

Hills, while enjoying a quieter life here in Georgia, Dr. K specializes in chronic conditions—including skin, fatigue, and conditions for which pharma drugs don't seem to work, as well as menopause and fertility. Utilizing a variety of advanced testing methods combined with love and intuition, results are just a matter of time, sometimes as short as a couple of hours.

**Saturday
3/18/06**

**Spring
Life Fest**

12:00-4:00 p.m.

**members
receive**

**10% off
all in-stock
purchases
all day
9 a.m.-8 p.m.**

The Sacred Relationship: Twin Flames, Soul Mates, Life Partners

By Janill Mitchell

Most people I know are searching. They are searching for that special someone, their one and only, to spend the rest of their life with. I used to think this desire was a Hollywood Scam, somehow created to keep us all watching sappy movies or buying romance novels. The relationships I have experienced were not the “happily ever afters” that I witnessed on the big screen or read about in novels. In fact, I always taught my students that, “relationship was the most difficult path to enlightenment,” and I was determined to work hard and even suffer to achieve spiritual growth. Boy, was I wrong about a lot of things, but especially how joyful, blissful, and easy a relationship can be, when it is the right relationship.

The right relationship is a sacred relationship. And every relationship that we have has the potential to become a sacred relationship. In a sacred relationship, we allow love to guide us. We choose to be a vessel for the expression of love. According to a long time follower of *The Course in Miracles*, Patty Robinson:

The essence of our being is love. Love can never be adequately explained or described. Love can only be experienced. Love, itself, is an energy force. It remains constant and is eternal.

When we decide to create a sacred relationship, it is the relationship itself that becomes the vehicle for the expression of love. We create a place where love lives—constant and eternal. Sacred relationships are very precious, as they nourish and enrich us and remind us of our true inner nature. The Sacred Relationship allows us a place to learn more about the truth and provides a safe place for us to delve ever deeper into all the parts of our personality (the ego) that would block us from perfect love.

Sacred relationships require us to do something very, very difficult. They require us to surrender ourselves. In a sacred relationship, we sacrifice our ego in order to be a clear and flowing source of love. I had a lot of trouble with this until I understood from experience. When I succeed in putting aside what I think I want or need for myself and allow myself to be guided by a higher power of love, my life gets better than I could have imagined for myself. I know when I surrender my thoughts, quiet my mind, in fact stop thinking and allow a quiet inside my head, amazing miracles happen in my experience. I experience a joy so profound and a peace so complete and a love so boundless, it’s a miracle.

Sacrificing the ego, I have come to find out, is not the same as having no boundaries or being a door mat. In fact, sacrificing our ego can sometimes lead us right to “tough love” and to telling someone the truth, even though doing so will lead to (oh no!) change. When we lay down our perceived needs, desires, even fears, and allow ourselves to be in the quiet of “no thinking,” the truth prevails and our lives are shifted into harmony. Our perceptions change, miracles happen.

Only the ego creates barriers to love. When there is disharmonious energy between two people, it is evidence that the ego is in charge. Be willing to put the ego in “time out,” quiet your thoughts, and allow a space for love to come back in.

Creating a sacred relationship requires the conscious commitment, but the first sacred relationship we need to create is with ourself. Before you can be a partner for someone else, you must know and love yourself. This is the quest! This is the hero’s journey. The oracle at Delphi challenged us “to thy own self be true.” When we stop projecting our limitations onto those we claim to love and take responsibility for our own creations and experience, then we are able to be complete in and of ourselves. Then we can love another. Again from *The Course in Miracles*:

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false.

Seeking what is false is a difficult task. It makes us feel uncomfortable to find something we consider “bad” about ourselves. We construct many mechanisms within our personality to hide these “bad” qualities from our consciousness, and then we project them onto other people and hate them for it. It is far easier to blame, hate, and fear someone else than it is to find that very quality within us. But if you find it “out there,” know that it is within you. You have glimpsed your Shadow Self. Your Shadow Self is that part of you that is false and blocks you from an experience of peace. Learning to love the shadow is one of the most important tasks on the path. One of the ways we can do that is within our relationships. We create relationship for exactly this purpose, although sometimes the relationship seems bigger than we are. See if any of these sound familiar:

Twin Flames—Opposites Attract

The relationship between twin flames burns hot and bright. In this type of relationship, there is an undeniable attraction between the two people involved: the pair experiences strong feelings and emotions. Passion! The highs are very high, and the lows are very low. There isn’t much in the middle as the flames flare up, then go out suddenly. Your desire to be with this person may feel like destiny and out of your control.

