

The Wonders of Himalayan Crystal Salt

By Dean Martens, C.H.

Himalayan Crystal Salt is the most beneficial, purest salt available on our planet. It is totally unpolluted, without any environmental impact. It was formed at a time when the earth was pristine, some 250 million years ago. When the sun dried up the ancient primal sea, it left this pristine salt. It contains every mineral element found within the human body.

This is one of the most profound re-discoveries of our time. For centuries, the energy and information content found within these 84 crystalline mineral elements were used by doctors for treating most every disorder known to humans with great success. This ancient knowledge was again discovered by biophysicists Peter Ferreira and Dr. Barbara Hendel in their critically acclaimed and highly recommended book, *Water and Salt, The Essence of Life*.

Himalayan Crystal Salt vs. Table and Other Salts

Dr. Suzanne Oparil, past president of the American Heart Association, said that the government may have been too quick to recommend the public cut back so dramatically on their table salt intake. An eight-year study in the New York City hypertensive population showed that those on low-salt diets had more than four times as many heart attacks as those on normal "table salt" sodium diets. This is exactly opposite of what the "salt hypothesis" would have predicted in 1995.

It is understood that table salt is quite toxic. It can keep us from an ideal fluid balance and can overburden our elimination systems. When table salt is "chemically cleaned" thru a heating process using 1,200° F. It divides and isolates the sodium and chloride bond, which is then a foreign substance to the body. This, along with potentially toxic iodine and fluoride, adds to the foreign chemicals the body defends itself from and has to excrete. This can create the potential for rheumatism, gout, kidney and gall bladder stones, unattractive cellulite, and hypertensive blood pressure effects.

Sea Salt or Celtic Salt has taken a big reduction in efficacy since our oceans are now the main dumping grounds for harmful toxic poisons like mercury, PCBs, dioxin, oil spills, etc. Almost 90% of all sea salt producers now refine their salt. What a shame for Mother Earth.

Health and Himalayan Crystal Salt

Salt is one of the world's finest bactericides. It has been used by the Native American Indians for bacterial proliferation in preserving their meat, etc. Many of our theological doctrines say to go into the sea for healing. This, along with studying how salt has assisted people greatly with Lyme Disease, allows us to know that ingredients in nature are truly our best medicines. (For further information and assistance on Lyme disease, go to www.fettnet.com/lymestrategies/welcome.htm.)

Table salt has two to four elemental minerals. Himalayan Crystal Salt has all 84 elemental minerals. Having every mineral element, it is the ultimate source of mineral chemistry for energy, strength, balance, and ultimately maintaining health. The respected Frezenius Institute in Europe analyzed Himalayan Crystal Salt and proved that it has an amazing array of important trace minerals and elements including potassium, calcium, and magnesium that help maintain fluids and replenish our supply of electrolytes. It is an excellent bactericide, especially for Lyme's disease.

It assists with:

- Bacteria "die-off"
- Healthy PH
- Regulating and balancing water
- Increasing cellular energy
- Reducing aging signs
- Sinus health
- Reducing muscle cramps
- Supporting libido
- Regulating blood pressure
- Vascular health

It promotes:

- Bone density
- Blood sugar health
- Respiratory health
- Sleep

Himalayan Crystal Salt's crystalline structure stores vibrational energy, while its minerals and trace elements are in colloidal form. This allows for easy cellular

absorption. It is also difficult for the cells to absorb too much Himalayan Crystal Salt since the body has powerful and effective feedback loops that regulate this process. It always promotes balance and does not contribute to high blood pressure that is typical of table salt. Herxheimer reaction of bacterial "die-off" will occur, which is especially felt from the kidneys, when larger doses are taken. It is essential that the body is kept hydrated to assist the kidneys with this reaction.

Himalayan Crystal Salt is available in capsule and crystal form at Life Grocery.

Dosage: One capsule up to three times a day with meals, 6 days a week. For assistance with Lyme Disease, use the above link. A minimum of 64 ounces or more of water MUST be ingested every day for hydration. Note: Should not be used if pregnant. This salt does not contain any iodine. Assorted seaweeds assist us in obtaining this natural chemical.

Dean Martens, respected columnist, national lecturer, and television and radio personality, is a Clinical Herbalist/Herbologist and President and Founder of Herbs of Light, Inc. Don't miss Dean's free lecture on the many benefits of Himalayan Crystal Salt in July. E-mail your questions to Dean at DMARTENS@herbsoflight.com.

Life Grocery and Café Life are seeking inspired and dynamic individuals who have a passion for working with the public and providing excellent customer service. Retail or restaurant experience and a knowledge of natural and organic foods is preferred. Team players with strong communication skills required. Must be dependable, punctual, and reliable. Retail hours include days, early mornings, evenings, and weekends. Applications are available at Customer Service.

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Which Health Care System is Best?

By Don Bennett, DAS

In this election year, we're hearing a lot about the issue of health care. Which is best? Universal health care, single payer health care, or free market health care? What's amazing is that we talk and talk about health care of every stripe and kind, except the one type of health care that truly cares for our health; the one kind of health care that costs the least, allows for the least pain and suffering, results in the lowest occurrence of premature death, and provides for the least amount of treatment, medication, and hospital visits. When you consider that what most people think of as "health care" is actually "sick care," you begin to realize that the best form of health care is self-care; caring for yourself so that you don't get sick in the first place.

In my lectures, I ask a few survey questions of my audience. One of them is, "If you had a choice, what would you rather die of: (a) an accident (b) degenerative disease or (c) natural causes." Everyone naturally chooses "c," but some people instinctively feel that this is a meaningless survey, because they believe they don't have a choice, which is how the question is phrased. Yes, accidents do happen, and sometimes they are fatal, but in reality, you do have a lot of control over whether it's "b" or "c." And here's the interesting point: If you honestly believe that you don't have much control over your health, this becomes a self-fulfilling prophecy. Why? Because you won't be open to hearing things that would suggest otherwise. If you're not open to it, the information can't help you, even though the information itself can be extremely beneficial.

In many aspects of our daily lives, we put ourselves in the hands of professionals to help us with problems that arise because we don't have the expertise to deal with them ourselves. If something goes wrong with your car, and you take it to an honest, knowledgeable mechanic, your problem will likely be handled in your best interest. But what if the mechanic only *thinks* he knows how to deal with your car's issue or if he's trained to focus on the symptom of the problem and not the underlying cause of the problem? For example, if your car's CHECK ENGINE light came on and your mechanic simply unscrewed the bulb, this would appear

to solve the problem, but the actual problem still exists and may very likely get worse. And if you found out that your light bulb was simply turned off, rather than the mechanic getting to the root of the problem and dealing with it, you'd be understandably displeased.

If people only knew just how much our present day system of health care deals with managing symptoms and not resolving the underlying problems that cause those symptoms, they'd be displeased, to say the least. Even better, how about educating the public on just how to avoid getting those problems in the first place! And, that education starts with getting the notion across to people that there's a lot they can do to avoid the serious chronic degenerative diseases that are plaguing all segments of our population today. Once fully informed, the amount of preventative action people take will depend on how important vibrant health is to them.

