

## ACTION ALERT: HELP SAVE RAW ALMONDS

### Raw Almonds, Soon to Become an Endangered Breed

By Will Fantle

The new federal regulation requiring all almonds grown in California to be sterilized with various "pasteurization" techniques, is due to go into effect on September 1, 2007. The rule requires all almonds to undergo a sterilization process that includes chemical and/or high-temperature treatments. The only exemption to these new regulations will be organic "raw" almonds that will not be fumigated, but will undergo the steam-heat treatment. The new rule also creates deceptive labeling. Almonds that have been roasted or blanched will be labeled "raw," despite having undergone sterilization treatments. Consumers who purchase "raw" almonds may well think that those almonds are natural and unprocessed. Moreover, there will be no label requirement to specify what kind of pasteurization treatment was used among the approved methods.

If all almonds now require *pasteurization*, what foods will be next on the list of mandatory sterilization, heat treatment, or irradiation? This could, suggests Mark Kastel, of the Cornucopia Institute, be the first step in a slippery slope toward a sterile food environment that protects processors from lawsuits and facilitates industrial-scale food processing and distribution networks while offering fewer food choices to consumers who prefer organic or raw and unprocessed foods.

The Cornucopia Institute is urging concerned consumers, retailers, and farmers to contact the USDA and demand that the new rule mandating "pasteurization" of almonds be re-opened for public comment and review. Cornucopia has a comprehensive fact sheet on the almond issue on its webpage at [www.cornucopia.org/Almond\\_FactSheet.pdf](http://www.cornucopia.org/Almond_FactSheet.pdf) and a sample letter for interested individuals to send to the USDA that can be found at [www.cornucopia.org/Almond\\_SampleLetter.doc](http://www.cornucopia.org/Almond_SampleLetter.doc).

Please call Secretary Johanns or copy the following sample letter and either paste into an e-mail (from the above website) or print and mail it. If you have the time and motivation, we would encourage you to customize this letter. You can insert one or two lines as to why you feel this rule should not go into effect.

#### Examples

*I believe that uncooked foods, or "living foods," offer substantial health benefits. I am outraged/saddened/disturbed by the fact that I will not be able to purchase truly raw almonds after September 1. I am very concerned that I will no longer be able to know how my food was processed, and that "raw" will no longer mean "raw."*

If you are an industry professional (farmer, retailer, distributor, or manufacturer), it is important that you state this in your letter. You can do this below your typed name/signature and address.

Thank you for taking action in the interest of authentic and healthy food!

#### Mail to:

Secretary Mike Johanns  
United States Department of Agriculture  
1400 Independence Ave SW  
Whitten Building – Suite 200A  
Washington, D.C. 20250

#### Phone:

202-720-3631 Fax: 202-720-2166

#### Email:

TO: [agsec@usda.gov](mailto:agsec@usda.gov)  
CC: [kurt.kimmel@usda.gov](mailto:kurt.kimmel@usda.gov)  
[Michael.Durando@usda.gov](mailto:Michael.Durando@usda.gov)

#### Sample Letter to USDA Officials

Dear Secretary Johanns,

As a consumer of raw almonds, I am very concerned regarding the final rule (7 CFR Part 981, Docket No. FV06-981-1 FR) amending the almond marketing order to require that all almonds be "pasteurized." As a citizen, I was not aware of the rule when it was proposed, and feel that my concerns, and those of others with a similar interest, were not considered.

The availability of raw almonds is important to me, and I regret the loss of freedom to purchase *truly* raw almonds.

I am also disturbed by the required misleading labeling that will allow pasteurized (processed) almonds to be labeled as "raw," when they have undergone a chemical and/or heat treatment.

There are several concerns that I feel were not fully evaluated during the initial public comment period:

1. This rule will impose financial burdens on small-scale and organic farmers. The costs of the chemicals and heat treatments, in addition to the costs of extra transportation and reporting, will be disproportionately taxing on smaller producers. ***This is unfair since none of the reported salmonella cases in 2001 or 2004 were traced to small-scale or organic farms.***
2. This rule does not address the dangerous and unsustainable methods of industrial-scale farms that lead to food contamination, nor does it adequately take into account the effect of pasteurization on almonds.
3. More research, conducted independently of the Almond Board, might show the direct link between industrial-scale farming and the contamination of the food supply, justifying an exemption based on scale for smaller producers.
4. One of the options for "pasteurization" is treatment with propylene oxide. This substance is classified as "possibly carcinogenic to humans" by the International Agency for Research on Cancer. Propylene oxide treatment of foods is banned in Canada, Mexico, and the European Union. And even organic almonds will undergo heat treatments. Only the Almond Board and its constituents have researched the pasteurization of almonds, reporting that there is no significant reduction in their quality or nutrition. Independent research in this area is necessary before universal implementation of this rule.
5. Considering the chemical and heat treatments, it is misleading to label

pasteurized almonds as "raw." Many consumers wish to purchase *truly* raw, unprocessed almonds. A reasonable alternative to the new rule might be to allow for and clearly label unpasteurized almonds, as is allowed with certain fresh fruit and vegetable juices.