In this type of relationship, we are able to clear out a lot of karma fairly quickly, but it isn’t easy. Our twin flame is a light to see our shadow. We are instantly confronted with both the best and the worst of ourselves. The key here is to recognize the opportunities for growth. When you remain in the present moment, you are empowered to make choices. The point is to choose rather than to react. This is a difficult relationship, but the growth potential is enormous.

Soul Mates—Like Attracts Like

The relationship between soul mates is like coming

home. You find in the other a place to rest and breathe. The passion is there, but it doesn’t burn you like in a Twin Flame Relationship. It is warm and nourishing—compassionate. To find your Soul Mate is to experience grace. To experience this type of relationship is a blessing beyond imagination.

There is a danger in finding your Soul Mate. There is a desire of being so caught up in each other that you lose balance and lose touch with the rest of the world. Finding this perfect embodiment of unconditional love can be so fulfilling that the rest of life, and its responsibilities, seem to pale and fade. That’s when a choice, by both partners, to create a Life Partnership becomes important.

Life Partners—Attracting Love Through Consciousness

Between the (sometimes hell of) life with your Twin Flame and the (rare) heaven of finding your Soul Mate, is the Life Partner. Choosing a life partner is making a conscious choice to create a Sacred Relationship with a sexual partner (the one you already have or someone you have yet to meet).

In the relationship between Life Partners, there is an explicit agreement to honor each other, honor the relationship, provide safe haven for soul growth, companionship; a vessel for the expression of love. Both partners choose to create a Sacred Relationship. Everyone can have this. It takes a commitment to personal accountability, mutual respect, and an awareness to be in the present moment, in the NOW.

Here, from *The Course in Miracles*, is what Patsy Robinson says:

Now is the only time there is and each instant is for giving. It is very easy to lapse into the past or build up anxiety about the future. When we do this, we are often not peaceful. When we recognize this, we can focus our attention back to the present where it is possible to experience peace. If we stay in the present, we are best able to deal with anything that comes our way. If we are someplace else, (past or future), it is not possible to make decisions. It is in the NOW that the love energy comes through us. It is in the NOW that we are not judgmental and we can see clearly what is going on.

Welcome to a New Year and the fresh start that life is offering. Choose love. Make all of your relationships Sacred Relationships; create a Life Partner Relationship with the one you love. Blessings on the path.

Janill Mitchell assists those seeking personal and planetary transformation through energetic healing and empowerment products, classes, and workshops at her north Georgia healing and retreat center, *The Phoenix House*.

A New You in the New Year

By Dr. Brenda Cobb

When a new year comes around, it's the perfect time to become a whole new you. Deciding exactly what to put on your New Year's *To Do List* can be challenging, but here are four things that will definitely give you a new lease on life.

Clean Out Everything

Clutter can accumulate over the years. One day you're stepping over boxes and things are falling off the shelf when you open the closet. If you have clothes that you haven't worn in a year, sell or donate them. Most of us have way more than we actually need. Stop being a pack rat. Let go of the old to make way for new energy. This also goes for your body. Do a good internal cleansing with enemas and professional colonics. Clean up your blood and lymphatic system with herbs and organic raw and living food.

Exercise More

Obesity is at an all time high. Excess weight is a contributing factor in high blood pressure, diabetes, heart disease, and cancer. Make an effort to do some sort of exercise each day. Get out of the house and take a walk, ride a bicycle, rollerblade, swim, or run; do yoga, kickboxing, spinning class, weight lifting, or rock climbing. Mix it up and keep it fresh. Make this a FUN part of your daily routine. You'll have more energy and you'll look and feel better.