Once people realize that there's a big difference between dealing with diabetes by daily blood sugar monitoring and injections, and living in such a way that you don't get diabetes in the first place, there will be an awakening the likes of which civilization has never seen before. But when you see TV ads for a pharmaceutical drug that says, "There is nothing that can reduce COPD" (Chronic Obstructive Pulmonary Disease) and then someone, who has no letters after their name and no degrees other than from high school, tells you that this may not necessarily be true, who are most people going to believe? Which way you lean can make the difference between taking a reactionary approach and having your health managed by some form of "sick care" or taking a "pre-actionary" approach and achieving your health potential by following a system that truly cares for your health. Visit health101.org/health.htm for a description of just such a system.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's book, [How to Have the BEST Odds of Avoiding Degenerative Disease](#) is available in the Life Grocery book department. Visit health101.org/book for details.

Should Exercise Be Fun?

By Brian Murray, Founder of mPower

Exercise should NOT be fun. If it is, you can be certain that you are not getting the benefits that real exercise can truly provide. Yes, being active is much better than being inactive. It certainly makes you feel alive, and it keeps you from eating for a few more minutes out of your day. However, the notion that exercise should be fun has been a major disservice. If what you are doing is enjoyable and you actually look forward to doing it, what you really have is a recreational activity. And recreation is typically not challenging enough to get your body to become younger and stronger.

What the fitness industry and all the major health organizations should promote is that exercise should be intense and challenging. But why would anyone in their right mind stick with something like that? Because the results are fantastic. This is what motivates.

Recently I congratulated a 54-year-old woman on her seven-year anniversary with mPower. That's seven years of one very challenging workout each week. She stated, like so many others, that she never stuck with

any exercise program as long as she did with mPower. Consequently, she looks, feels, and performs like someone much younger.

A sense of dread going into your workout is a good thing. It means you are actually challenging yourself at a level necessary to effect permanent positive change in your body. But believe me, the initial dread will turn to exhilaration once you are finished. And nothing makes it all worthwhile more than looking and feeling younger.

Make your exercise harder. Make it more uncomfortable. Do exactly the opposite of what everyone else is doing and you will get the opposite of what everyone gets . . . great results!

Brian Murray is the founder of mPower—home of the once-a-week, no-cardio, no-sweat workout that will change your life. To learn more about mPower and the mBody six-week fat loss plan, please visit www.strengthforlife.net, then call 404-459-0270 to schedule your consultation.

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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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Life Grocery Store, Inc. Mission Statement

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

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Excitotoxins . . . A Word You Need to Know

By Dr. Joe Esposito

Excitotoxins are chemicals that are found or added to food that cause an overstimulation of the nervous system, which can cause the nerve cells to be destroyed. These chemicals are found in almost all processed foods. The most common excitotoxins are aspartame (an artificial sweetener) and monosodium glutamate (commonly known as MSG). These chemicals stimulate glutamate receptors, part of the nerve complex that is stimulated by glutamate, an amino acid, and aspartic acid, which is found in aspartame. If these receptors get overexcited, the nerve cells can virtually excite themselves to death. These receptors are found abundantly in the brain, but are also found throughout the body. Glutamate is one of the most abundant neurotransmitters (chemicals that make nerves function) in the brain; it is used to keep the brain alert. The glutamate receptors play a role in learning, memory, endocrine system control, and emotions. When we get too much of it, the nerves become overexcited and can start to malfunction.

One argument I have heard is that excitotoxins are not dangerous to humans, as the tests were done on rats or monkeys. The problem with that line of thinking is that humans are exponentially more sensitive to excitotoxins than monkeys or rats. The amount of excitotoxins needed to cause an adverse reaction in monkeys or rats is much more than the amount it takes to cause an adverse reaction in humans. In addition to this fun fact, humans may eat excitotoxins on a regular basis and the effects are cumulative. That diet soda or

Chinese food you ate years ago may still be having an adverse effect on your health today. The effects on a fetus, infant, or small child can be worse, as they are four times more sensitive than adults to excitotoxins.

If you combine MSG with aspartame, the negative effects are staggering. Let's say you eat MSG-containing foods, like certain chips, a frozen dinner, or commercial soups. Your blood glutamate will go way up. A 20-fold increase is not unusual. Then you add a diet soda, and your blood glutamate can go up 40 fold, or a 4,000% increase! Almost all processed food has at least one excitotoxin, many have two or three, so effects get worse as you combine the toxins.

When reading the ingredients, look for some innocent sounding terms, such as hydrolyzed yeast, autolyzed vegetable protein, soy protein isolate, soy protein concentrate, whey protein, spices, enzymes, stock, broth, carrageenan, and even the term natural flavors. Any of these terms can (and usually do) mean that the product contains excessive levels of glutamate. If the food is considered a "diet" food, look for aspartame in the ingredient list.

Different people will have differing reactions to excitotoxins. Some "lucky" folks have the ability to detoxify them from the body and see little or no reaction. I find that most people will see some reaction, so keep on the look out for how you feel and what you eat. Very high intake of any excitotoxin can lead to abnormal learning, addictive behaviors, behavioral and emotional issues, and even affect the endocrine system in children.

When animals are fed MSG early in life, they can develop short stature, small endocrine organs (pituitary, adrenals, thyroid, ovaries, testes, and pancreas), and a high risk of seizures. Some of these effects are reversible; some are permanent.

It's just a smart move to limit, or better yet, eliminate all excitotoxins from your diet. The two main excitotoxins are MSG and aspartame. They have been suspected to be the cause, or at least a contributing factor, in cardiac arrest, seizures, Alzheimer's disease, Parkinson's disease, certain cancers, fatigue, learning disabilities, obesity, and a host of other health problems. If you are eating out at an Asian restaurant, always order your meal with "no MSG and no chicken broth." In a Thai restaurant, be sure to order "no fish sauce," as it will most likely contain MSG. Never eat any food or drinks sweetened with artificial sweetener. Sucralose is another popular artificial sweetener, which is also very bad, but for different reasons. Make it a habit to shop regularly at Life Grocery, where you can always find healthy options that do not contain these additives.

Dr. Joe Esposito is a chiropractor, licensed dietician, author, syndicated radio show host of HEALTH TALK ATLANTA, and the director of Health Plus Chiropractic Center. Check the Life Grocery calendar for his upcoming lectures. For more info or to speak to him personally, call 770-427-7387. Mention Life Grocery and get an exam, consultation, x-rays, and doctor's report of findings for only \$50!

The whole world is our backyard, and no effort is too small. Our future depends on all our efforts to live in harmony with nature. Keep recycling—it works!

Which Illnesses are You Living Towards?

By Linda Townsend

It is a very strange question, but one that I have been asking myself quite often lately. If you could pick which illnesses you are willing to have, which ones would you pick? *Probably none of them, right?* (That's my answer!)