I am aware that there was a formal 45-day comment period prior to the publication of the final rule; however, concerned consumers and other stakeholders, with the exception of almond handlers, were not aware of this proposed rule. Of the very few comments received on the proposed rule, *none* were submitted by consumers or retailers. This is a reflection not of our apathy, but our lack of awareness and the lack of transparency of the process.

I, as well as many other concerned citizens, feel that we were deprived of an opportunity to participate in the rulemaking process regarding an issue that is truly important to us. I am writing to request that the USDA postpone implementation of the almond pasteurization requirement and reopen the formal public comment period.

Sincerely,

[Name]  
[Address]

P.S. Please forward this correspondence to:

Michael Durando  
Chief of Marketing Order Administration Branch,  
Fruit and Vegetable Programs, AMS, USDA  
1400 Independence Avenue, SW., STOP 0237  
Washington, DC 20250-0237

Kurt J. Kimmel  
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Marketing Order Administration Branch,  
Fruit and Vegetable Programs, AMS, USDA  
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*Excerpted from an article by Will Fantle, Research Director for The Cornucopia Institute, a Wisconsin-based organization dedicated to the fight for economic justice for the family-scale farming community.*

## Fall Life Fest

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# Don't Be a Law-Breaker

By Don Bennett, DAS

We all know what happens when we're whisking along at 65 miles per hour and we get pulled over by a law-enforcement officer who informs us that we were doing 65 in a 45, right? We get a citation. Why? Because we broke the law. What law? The law that says we can't go faster than the number posted on the sign. And, just because you don't agree with that law doesn't mean you don't have to pay the fine. The fine is a form of punishment. You could choose to ignore these punishments and risk something worse (fatal accident), or you could modify your behavior so you aren't punished anymore and, thus, greatly reduce the odds of suffering a far greater fate; wisdom vs. throwing-caution-to-the-wind.

The above law is a human-made law. However, there are other laws, equally controlling on you and much better enforced than human-made laws. These are the Laws of Nature. Like them or not, we are all subject to them. Every man, woman, and child, regardless of economic station in life, how happy or sad we are, or what we do for a living is under the jurisdiction of Nature's laws.

You may not be thrilled with Nature's Law of Gravity after you've accidentally fallen off a 200 foot cliff and are about to land on the jagged rocks below, but no matter how hard you believe that everything will be all right, the law prevails.

Here's probably the most important body of law regarding the human body—the Natural Laws of Health:

*Laws which so necessarily agree with the nature and state of human beings, that without observing their maxims, the highest vitality and happiness of a person can never be created or maintained. Knowledge of the Natural Laws of Health may be attained merely by the light of reason (by a mind unencumbered by harmful sociological programming), and from the facts, and of their essential agreeableness with the constitution of human nature (physiology, anatomy, biology).*

The one law that is most vital if you want the BEST odds of living a long and healthy life: *Give Your Body What it Wants, and Don't Give it What it Doesn't Want.* Notice, this law is very specific, it doesn't say "Give your body what YOU want..." The reason is that what you want is, to a large extent, dictated by what some very large industries want you to want. And, it's in their best interests that you want and partake of certain products and services.

# Abdominal Exercise

By Brian Murray, Founder of mPower

It's a myth that will not die: Exercise for the abdominal region is a good way to flatten your midsection. The truth is that little to no abdominal exercise is required to have a lean, flat, and attractive belly.

The fuel that keeps the myth alive is a concept called *spot reduction*. Spot reduction is the idea that when you exercise a specific body part, such as the abdominals, the muscles use surrounding fat for energy, leading to a gradual reduction in size of the area. Although it would be nice if it worked this way, it simply does not.

First, there is no direct pathway between fat cells and muscle cells. For body fat to be used as fuel for working muscles, it must travel through the bloodstream to the liver where it is converted into fatty acids. The fatty acids are then transported to the muscles. This is a complex and slow chemical conversion process, and even 20 minutes of side bends and crunches would not make a dent in fat stored in the midsection.