Change Your Eating Habits

The word "diet" has become a negative word for many people. There are millions who have lost weight just to regain it. Diet pills are not the answer. It's not a diet, but a lifestyle change that will bring about permanent weight loss. A good weight appropriate to your height and age will impact your health on every level. When you are overweight, you feel tired, sluggish, and depressed. Changing your eating patterns doesn't mean you have to give up every favorite food you love. A great way to get started is to eat half of your food raw. Include more fruits and vegetables that are not cooked. You'll get more enzymes, vitamins, and minerals by not cooking your food. This will also help you to slim down with ease.

Take Care of Your Emotional Health

Emotions are directly tied to health. If you are angry, it will affect your liver. If you are fearful, it will impact your kidneys. If you are upset with a friend or loved one, it can elevate your blood pressure. If you were hurt over something in the past and you are still carrying those feelings around, it can create a stomach ulcer. If you have ever felt like there was a time bomb inside and you are ready to explode any second; if an ordinary task is easy one day and then impossible the next; if you are touchy or agitated for longer periods of time than you would like; you've experienced sleeplessness night after night for no apparent reason; you feel no one understands you, or even worse, that you don't understand yourself, then possibly you are suffering from unresolved, repressed, and suppressed negative feelings you thought you had taken care of. What you may not realize is that when negative feelings are not resolved as they occur, they remain alive in your energy field (your body). These feelings affect each day of your life. Somehow, somewhere, in some aspect of your life, the effect of negative feelings WILL be realized. Do everything you can to forgive others, forget the past, and heal your emotions so you can move forward.

Make this New Year your very best ever. Put YOU at the top of your priority list. Do good things for yourself and you'll be better able to take care of your family. Celebrate life and make the most of each and every day. Smile a lot and keep your sense of humor. Most of all don't take yourself so seriously. Life is meant to be enjoyed!

Resource:

Feelings Buried Alive Never Die by Karol K. Truman

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

life bits

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If you like to exercise by video, but you're tired of the same old ones, try the Video Exchange program at VideoFitness.com. Although this website sells new videos, they offer the opportunity to list your unwanted videos and to exchange them for someone else's unwanted videos. Videos must be original editions of good quality. The exchange program is free. Registration is required but is also free.

Used video tapes, audio cassettes, and computer disks are welcomed for recycle by Operation Fast Forward, run by ECOMedia, to help fund independent living centers for people who are disabled and homeless. All salvageable materials are magnetically erased, then repackaged and sold. (Non-salvageable stock is sold to a recycler.) All profits benefit the shelter program. Call first to arrange a donation: 800-366-8192 (in NY).

RealMoney (Nov/Dec, 2003), published by Co-cop America. www.realmoney.org and www.coopamerica.org.

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Health Care Practitioner!

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A Forgotten Resolution

By Linda Townsend

Did you vow to eat more fresh, raw, organic produce, maybe even juice, once a day? Possibly you promised to drink herbal teas and take more supplements. Maybe you even bought equipment to exercise or signed up for an exercise class. Did you decide to learn more about herbs, homeopathy, aromatherapy, or supplements? Will you have regularly scheduled massages this year? Will you use internal cleansing methods routinely throughout the year?

If so, congratulations! You have made some very good lifestyle choices to improve your health, but there may be one thing missing which can frustrate all your good intentions and efforts. This one thing is leaving emotional issues unresolved.

Although I am not an expert in the field, I certainly have been a victim of unresolved emotional issues. This is why I had a special interest in researching their effect on the bioenergy system; I was surprised by their strength of influence. Energetically, they are nearly as strong as a physical trauma injury causing similar anti-bioenergy signatures that seat within harmonic zones. In other words, if you have resentment for a long period of time, it can cause an Anti-Orange problem that often seats within the Orange harmonics associated with the gall bladder's bioenergy pattern, which imperceptibly emulates the same energy pattern as a trauma injury to the gall bladder on a daily basis.

Momentary negative emotions are not particularly harmful. The real problems are the deep seated, long term issues, the ones you don't want to face. You know what they are. They are so painful that you want to keep them buried, even though that keeps you in an emotionally wounded state. You may need to confront the person who has hurt you. You may need to just forgive someone completely and repeat this every day until you feel there is no need to forgive anymore. You may need to lower your expectations of another person,

so you will not be hurt by him or her. You may be the one who needs to ask for the forgiveness of another. You may need to do all these things or more to make peace within yourself. In fact, you probably know, deep inside, exactly what you need to do, but you resist it.