It is quite impossible to avoid all illnesses, but it is also quite possible to *live* one's way toward illness. We all have a genetic disposition towards certain illnesses; however, those family illnesses are typically known, so we can do some things to reduce our risk. For instance, in my family some of the common illnesses are closely associated with obesity; however, all my efforts to maintain a healthy weight and exercise alone may not be enough to completely avoid those same illnesses. If I cannot avoid them completely, I do hope they can be held off for as long as possible, but I also realize that there is no perfect formula that will ensure such results, particularly as I age.

Still, I wonder: If we modify our lifestyle to avoid certain illnesses, that is, if we try to prevent only what we fear most, perhaps we end up ignoring or being ignorant of other ones we end up causing. In essence, we lose the sense of balance between the two, even when some of these results are obvious. For instance, a person may run several days a week to avoid heart disease and yet ignore his ankle which is hurting more and more; then it is likely that while running is generally considered a healthy exercise for the whole body, his ankle is being over stressed to an unhealthy level. Perhaps the man loves the lifestyle and believes the benefits of running outweigh the injury to his ankle. On the other hand, the man may fear heart disease more than crippling his ankle.

Narrowly focusing on the avoidance of certain conditions can be just as detrimental as ignoring them altogether. While "M" believes strongly in the benefits of vegetarianism, including the concept that vegetarians are typically leaner than meat-eaters and it may help her avoid Adult Onset Diabetes (Type 2), a common illness in her family, her diet was not well balanced. She ate lots of pasta meals high in carbohydrates and did not use food combinations or limit amounts to help control her weight. The result is that "M" has been 100 pounds over her healthy weight for some years and is now beginning to experience complications resulting from her lifestyle. She may be in the process of developing diabetes, which she hoped to avoid. Her weight condition is obvious, but, as we all know, there are many other conditions that can begin developing without being obvious and without our knowledge.

Another woman, "B" was narrowly focusing on ridding her body of parasites, which she believes is the underlying cause of her illness. For nearly a year, she had been overlapping two and three parasite cleansing treatments simultaneously! "B" was not following a specific protocol, but doing combinations of her own making. (I am no expert about such things, but I have always believed that such treatments are quite demanding on the body and should be done one at a time with rest periods in between, so that the body has time to recuperate and the person has time to evaluate the results.) Of course, "B" had an unhealthy appearance, which may have been because she had been so ill for so long or perhaps because of the intensity of the treatments . . .? I sympathize with her desire to

ridding her body of all parasites, but I found myself questioning the method she was using. How would "B" know when she had achieved her goal when she was continuously taxing her body with these intense cleanses? Were other unknown health issues being caused by these intense treatments?

Most of the people I know who are advocates for alternative and complementary health, have certain areas of interest. This is a good thing because we can share knowledge and experience with each other, both the positive and the negative. We can broaden our knowledge and, perhaps, learn to step back from time to time for a reality check. It may be difficult to admit, but with the exception of absolute necessity, fear is a very strong factor in motivating us to seek healthy lifestyles. Yet, every so often, we need to reevaluate what we are doing and the results we are getting. We need to continue learning and seek a balance beyond our fear to avoid an illness, so that we are not unintentionally living *towards* an illness.

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

Check Out
Life to Go
Healthy & Delicious
Meal Options
available at
Life Grocery

The Truth Shall Set You Free

By Jesse Andersen

His mother and a stranger changed the direction of Craig Sommers' life forever.

Recently, Dr. Craig B. Sommers visited Life Grocery and Café, enlightening the customers and staff with a free lecture on *The Secrets of Longevity and Vibrant Health*.

A gentle, quiet man with a heart the size of Chicago, Dr. Sommers is impressive from the standpoint of sincere research and determination to find the best that life has to offer, with particular interest in the Raw Food Lifestyle. Craig shared how the thought of a raw foods lifestyle was introduced by telling us a very personal story regarding his mother.

In the early 1990's, Craig was visiting his mother in the hospital after she had angioplasty surgery to clean out her clogged arteries. A man walked into her room and said, "Hi, I teach people how to heal themselves through simple diet and lifestyle changes." He handed them a business card and said to give him a call if they wanted more information.

Craig's mother was not impressed, thought the stranger was a charlatan, and tossed his business card in the garbage can. But the words that man spoke resonated with Craig. He began thinking of the cholesterol-laden, fatty garbage food that they were feeding his mother in the hospital, while she was there having her clogged arteries cleaned. He said, "In that moment, a seed was planted in my consciousness that was soon to blossom and consume my entire life. I set out to find the "truth," and the "truth" I did find!"

Lectures, cassettes, and programs on video tapes began his journey. He knew that there was good logic in what the man who walked into their hospital room that day had said, and the truth began to unfold.

You've most likely heard the old saying, "When the

student is ready, the teacher appears." Craig told the audience at Life Grocery, that wonderful teachers started appearing quite quickly. Very shortly after each angioplasty surgery, his mother was diagnosed with clogged arteries AGAIN. After THREE such surgeries, her doctors told her that she needed bypass surgery. Her son stepped in, and with a very limited amount of information on his newfound "truths," got her off all of the "artery-clogging animal fats and processed foods" and had her begin to eat a lot more fresh salads, along with some high quality nutritional supplements.

Within just one year, Craig's mother, who had previously been told that she needed blood pressure lowering drugs, hormone deficiency drugs, cholesterol lowering drugs, and blood thinning medication, needed none of those drugs anymore, as all of her lab reports indicated that she no longer needed the medication. By the way, she never did have that bypass surgery.

Even though the "clogged arteries" were put to rest, her doctor next diagnosed osteoporosis. She was told to supplement her diet with TUMS®, an over the counter calcium carbonate supplement. She added these to her dietary routine and found out, after being tested again two years later, that the osteoporosis had gotten worse. Her doctor had a list of drugs to add now. She was well aware of the side effects of these drugs, and, instead, chose to let her son help her. What did he suggest? Dark, leafy green vegetables.

Every morning, on an empty stomach, she would drink the juice of a variety of dark green leafy vegetables. Craig sent a sample of her hair to a laboratory for a hair-mineral analysis, and the report showed her to be deficient in magnesium, but fairly high in calcium; he had her cut back on the calcium supplements and start taking more of the high quality magnesium, along with

some trace minerals, like boron.

Every year, Craig had the hair-mineral analysis performed to keep up on her progress, which steadily improved. It was eight years before she had her next bone density test and the results were fantastic! She had perfect bone density . . . and she was now in her early seventies!

You'll find more great stories and wonderful research in Dr. Sommers' book, *Raw Food Bible*. He states that the name of his book would imply that it is strictly about food. It is not. He believes that there are many factors that contribute to health and disease. His book covers three main categories: nutrition, lifestyle, and the mind/body connection. He presents ancient wisdom, along with scientific documentation for, in my opinion, an essential read for anyone searching for keys to great health.

From a plumber, to an electrician, to a mechanic, Craig evolved to a certified nutritionist, naturopathic doctor, and seeker of truth. I have always believed that really, "the truth will set you free." How lucky we are to have people like Dr. Craig Sommers to enlighten our lives.