Second, when fat is mobilized for energy, it is taken from all over the body. The mobilization process is genetically determined, not subject to change, and occurs in the reverse order from which you store fat. The last places you usually store fat are the first from which you lose it. This is why most people get frustrated when they do not lose fat where they want to most.

Although it is not possible to spot reduce fat in the abdominal region, it is possible to increase the strength and size of the supporting musculature. This is necessary to

Now, do you need to go to (health) law school to determine how best to follow Nature's Laws of Health? To some degree, yes! Why? Because this vitally valuable information isn't taught in our public school systems. Why? That's a whole other article, but let it suffice to say that the hygiene class you may have taken in high school didn't teach you the true meaning of the word "hygiene." A turn-of-the-century dictionary definition of "hygiene" was "the study of the science of health." Hygiene may be further defined as being the science and art of restoring and preserving health by those substances and influences that have a normal relation to life: healthy food, pure water, sunlight, rest, sleep, relaxation, physical activity, play, comfortable environment, and positive social relationships. It covers the total needs of humans, and not merely a few of their requirements. Hygiene is neither a practice of medicine, a "healing art," nor a system of therapeutics. It offers no cures, does not pretend to cure, and, in fact, strives to debunk the popular notion of cures. Instead, hygiene emphasizes that adherence to its principles, which are based on the Laws of Nature. This Law permits the body to heal itself. And, when followed, hygiene can make dealing with disease, as we know it today, unnecessary because rather than "get" something and then have to "battle" it, you simply don't get a diagnose of something serious in the first place.

So it's time to bone up on one of the most important subjects you'll ever crack a book over, the study of *the science of health*. And, yes, the human body is very complex, but what it takes to nourish and maintain it is very simple, and that's what hygiene is all about. I'm not necessarily the brightest bulb on the tree, so if I can grasp it, anyone can.

*Living Nutrition*, a great magazine that's available at Life Grocery, is based on the principles of hygiene (sometimes called natural hygiene to distinguish it from personal hygiene). There are a number of great books also based on the tenets of hygiene (but you won't find them in book stores or libraries; hmmm).

The goddess of health, Hygia, stands ready to be at your side as you take an amazing journey through one of the most important areas of self-improvement, your health.

*Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's new book, How to Have the BEST Odds of Avoiding Degenerative Disease is now available at Life Grocery at a 20% discount. Visit health101.org/book for more info.*

firm and improve the shape of the area. And, contrary to popular belief, very little exercise for the midsection is needed, if you do it correctly. For example, slowly curl your upper trunk off the floor until no further curling is possible, then pause for one second before slowly returning toward the floor. Without allowing the muscles to rest, immediately start back up again and repeat this process until you can no longer curl up. Usually about 4-8 repetitions will be enough to completely exhaust your midsection. Doing this once a week will be enough to allow the muscles to fully recover and become firm.

Reducing the size of your abdominal fat cells is not a complicated process, but it does require one simple procedure: your daily consumption of dietary calories must be slightly lower than your daily energy expenditure. Fortunately, Life Grocery has plenty of nutritious and non-toxic food items that will help anyone accomplish this task.

Remember, losing fat from your midsection requires losing it from everywhere on your body. This is a time-consuming process that is genetically determined. Practice patience and discipline, and good things will follow.

*Brian Murray is the founder of mPower, home of the once-a-week, no-cardio, no-sweat, five-minute workout that will change your life. To learn more, 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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# The Dirty Truth About Pesticides in Produce

By Stephen Hennessy

If the pesticides found in conventional fruits and vegetables were truly that bad for us, wouldn't the FDA keep them out? Wouldn't produce suppliers only use pesticides approved as safe for human consumption? How do you know if the produce you're buying is safe and free of illegal pesticides? The truth is, you probably don't.

It's been over a decade since the Environmental Working Group (EWG) released their *Forbidden Fruit* report examining pesticides in produce. Despite the report's alarming findings, little has changed. *Forbidden Fruit* examined 14,923 records from the FDA's pesticide monitoring program. Among the report's findings:

- Many **banned** and **illegal** pesticides, including *Captan*, a probable human carcinogen, and *Endosulfan*, a chemical that simulates estrogen in the body, were found on dozens of different foods.
- Several major fruits and vegetables, including green peas, apple juice, pears, green onions, green beans, and strawberries contained very high rates of **illegal** pesticides.
- Important crops from major suppliers have even higher rates of illegal pesticides, including green peas from Guatemala, strawberries and head lettuce from Mexico, and green onions and tomatoes from the US.
- From one-third to one-half of all pesticides on some crops were **illegal** pesticides, including 51.7 percent of detected residues in apple juice, 50.6 percent on green peas, and 22.6 percent on carrots.