If it seems overwhelming, professional guidance and support may be necessary throughout the emotional healing process. It is not a pleasant task to work through emotional issues and it may take years in some cases. However, emotional wounds can be healed and afterward you may find, as I did, they had been adversely affecting your health more than you realized.

Need more incentive? Think of your loved ones. I believe that very strong anti-bioenergy patterns can be passed from one generation to another through DNA bioenergy patterning or what I term the Birth Imprint. To rephrase, my research suggests that the emotional trauma energy patterns of a parent can be found in offspring and these anti-bioenergy patterns are often associated with illnesses; they may even be energetic contributing factors in the manifestation of some illnesses. Your anti-bioenergy pattern affects the people who are around you on a daily basis, as well.

The bad news is that anti-bioenergy from an unresolved emotional issue is particularly strong and it contributes both environmentally and inherently to illnesses, in my opinion. The good news is that positive emotions are equally strong and supportive of the healing processes. Add working on at least one known emotional issue to your list of resolutions for this year. I believe, based on my own experience and research, that it is an essential factor in good health and wellness.

Contact Linda Townsend, founder of BioHarmonics Research, at research@bioharmonics.com.

life bits

Healthy Is Also Cheaper

San Francisco is leading the way as the first city in the nation to adopt the "precautionary principle" to government decisions.

Whether they are buying new buses or deciding which pest-control measures to use on city parks, officials must consider effects on human health and natural systems. The precautionary principle will also come into play when deciding how much to invest in renewable energy.

Given the overwhelming evidence that green-house gases contribute to climate change, for example, the new ordinance mandates that the city must get as much electricity as it can from solar and wind. The healthy choice often appears pricier than the polluting one, but San Francisco's new rule forces officials to factor in long-term clean-up, disposal, and health costs. When the future is taken into consideration, being safe looks like a bargain.

information from **Sierra** magazine, Jan/Feb, 2003; www.sierraclub.org

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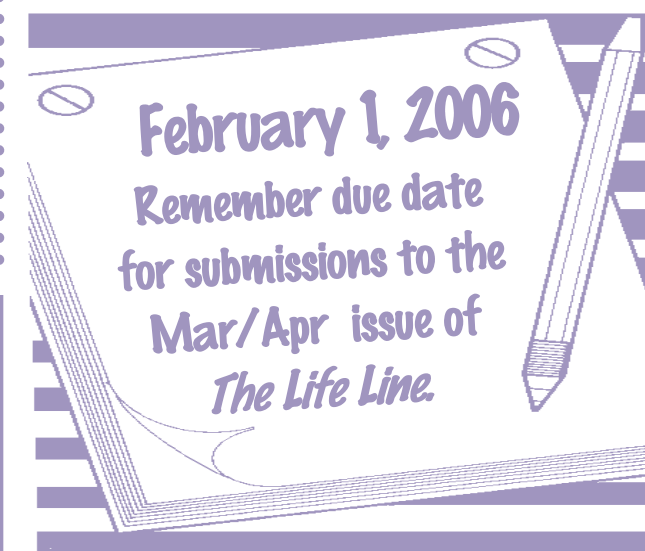
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Weight Loss: The Unexpected Side Effect of The Gluten Free Diet

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

Happy New Year! It is now that lovely time of year when most people start thinking about resolutions or how to be healthier and happier. If you are struggling with your weight and are thinking about going on a diet to lose those excess pounds, let me tell you a little story that just might pique your interest.

Two and a half years ago, I was diagnosed with Celiac Disease (a disease of malabsorption caused by an intolerance to the protein gluten). When I started doing research about Celiac, I read that the classic presentation of Celiac involves excess weight loss, not the weight gain that I had been struggling with. Still, no matter what I had tried before, I wasn't able to lose the weight. Keep in mind that when I was a child and a teenager, I was the classic Celiac, very skinny. (My family even called me "bony butt.") In my early twenties, I started putting on weight; by the time I hit my thirties I was over 200 pounds which on my 5 foot 2 inch frame was very uncomfortable. At my heaviest, I tipped the scales at 260 pounds and wore a plus size 24 or 3X. As you can well imagine, every New Year that came around prompted me to make yet another resolution to lose weight and get in shape, only to be discouraged when I not only didn't lose the weight, but continued to gain.