Jesse Andersen, director of the Raw Food Resource Center, presents free lectures and all day seminars several times monthly at Life Grocery. For more information or to see her "before & after" weight loss photos (she lost 80 pounds in 6 months!), contact her at 770-606-0353 or RawFoodResourceCenter@gmail.com. Mention Life Grocery and receive a free \$50 coupon towards Jesse's all day seminar Raw Food Nutrition for Health & Weight Loss.

Overwhelmed by Global Warming?

By Kay Bird

Are you tired of hearing about it yet? Do you wish you had unlimited time and money to save the world? Are you frustrated that you forget to take your canvas bags shopping with you? Do you feel like all those little things would make very little difference; any difference? Me, too, after all, I'm only one person out of billions.

I felt like I was spinning my wheels trying to figure out how to do my part. My awareness of how I have lived in environmental disregard made me very sad. I eventually realized that those feelings were of no help, because they were slowing down my ability to think clearly and act in a conscious, relaxed way. They also kept me from acknowledging the contributions I was already making, such as eating organically grown food.

Boom! Like a compact florescent light turned on in the middle of my darkness, someone wrote a little article, not telling me to use canvas bags, or save my bath water for the flowers, or any of those same things that are showing up in every magazine and online home page, but reminding me that there is an easy, playful, maybe even joyful way to make all those changes. That is, develop a new habit, one month at a time!

Here's how: Pick out one thing that you would like to change or get better at, and concentrate on that one action for one month, allowing yourself to be forgetful at times. There is more to solving a problem than just deciding to do it, so prepare for some twists and turns. Engage willing family members and friends in your research and actions, and ask for their suggestions for accomplishing your goal. People like to be consulted for their ideas, and your request may inspire them to

join your project. If at the end of the month, you feel like that action has become routine, go on to the next. Twelve new environmental habits in a year—yahoo!

As I became more conscious of how I was wasting things, even the way I ran the water full force to rinse a dish or wash some fruit (when a fourth to a half of the water flow worked just as well)—I realized that my new practices were increasing my awareness of my connection to life and how much life gives to me. Even though I live fairly simply, I had to acknowledge the many ways I operated with the good ole American attitude that if it was available for me to buy or use, it was my privilege to use it. If I had a choice to use non-recyclable plastic, because I didn't want to take the time to wash the dishes after the party, then so be it. After all, I had the money to do whatever I wanted. But, I still wanted to do what was right, so I kept working at what I believed were the right choices for a healthy environment.

One morning, I woke up with the realization that recycling and conserving are actually acts of gratitude; they had become part of my spiritual practice and I hadn't even noticed. (Are they also the right thing to do? I hope so, but my grandchildren will be the judge of that.)

As I contemplated the spiritual connection to conserving and recycling, I began to notice that I was experiencing less need to possess things. I am enjoying the attitude of Mother Theresa, who said, "It's all so very beautiful and I'm so glad I don't need any of it."

I am also spending more time making decisions about what I do buy, evaluating my real needs and whether I

can recycle all the parts that make it desirable or convenient for me to have. I am discovering that doing things like making my own dinner, rather than going out, actually costs me less time when I calculate the time to drive there and back, the wait to get the food, the time to eat it, and then the wait to pay for it. Somewhere along the line, I became convinced eating out was saving me time. And, if I calculate the hourly rate of eating out versus eating at home, I am making a good, non-taxed rate of pay. Rather than being routine, I have made eating out as a treasured treat I give myself once a month with a friend. "Once a month?" you say in surprise. I decided to go back to my childhood, when we got a Dairy Queen ice cream cone once a month when a treat was really a treat, not an expectation.

But, back to the spiritual part. The greatest gift from this new understanding is that I can let go of my anger about how others waste and throw away the things that I conserve, reuse, or recycle. I used to become very frustrated by Life Café customers, whom I expected to be more aware, when they would walk past the washable dishes and utensils, get a "to go" container, sit down and eat their food right there, and throw away the container. But, since I have grown in gratitude, I instead remind myself that I am grateful they are choosing to eat organic food, which serves the health of our environment in a very provable way. Since this is my practice of gratitude, not anyone else's, and I believe in freedom of choice, I can let everyone else figure what inspires their gratitude. What a relief!

Five Health Horrors that are Easy and Inexpensive to Avoid

By Traci and Kal Sellers, MH

It is by no means healthy to be frightened or to pass fear on to others. There is no situation so bad that it cannot be made a little worse by adding extra fears about the situation! Even so, some things we bring into our homes are scary in what they are capable of doing to our health. Five of these are on my hit list right now. I have provided options you might try for removing the toxic levels, if you have them.

Toxin 1

This is one we cavalierly carry about with us, bring into our homes, and then brag to our neighbors about the great system we have that is so convenient. This one is microwave pollutants. Microwaves come from several devices in our lives, not just our microwave ovens.

On the subject of microwave ovens; in general we know they are quite hazardous. Microwaves work because they are exactly the frequency needed to disrupt the bond between hydrogen and oxygen in water. As such, there is no living tissue on this planet that is not greatly disturbed by them; all water is changed at a physical and a chemical level by them. Microwaved water appears to kill plants watered with it!

Irradiation, a controversial technology that many are discussing today, comes from microwave radiation. Irradiated wheat is known to cause polyploidy in children. We know it also disrupts some enzymes and other nutrients in foods and herbs that are irradiated.

The biggest problem, however, does not appear to be these sources of microwave pollution. Rather, the biggest problem is (as is almost always the case) one that we have complete control over. It is that of wireless technology—cell phones and wireless devices (including the internet).

The use of a cell phone for a conversation is minimally harmful, but carrying it on your person, if it is on, is a bigger issue. Weak cells in your body that are not as resistant as healthy cells might be damaged by this microwave frequency.

If you have wireless internet or other devices in your home, my only advice is to put everything on a wire and get rid of your wireless router or modem. It will affect a variety of issues, depending on your weakness. It is no gift to you; it is no gift to children. Get this extreme toxin out of your life.

When we removed wireless internet from our home, we all immediately noticed we were dreaming more and more vividly. We noticed an increased sense of well-being.

Juicing greens, carrots, beets, and asparagus will help rebuild normal blood. Dr. Richard Schulze's Heart Formula will help repair heart damage. You can also take large amounts of kelp and eat apples which should help eliminate radiation poisoning still in your body. Other systems may need to be taken to a health and healing professional. You can call or email me if you want.

Toxin 2

I never spent any time worrying about xenoestrogens, but I began getting questions about them as I became more widely published on NaturalNews.com and Aquarius News. I was not very educated about xenoestrogens. Rather, I offered my favorite solution to hormonal disturbances in general, which is to avoid hormone-infested meats, dairy, and eggs, and to eat sprouted Fava Bean Soup (this recipe can be found in the latest edition of Traci's recipe book, available through www.bestfoodist.com).

Then I ran into a situation that can only be called xenoestrogen poisoning. Xenoestrogens are foreign estrogens. They are only found in synthetics and in highly processed estrogen sources in the plant kingdom (such as what happens when making soybean oil and soy protein isolate from soy). The plant sources are not nearly the issue that the synthetics are.