- **There were at least 66 different illegal pesticides on the 42 fruits and vegetables the report analyzed.**

## Who's Regulating This?

The frightening answer is, no one. The FDA samples only 1% of imported produce and approximately .2% of produce overall. Why doesn't the FDA do more? The truth is that the FDA doesn't have the financial resources (*your* tax dollars) to do much more. So how do we address this potentially serious health threat?

The EWG concludes that it must become incumbent upon the food suppliers to prove the safety of their products, rather than the FDA's job to try and catch violators. Most directly from a consumer standpoint, you can take matters into your own hands by purchasing organic and locally grown produce whenever possible, planting a family garden, supporting the organizations working to ensure food safety, and avoiding some of the most heavily contaminated conventional produce all together. (Download the EWG's Guide to Pesticides in Produce at [www.foodnews.org](http://www.foodnews.org) for a detailed list. To read the EWG's full report, visit their website at [www.ewg.org](http://www.ewg.org).)

*Stephen Hennessy, Life Grocery member, is the co-founder of the Decatur-based Vitamin/Supplement company, Ribbon Nutrition, and the Non-Profit Organization, Pink Penguin Press, where he publishes in Pink Magazine (available free at Life Grocery). Visit [www.ribbonnutrition.com](http://www.ribbonnutrition.com) and [www.inpinkmagazine.com](http://www.inpinkmagazine.com) or email him at [stephen@ribbonnutrition.com](mailto:stephen@ribbonnutrition.com).*

# The Seven Deadly Sins

By Dr. Joe Esposito, DC

Many of you have attended my lectures, workshops, and food demos for the many years I have been doing them. For those who have, I would like to thank you for taking a proactive step in learning about your health and how to maintain it. For those of you who have not attended ... what are you waiting for?

Life Grocery offers ongoing educational events, which includes lectures, demos, and classes offered by me and others on a regular basis. These events are designed to help you obtain and maintain good health. Check the calendar of events available in the store or at [www.lifegrocery.com](http://www.lifegrocery.com) and make it a point to come to these events. They will change your life!

I have always tried to make health easy, cheap, and fun. The following is a simple list of foods that will adversely effect your health. My goal is to get you to limit, or eliminate, these foods from your diet. Replace them with good foods, such as fruits, vegetables, certain grains, nuts, and seeds. There are over 120,000 good foods available to you, yet only seven you need to avoid. If I were going to give you \$120,000 and asked you to give me \$7 back, no strings attached...that would be a very smart move on your part. Make the smart move in regards to your health and enjoy the 120,000 good foods and limit the seven bad ones, you will be happy you did. The following is a list of the foods to try to avoid. Enjoy the other 120,000!

## The 7 Deadly Sins of Nutrition

### 1. Alcohol

- Kills brain cells. Once a brain cell dies, it never grows back.
- Dehydrates your body, damaging other cells, even causing wrinkles.
- Causes liver and pancreas malfunction.
- Puts an extra burden on your detoxification organs, preventing them from doing their regular jobs and wearing them out.

### 2. Meat

- Can lay in your colon for three days or more, giving off carcinogenic gases.

- Is a high acid food that robs your body of calcium and leads to osteoporosis and other degenerative diseases.
- Often is loaded with chemicals, steroids, hormones, and antibiotics that cause or contribute to many health problems, including weakening of your immune system.

### 3. Dairy

- Is the number one food people are allergic to.
- Cannot be properly digested by humans due to protein and sugars we are not capable of breaking down.
- Is devoid of nutrients when it is pasteurized. If fed to a baby cow, the calf would die within two weeks.

### 4. Sugar

- Does not give you energy, but actually makes you weak.
- Is an acid which robs your body of calcium and other nutrients as you digest it.
- Can cause sharp mood swings and alter personality.
- Contributes to obesity because of its addictive nature.

### 5. Coffee

- Has over 1,000 chemicals per cup and over 500 of them are known carcinogens.
- Does not give you energy, but taps into your body's energy stores in a desperate attempt to get the poisons out of your body.
- Even decaffeinated coffee still contains caffeine and is often decaffeinated using turpentine and formaldehyde.

### 6. Soda

- One can contains 9-12 teaspoons of sugar per can.

## life bits

By Kay Bird

### Sign Up for Free Money

If you are a Georgia Power customer, you can take advantage of the *Power Credit* program. If you have another electricity provider, call and see if they offer a similar program.