Fast forward to today. I have now been gluten free for two and a half years and without even trying, my weight slowly started coming down. I keep having to go through my closet and get rid of all of the clothes that are now too big. The odd thing about all of this is, on the gluten free diet, I am eating MORE food than I ever did before my diagnosis. I am eating more desserts, more of a variety of food, and I am enjoying food more! At my last weigh-in, my scale said 170 pounds. That is a total loss of 90 pounds over the past two and a half years! I am currently in a size 14 or ladies medium. I'm still not at my goal weight, but I am not stressing about it, because I know that my body is processing food better and I am feeling better than I have in years.

Why am I telling you all of this? Because I have come to believe that there is an epidemic of obesity in our culture and my theory is that gluten is one of the main causes, if not THE cause. The current estimate is that one in 133 Americans has Celiac Disease, but most

are going undiagnosed because the standard medical model was a skinny, malnourished individual. It has only recently been acknowledged that weight gain can also be a symptom of Celiac.

Now, I'm not suggesting that every overweight individual has Celiac, but what I am suggesting is that gluten is toxic to almost everyone. While some people's bodies can process it better, eventually most people will experience some kind of health issue related to gluten. If you are struggling with your own weight issues, isn't it worth exploring if a gluten free diet is right for you? If you think it might be, I recommend reading the book *Dangerous Grains*, by James Braly and Ron Hoggan, for further insight into the current research of gluten intolerance.

If you do decide that you would like to explore this theory and you think you may be gluten intolerant, or even have Celiac Disease, you may want to consult with your healthcare practitioner. If you want to undergo testing to screen for Celiac, the current testing methodology requires that you still be consuming gluten in order for the testing to be accurate. In my opinion, a positive dietary response is a valid diagnostic tool and you may, or may not, wish to discuss this with your doctor. You may want to just jump right in and embrace the gluten free lifestyle. Keep in mind that the gluten free diet is a healthy diet for anyone and you do not need a doctor's permission to buy gluten free food.

One thing I would caution against is eating only prepared, processed gluten free foods. They should only be used to supplement a healthy diet of fresh organic fruits and vegetables, organic clean meats, and alternative grains such as quinoa and rice. Life Grocery has everything you need for a healthy, complete gluten free diet. Aren't we lucky? One stop shopping! It is also possible to be a vegetarian and eat gluten free. So Happy Healthy New Year and have fun!

Here are a few quick and easy recipes for you to try!

Quick Chili

2 cans kidney beans, drained
1 can tomatoes

1 lb cooked organic ground beef or turkey (optional)
½ jar of Green Mountain Gringo Salsa (mild, medium, or spicy)

- Place all ingredients in a pot and simmer over a medium low heat for about 30 minutes.
- Serve over rice and top with your favorite shredded cheese product.

Quick Oven Fried Chicken

1-2 lb free range chicken pieces
1 c *Barbara's Instant Mashed Potato Flakes*
½ t *Simply Organic Garlic Salt*
½ t paprika
4 T butter or oil

- Preheat oven to 425.°
- Melt butter in a 13 x 9 baking pan in oven (or put the oil in the pan without heating it).
- Wash the chicken pieces and keep them wet.
- Mix the potato flakes, garlic salt, and paprika in a bowl.
- Coat the chicken pieces in the potato mixture, making sure it is coated thoroughly.
- Arrange in the 13 x 9 pan and bake for 40-45 minutes. Turn over halfway through.

Quick Peanut Butter Cookies

1 egg
1 c peanut butter
½ c sugar (set aside another ½ cup for coating)

- Preheat oven to 350.°
- Mix all ingredients together.
- Roll into balls and then roll into sugar.
- Place on greased pan.
- Bake for 10-15 minutes or until done.

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

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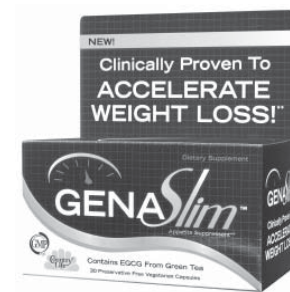
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