Theoretically, xenoestrogens could be picked up from frozen or heated plastics, including plastic wrap, plastic bags, and any plastic with a number on the bottom under seven. Supposedly, the closer it gets to seven from one, the more unstable the plastic gets, though there is some debate about this. However, conventional wisdom is that plastic in your food and water is not a good idea.

The case of xenoestrogen poisoning that I encountered came from distilled water in soft plastic jugs. A much better option is to drink distilled water that is stored in better jugs

that has been recently filled, that is kept out of the sun, and that is maintained at room temperature. You may even get it delivered by local companies. I believe distilled water to be the healthiest option you can have, but not if laced with xenoestrogens!

Generally, to reach a hazardous level of xenoestrogens, one must have regular exposure. Although they eliminate fine, they weaken all organs and systems they encounter. They also may promote estrogen dependent growths. Do not store drinking water in poor quality plastic. Avoid freezing or heating anything in plastic wraps or poor quality plastics.

While xenoestrogens are in the air, on almost everything, those ambient xenoestrogens are not so much an issue most of the time for most people. The concentrated sources, in addition to the frequency of exposure, are the real problem. Generally, just eliminating the concentrated sources of xenoestrogens will fix the problem in a few weeks.

If something more is needed, both the consumption of healthy estrogens, such as in Fava Bean Soup, as well as absorptive substances, such as zeolite (ask for it in the supplement department at Life Grocery) and/or Richard Schulze's Intestinal Formula #2, seem to be very helpful. One might also want to tone up the bowel, the gall bladder, the urinary bladder, as well as any other smooth muscle organs that might be hard hit by the weakening effect of xenoestrogens. This can be done with organ specific herbs and with vigorous exercise.

Toxin 3

Fluoride and chlorine are found in our water. Chlorine will cause a wide variety of problems and is absorbed directly through the skin. Regular internal cleansing will get it out, but prevention is a better plan. We can easily get most of the chlorine out of our water by installing a \$60 whole house filter (available from Home Depot). I bought and installed my own in about three hours one afternoon. (I am just as good as the next guy at home improvement projects.)

Occasional swimming in chlorinated water is not an issue, but if you swim regularly, you should probably cleanse regularly and drink plenty of fresh juices to eliminate the chlorine as fast as possible. Drinking distilled water helps eliminate the chlorine far more rapidly.

Fluoride is a much more nasty customer and a good deal harder to eliminate. Dr. Richard Schulze's Intestinal Formula #2 will pull it out, as will apple pectin. Herbal chelation combinations (such as those containing burdock, yellow dock, sheep sorrel, kelp, red clover, watercress, marshmallow, etc.) will pull it out as well. Check the supplement department at Life Grocery for other formulas.

Fluoride websites exist that explore a wide variety of toxic effects on children and adults. Fluoride is not readily absorbed through the skin; rather, it gets into us from drinking it. It is a little crazy to give it to children internally. Fluoride only has hope of helping the teeth if it is rubbed into them to fill holes.

Generally fluoride is from aluminum waste, but I understand that some fluorides exist naturally that are also toxic. Fluoride is a chemical name for the second half of a compound containing a certain number of fluorine atoms and may exist naturally in a harmless form. Sulfuryl fluoride is the stuff that generally poisons us; the stuff that is added to our water supplies and sold in tablets for kids. The medical term for fluoride poisoning is fluorosis.

The only option here is an extreme filtration system such as reverse osmosis. You may get most of it out through double filtering through carbon (as we do through our ice maker in our fridge). Our refrigerator has a filter and the house has one that we change every couple months. This seems to keep our water tasting pure; it makes good ice, as well.

Toxin 4

The safety and effectiveness of vaccinations are controversial. They are comprised of extreme toxins, heavy metals, and toxic pathogens that our body did not encounter in a natural way. As a result, our body experiences shock from the vaccine ingredients.

There are great books on the subject. Alive Books has one called *Natural Alternatives to Vaccinations*. My favorite

is Neil Miller's *Vaccines: Are they Really Safe and Effective*, which sources medical journals for its information. I also like Dr. Mendelsohn's book, *How to Raise a Healthy Child in Spite of Your Doctor*.

Simply put, the toxins injected into us are not dealt with by our bodies like toxins encountered from a sting, an injury, or a bite, which the body is immediately aware of. Rather, the toxins often shock the body and do not get easily removed. They will tend to stay and sit somewhere that is too weak to throw them off. Herbal chelation formulas are helpful to detox them.

Toxin

Non-stick cooking surfaces are something we seem happy to go out and buy. They are considered far more convenient, enabling us to use little or no oil in our cooking. It is no secret that, if overheated, they will emit extremely lethal toxins into the air. What is less known, however, is that a little of the toxic material they are made of gets into your food every time you use them. Eventually you will see evidence of this in the form of holes and peeling on the surface of the cookware. This, coupled with the aluminum that leeches out after the coating goes bad, makes for a bad situation that rapidly gets worse.

In our house, we use cast iron cookware with olive oil, which is one of the most stable of the natural and unrefined oils. I am not happy at the thought of getting oxidized iron into my diet, but this only happens when you initially use them. Once the pots are well seasoned, there is little or no leeching. It takes some time to get used to, but when used with a stainless steel spatula, they function much like non-stick cookware. They do not wear out; they only get better and better with additional use. The good news is that they don't emit toxins into the air.

Conclusions:

Our lives are filled with options where a non-toxic choice would work fine. There are toxins (such as general electromagnetic pollution from electrical wires and radiation from computers and televisions) that can be minimized, but probably not entirely avoided. Many things (like chemical perfumes in our laundry) could be easily avoided and make our lives healthier immediately. Other options should be carefully considered for products we put on our skin and spray in our houses (or just clean with in our houses) if they are toxic or potentially harmful.

The following healthy and delicious onion soup recipes (one is raw, the other is cooked) are from *Traci's Transformational Kitchen Recipe Collection*, now available as a new, updated edition, with a reduced cover price, at www.bestfoodist.com. All recipes are meat-, dairy-, gluten-, and wheat-free; some are soy-free.

Raw Onion Soup

By Traci Sellers

¼ c Nama Shoyu (unpasteurized soy sauce)

¼ c water

1 medium onion, sliced thinly

4 c red miso broth (made from 3T unpasteurized

red miso and 4 c water)

4 T extra virgin olive oil

dehydrated crackers (page 85) and raw almond parmesan

(page 100) in *Traci's Transformational Kitchen Recipe*

Collection)

- Stir together Nama Shoyu and water in a medium, non-metal mixing bowl.
- Add onions and marinate ½ to 1 hour.
- Remove onions and reserve marinade.
- Dehydrate onions at 115° F until pliable (may take several hours).
- Blend reserved marinade, miso broth, and oil in blender until well combined.
- Place broth mixture and onions in a sauce pan and warm on stovetop to 115° (you should be able to hold your finger in it without discomfort).

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Sprouts & Raw Food Will Supercharge You

By Dr. Brenda Cobb

The life energy in raw food and fresh living sprouts stimulate the body's inherent self-cleansing and self-healing abilities. These foods help the body's immune response and its ability to fight off illness. The toxicity level of the blood, which is usually high in illnesses, such as cancer, is reduced when you eat raw and living sprouts.

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

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

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

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

Sprouts are not only good for you, they are relatively inexpensive. For an economical and nutritious food source, eat more sprouts. Keep sprouts on hand to munch on. Add them to your smoothies and drink your enzymes. Sprouts are healthy, economical, and a key to your good health. Maximize your health and your vitality by eating them regularly.

A wonderful way to get your sprouts and raw food everyday in a highly absorbable form is to blend them into delicious, nutritious smoothies. Get creative with fruits and vegetables by blending some of your favorites along with at least one cup of sprouts. Sunflower, buckwheat, and broccoli sprouts are some of the most nutritious; they are high in vitamins, minerals, chlorophyll, and fiber. Adding one to two cups of sprouts to your smoothies insures that you are getting true living foods.

Sprouted Smoothies

Be sure to use 100% organic ingredients. Put all the ingredients in the Vita-Mix or other high speed blender. Use the amount of pure, filtered water to achieve the thickness of smoothie you want. Blend for 30 seconds.

Sunny Sprout Smoothie

1 c sunflower sprouts
1 c broccoli sprouts
1 apple
1-2 c water

Green Goodness Smoothie

1 c kale
1 c buckwheat sprouts
1 avocado
1 t dulce flakes
1 Granny Smith apple
½-1 c water

Lemon Sprout Smoothie

2 apples
1 T fresh squeezed lemon juice
2 stalks celery
1 c sunflower sprouts
½ -1 c water

Carrot Greens Smoothie

3 large carrots cut into pieces
3 c of mixed baby greens
2 T fresh cilantro
4 c water

Celery Cilantro Lemon Smoothie

6 stalks celery
½ c fresh cilantro
squeeze lemon juice
4 c water

Apple Greens Ginger Smoothie

4 apples
3 c baby greens
1 T fresh ginger
4 c water

Brenda Cobb, founder of The Living Foods Institute and author of [The Living Foods Lifestyle@101 Raw and Living Food Recipes](#), and six other books on health and healing naturally with organic raw and living foods, teaches 10- and 12- Day Healthy Lifestyle Raw and Living Food courses at Living Foods Institute, in Atlanta, Ga. There is a free seminar and recipe demo on Monday, June 23 at 7:00 pm and a free banquet feast and graduation party on Sunday, June 22, at 3:30 pm at the Living Foods Institute. For further information, call 404-524-4488 or visit www.livingfoodsinstitute.com.

and visions using Inspiration Boards as a tool. See www.inspirationboards.com for more information. She can be contacted at 770-218-3952 or kim@inspirationboards.com.

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- Serve in individual bowls topped with crackers and parmesan.

Caramelized Onion Soup

By Traci Sellers

This is my version of French Onion Soup. I don't call it that since the name implies that cheese is involved, but none is. Achieving a 'beefy' broth with no meat was a great success. This soup has a deep and rich flavor that comes partially from the caramelizing of the onions. Serve this with slices of grilled sprouted grain baguette or Grilled Cheeze Toast Triangles, and a mesclun salad. YUM!

1 T olive oil
2 large or 4 small onions, halved and thinly sliced
5 c water
2 T arrowroot
3 T red miso
6 T Nama Shoyu
1 t fresh cut or ¼ t powdered thyme
½ t ground rosemary
¼ c nutritional yeast flakes
1 bay leaf
fresh ground black pepper to taste

- Sauté onions in oil in a large covered pot, over medium high heat. Stir occasionally until

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Detox?

By Dr. Kimberly Strickland

Recently, on the Oprah show, I saw Dr. Oz do an experiment to determine if doing a detox program or diet for a week actually reduces the amount of toxins within the body's tissues. Does the liver release extra toxins when you are not consuming preservatives and while you are drinking raw juices and eating only raw foods for a week? What he found out was that the people had the same amount of toxins after a week. What does that mean? Does that mean that detox diets don't work?

What it means is that doing a detox program for a week is not enough to rid the body of toxins that it has accumulated over a lifetime. A detox program should be looked at as a way to jump start the body—the taste buds, your sense of smell, your digestive tract, your elimination, etc. Life Grocery has a wide variety of detox programs in the nutrition section for you to chose from. Using one can be a great way to get your body working, especially if it has become sluggish. If you remove all sugars, salt, processed foods, and preservatives from your diet for a week, your taste buds will begin to reset so that you can appreciate the sweetness in a carrot as compared with a donut or a granola bar.

Doing a detox program once every three months to balance out unhealthy eating habits and lifestyle choices will, however, not be very effective for overall reduction of toxins. It requires that you choose healthy foods on a regular basis and take care of your body through exercise. Exercise is a great way to stimulate the body's organs and systems.

Nature has provided us with everything we need to enjoy radiant health within our bodies. Our bodies crave vitamins, minerals, and essential nutrients found in organic, natural foods such as fruits, vegetables, nuts, seeds, whole grains, fish, and meats. Did you know that it is recommended that we eat three to five fruits every day? And the wider the variety of fruits, the better for the body. So rather than eating two bananas, two apples, and an orange every day, consider choosing pears, grapes, blueberries, strawberries, cranberries, blackberries, pineapples, etc. There are super fruits such as acai, noni, and mangosteen that pack even more power than the fruits listed above. Look for these in nutritional beverages and supplements. Phytonutrients and antioxidants are found in all fruits and our bodies need them to stay healthy. The next time you go shopping, consider how much fruit to buy for a week.

Here's a recipe for a nutritious spring smoothie.

Fresh Fruit Smoothie

2 c frozen or fresh blueberries or mixed berries
1 c fresh pineapple
1 peeled green apple
1 orange
1 T ground flaxseed
1 handful of sunflower seeds
honey to taste (optional)
water or apple juice (enough to blend)

- Blend all ingredients in blender until smooth.

Dr. Kimberly Strickland is a graduate of Clayton College, with a doctorate in Natural Health. She leads workshops for groups on setting and achieving goals

Summertime

Summertime and the tofu is grillin'—so hush little baby, don't you . . .

I know what you're thinking, but yes, vegetarians have cookouts. I can flat-out grill some tofu, especially during summer. Ah, summertime. catfish are jumpin'—birds are singin'—people are walking around asking, "Hot enough for ya?"

And it's the perfect time for cleaning up the outdoor grill for a little BBQ action. If you're like me, you're all excited about the prospect of grilling tofu, but try to calm yourself for just a minute and read on, because it's really important. Words of wisdom: A big slab of fresh tofu + an ungreased grill = one big honkin' mess!

Before you crank up the heat, spray the grill with cooking oil or liberally grease it with a paper towel soaked in vegetable oil. You will be glad you did. It is also my recommendation, but not totally necessary, to freeze the tofu ahead of time. Just remove it from the little white tub, and drain the water from it. You can either place the whole slab in a storage bag, or cut it into five slices (kind of like slicing Spam).

If you want to seal the tofu in a marinade before you freeze it, that would be all right, but I recommend waiting until after you have frozen and thawed the tofu. It will still drain a lot, even after it has been frozen. Also, freezing changes the texture of tofu by making it a little more "chewy" and more resilient. Freezing may also change the color of tofu, which is perfectly normal, unless it turns purple; then you really have a problem. But seriously, it will turn amber or maybe a little brown, and this is perfectly normal.

So, either way, fresh or frozen, you have a lot of exciting options. You can also cube the tofu, place it on skewers along with some bell peppers, onions, mushrooms, and pineapple chunks. Then grill it.

When grilling, it is always best to use extra firm tofu, and freeze it first. But it will work just fine fresh from the tub. Just be sure to let it drain. A quick and easy method I use to drain or thaw fresh tofu, is to remove it from the package, place it in a colander and cover it with a salad plate. Then I place my mortar and pestle on the salad plate and place it all in the sink to drain for about thirty minutes. This works quite well to express the water from the tofu. A heavy can of beans will also work in place of the mortar and pestle.

One of my favorite marinades for tofu is ¼ cup honey, one teaspoon crushed red pepper, ¼ cup extra virgin olive oil, and ¼ cup Teriyaki sauce. Just place this all in a gallon size baggie and add the sliced or cubed tofu. It's best to let it marinate overnight, but a few hours will do in a pinch. Just remove it from the baggie and slap it on the grill.

OK! Are you ready to put the spurs to it? Let's get grillin'!

BBQ Tofu

1 to 2 containers of extra firm tofu (there are usually five servings per container of tofu) barbecue sauce or my favorite marinade (above)

- Slice tofu into 4-5 slices per block.
- Coat grill with non-stick oil prior to lighting the fire or turning on the gas. Place tofu on a grill.
- Brush with barbecue sauce or marinade and cook 15 minutes.
- Turn once and coat other side. Continue cooking for an additional 15 minutes, depending on whether you want it rare, medium, or well done.
- Just let it cook, as it's best to let it caramelize before turning. It's not a good idea to over-flip tofu.

By Betsy Bearden

As long as we're grilling, how about some side dishes?

Grilled Okra Pods

You won't believe how delicious this is!

20 whole okra pods
vegetable oil
kosher salt

- Place pods on skewers or individually on the grill.
- Brush with vegetable oil and dust with salt.
- Grill them until the juices start bubbling from them, about 10-15 minutes. Rotate so they will cook evenly.
- Remove from skewers and serve whole.

Strawberry Vinaigrette

1 lb frozen strawberries, thawed
¼ c honey
2 T balsamic vinegar
½ c olive oil
¼ c Vidalia, Texas Sweet, or sweet onion
1 clove garlic

- Place all ingredients into a blender and place setting on "liquefy" for about 30 seconds.
- Pour over fresh, crunchy Romaine lettuce or any lettuce you desire.

This compliments any salad. If you want to make this even more special, you can sauté two tablespoons chopped walnuts in butter and sprinkle on top of the salad and serve with crispy baguette slices. Another tip for serving this salad in the summertime is to put the strawberries in the blender semi-thawed. When you pour the dressing over the lettuce, it will crisp it up something fierce and cool you down on a hot day!

So who says vegetarians can't be grill masters to be reckoned with? *We don't need no stinking meat*; we have veggies and tofu, and an abundance of fresh, organic supplies whenever we need them, at Life Grocery! Happy summer!

Betsy Bearden is a published writer, and author of a self-published cookbook, Normal People Eat Tofu, Too. She has worked as a volunteer chef, cooking class instructor, and reporter for The Paulding Neighbor Newspaper. You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net

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the onions are very tender and browned (caramelized). Expect this to take at least 30 plus minutes to achieve the desired result.

- Meanwhile, in a blender, combine water, arrowroot, miso, shoyu, thyme, rosemary, and yeast. Blend until well combined.
- Add liquid mixture to onions when browned. Stir. Add bay leaf and bring to a simmer, stirring occasionally. Cover. Simmer for five minutes.
- Turn off heat and allow to sit covered for an additional five minutes.
- Season with black pepper when soup has cooled to serving temperature.

Kal and Traci Sellers team teach eight healing and "cooking" classes that are a compliment to their co-authored books: Traci's Transformational Health Principles and Traci's Transformational Kitchen Recipe Collection. Check the Life Grocery calendar for their upcoming classes and lectures, or contact them at www.bestfoodist.com, or 706-473-4375.

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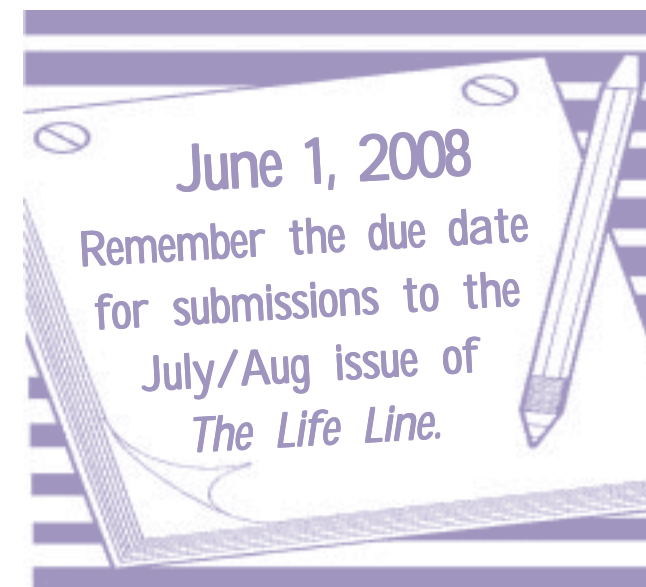
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Gluten Free is NOT a Fad Diet

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

No, the Gluten Free diet is not a fad diet; it is a lifelong dietary change required for individuals with Celiac Disease, gluten intolerance, or gluten sensitivities. It, along with a casein-free diet, is also beneficial for children with Autism Spectrum Disorders. Many others are also discovering that as they eliminate gluten from their diet, many of their persistent health concerns improve or go away completely. Currently, one in 133 Americans is estimated to have Celiac Disease (a genetic condition that causes the body to suffer from malnutrition, which then causes a multitude of health problems), but only about 10% of those are actually diagnosed. As awareness increases and more people discover that they too need to be on a gluten free diet, you will find that gluten free is here to stay.

I am offended when I hear people say that gluten free is just a fad, and people will forget about it soon enough. Not true. At least it better not be true, since I have Celiac Disease and my daughter is also gluten intolerant; we have to be on this diet for the rest of our lives. We cannot cheat even if we want to, because to do so would make us very ill. Even if we weren't to have immediate noticeable symptoms from cheating, we would still be damaging those tiny villi in our intestines where our body absorbs the nutrients from food. So, if my villi become damaged and I can't absorb my nutrients from my food, eventually I would become very ill from malnutrition. I've already been there, done that, and bought the t-shirt, so to speak. I'm not willingly ever going back there.

Some people do lose weight on the gluten free diet. I did. But you aren't going to lose weight on a gluten free diet if you aren't gluten intolerant. It's not one of THOSE kinds of diets. This is a complete lifestyle change that requires commitment, vigilance, and lots of support from the people around you. It's not always easy. It's getting easier though, thanks to awareness campaigns by groups such as the National Foundation for Celiac Awareness, as well as the appearance of the "gluten free" label on many more of the products we find on store shelves. We aren't just talking specialty gluten free companies here; mainstream food manufacturers like General Mills, Frito Lay, and even Wal Mart's own Great Value Brand, are beginning to label their products that just happen to be naturally gluten free. Some of them are even changing the formulas of popular products so that they will be gluten free. See, gluten is a cheap filler and, in most cases, really doesn't need to even be in a lot of these products. With all of these companies making these changes, I think this really shows you that gluten free is definitely here to stay and is not a fad diet by any stretch of the imagination.

This is where stores like Life Grocery are on the cutting edge. Some years ago, they recognized that the demand for gluten free products was increasing and was not just a passing fad; they created an amazing gluten free section in the store. I want to say a big "THANK YOU" to Life Grocery for providing such a wonderful selection of gluten free products, so that those of us who have to be on this diet for the rest of our lives do not have to feel deprived. Yes, we can even have most of our comfort foods, just in a gluten free version!

Years ago, before I became extremely ill from Celiac Disease, I used to love to eat those greasy egg sandwiches on a muffin from a certain fast food giant. Well, I've created my own, very simply, and I want to share it with you!

Egg Muffin

1 *Glutino* English Muffin (in the freezer section) thawed, sliced in half like a bun, then toasted
1 egg, fried or scrambled in a pan

1 slice of American Cheese, *Horizon Organics* melted on top of the egg
optional: *Applegate Farms* sliced ham, alfalfa sprouts, or sliced mushrooms

- Assemble your egg, muffin, and toppings like a sandwich and enjoy!

Chocolate Chip Cookies (like Tollhouse)

1 c plus 2 T potato starch
½ t baking soda
½ t salt
10 T butter, softened
6 T cane sugar
6 T firmly-packed organic dark brown sugar
½ t *Flavorganics* vanilla extract
1 egg
6-oz pkg. (1 c) *Enjoy Life* semi-sweet chocolate morsels
½ c chopped nuts

- Preheat oven to 375 F°.
- In small bowl, combine potato starch, baking soda, and salt; set aside.
- In large bowl, combine butter, sugar, dark brown sugar, and vanilla extract; beat until creamy. Add egg and beat.
- Gradually add potato starch mixture.
- Stir in *Enjoy Life* semi-sweet chocolate morsels and nuts.
- Drop by rounded measuring teaspoonfuls onto ungreased cookie sheets.
- Bake at 375 F° for 8 to 10 minutes.

Pamela's Sugar Cookies

1 bag *Pamela's Classic Vanilla Cake Mix*
1 cube (8 T) unsalted butter
4 T water

- Preheat oven to 325°.
- With a heavy duty mixer, cream butter. Add cake mix and water.
- Blend on medium for 1 minute. Dough will seem dry but will come together at the end. (If dough does not come together, add additional water, one teaspoon at a time.)
- Food coloring can be added to change dough color. Add the food coloring as part of the 4 T of water.
- Roll out and bake on parchment paper or greased pan for 18 to 20 minutes.
- Cookies should have light brown edges. If using an greased baking sheet, to prevent sticking, run a metal spatula under the cookies immediately when finished baking, while hot.
- Dough can be rolled out and cut out with cookie cutters (parchment paper is suggested for rolling out cookies and baking them). You can also refrigerate or freeze the dough in a log form, then slice and bake.

You can also make chocolate cookies by using *Pamela's Chocolate Cake Mix* instead. *Pamela's Frosting Mixes* make a great topping for these cookies, and *Let's Do Organic* makes gluten free candy sprinkles that you can decorate with, as well.

Nisla Whetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in Private Practice in conjunction with Dr. Joe Esposito. Check the Life Grocery calendar for her upcoming lectures and classes. Contact her at 770-653-6017 or magickhand@gmail.com.

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LIQUID HEALTH

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NATROL

BioSil Liquid; BioSil 30 Veggie Cap; BioSil 60 Veggie Cap

NATURAL CARE

Ring Stop Ear Drops

NATURE'S PLUS

Chai Latte Spirutein; Ultra Hair Plus for Men; Ultra Hair Plus for Women

RENEW LIFE

Organic Clear Fiber; Critical Liver Care Cleanse

SALBA

Salba Seed Oil; Salba Ground Seed; Salba Seed Oil 90 Gel Caps

WHOLE WORLD ORGANICS

Royal Maca Extract Powder; Royal Camu Veg Caps; Royal Camu Powder

HEALTH & BEAUTY AIDES

DERMA E

Melon & Ginger Bath & Shower Gel; Pink Grapefruit Bath & Shower Gel; Tangerine Bath & Shower Gel

DR. BRONNERS MAGIC

Shikakai Tea Tree Hand Soap; Shikakai Lavender Hand Soap; Shikakai Spearmint/Peppermint Hand Soap; Shikakai Lemongrass Lime Hand Soap

ELDON

Know Your Blood Type Kit

GIOVANNI

L.A. Hold Hair Spritz

MAGIC BOTANICALS

Oil Free Fragrance Free Moisturizer

PARISSA

Wax Strips For Legs & Body; Wax Strips for Underarm, Bikini, & Face

PURE LIFE SOAP CO.

(made with certified organic ingredients)

Shampoos & Conditioners: Green Tea; Lavender; Rosemary. Body Lotions: Coconut; Apricot; Cucumber. Soaps: Volcanic Clay; Seaweed; Coconut

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- Granny Smith
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24 oz **\$4.19**

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Original & Spicy
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Organic Garlic

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NEW! Greek Gods
Ice Cream

- Honey Pomegranate Pagoto
- Chocolate Fig Pagoto
- Baklava Pagoto

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- Cinnamon Raisin
- Original

16 oz **\$3.99**



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flavors
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6 oz **\$3.99**


Shrimp
6 oz **\$4.99**



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- Vanilla Wafers
- Ginger Snaps
- Iced Oatmeal

7-8 oz **\$2.99**



Wisdom Tea

Bagged Tea
25 bags. **\$4.99**

Instant Tea
2.82-4oz **\$7.99**



- **Daily Energy B Complex**
30 vcaps \$5.99
120 vcaps \$17.99
- **Rhodiola Energy**
40 vcaps \$10.99
- **L-Theanine**
60 vcaps \$11.99



- **Balance B Complex**
60 tabs. \$17.99
- **Un-Stress**
60 tabs \$19.99
- **Men's One Daily**
60 tabs \$25.99



- **Mens Formula**
60's \$12.99
- **Womans Formula**
60's \$15.99
- **Prostate Formula**
120's \$27.99



- **Rice Protein**
1 lb \$9.99
- **Pomegranate/Black Current**
12 oz \$15.99
- **Acetyl Carnitine 500 mg**
60 caps \$21.99



- **Omega Swirl Flax Oil**
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- **Omega Swirl Fish Oil**
Lemon Zest
16 oz \$18.99



- **Vibrant Cleanse**
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- **Rainbow Vibrance**
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