It works like this: they install a switch on the outside of your home that is connected to your air conditioner, and they give you a \$20 credit on your bill just for letting them do that. When the demand for electricity peaks on weekdays between noon and 7:00 pm, the power company sends a signal to the switch to briefly reduce the length of time your air conditioner runs. The change to your home's temperature is minimal, and you'll get a credit on your bill every time the service is used. To sign up, call Georgia Power at 1-800-843-4916 or enroll at [www.georgiapower.com](http://www.georgiapower.com) (click on "Billing and Services," "Save Money and Energy," "Lower My Bill," "Power Credit.")

- Contains the dangerous ingredient phosphoric acid (especially colas: pour a can on your car and watch it eat the paint).
- May appear to quench your thirst, but it actually is a diuretic and will drain your body of vital fluids and nutrients.

### 7. Artificial Sweeteners

- Can get into your brain, causing seizures, headaches, and actually make you feel hungry.
- Can cause you to actually gain weight by being stored in fat cells, especially in the hips and buttocks.
- Will covert to methanol, which is a form of alcohol known to cause vision problems and blindness.

### Evil Runner Ups

- All hydrogenated oils, margarine.
- Nuts roasted in oil, creamy peanut butter that contains hydrogenated oils.
- Canned fruit in heavy syrup.
- Canned soups, pickles, sauerkraut that contains additives and preservatives.
- Snack crackers, potato chips, and other chips.
- Cereals with added sugars, colors, flavorings.
- White rice, pasta, bread, and other refined products.
- Chemical fillers, additives, and preservatives: "If you can't pronounce it...don't eat it!"

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

# Natural Cleaning

By Kim Strickland, ND

Are you still cleaning with powerful chemicals? Do you think your house smells nice after you've cleaned with toxic chemicals? Most of the cleaning products on the market are more harmful than the substance you are trying to clean.

Would you like to get rid of all those toxic chemicals? Not sure where to start or how to begin? Look no further! Is it possible to clean without chemicals? Yes, yes, and yes! Is it expensive? No. Will it require more elbow grease? Most likely, yes. Why would you want to do this? The answer being because you'd be protecting yourself, your family, and the planet from the harsh effects of toxic chemicals.

Go through your house and make a pile of everything that you clean with and read the labels. If you can't pronounce it, most likely it's not healthy. Now make a conscious decision to throw all of these away and start cleaning in a way that actually makes your home healthier. You probably found bleach, ammonium, window cleaner, furniture polish, air freshener, drain cleaner, soap for washing dishes, dishwasher detergent, laundry detergent, toilet and shower cleaners, rug cleaners, pet deodorizers, and scouring products.

Avoid products which contain alkylphenol ethoxylates (APEs), ammonia, artificial fragrance and colors, benzene, butyl cellosolve, chlorine bleach, cocamide DEA, diethanolamine (DEA), dioxane, ethylene glycol,

formaldehyde, paradichlorobenzene, phosphates, phosphoric acid, propylene glycol, quaternium 15, sodium hydroxide, sodium lauryl sulfate, trichloroethane, and xylene sulfonate.

It is possible to walk into Life Grocery and purchase cleaning products for almost all, if not all, of these cleaning jobs. If you want your house to have a good smell, try essential oils. These items will be prepared in a non-toxic formula. Not all brands are created equally, so if you find you don't like one, please don't give up. Come back in and try another brand.

It's also possible to replace most of these with a few ingredients that you most likely already have in your home. As an added bonus, using these ingredients is much cheaper than buying toxic cleaners. Simple cleaners are baking soda, sodium carbonate (washing soda), vinegar, tea tree oil (broad spectrum fungicide), eucalyptus oil (disinfectant, deodorizer, and solvent), borax, olive oil, salt, lemon juice, hydrogen peroxide, and mild liquid soap (not detergent).

As a general disinfectant, mix 15-20 drops of tea tree oil with a quart of water in a spray bottle. Use on countertops, doorknobs, or as an air purifier. Try washing your windows with ¼ cup vinegar and one quart warm water and newspapers. Baking soda is a marvelous aid for a non-toxic home! For tough cleaning, mix it with lemon juice. Use a paste of baking soda, salt, and water

to clean your oven. For toilets, sprinkle one cup of borax into the bowl and pour 2/3 cup white vinegar over that and let sit several hours before scrubbing. To keep your drains clear, once a month put about ½ cup of baking soda followed by ½ cup of vinegar down the drain. To create a furniture polish, mix one part lemon juice to two parts olive oil. For rug odors, sprinkle baking soda on and leave overnight. To whiten clothes, let dry in the sun or add ¼ cup of lemon juice or baking soda to the wash cycle. Also, try adding ¼ cup vinegar to the rinse cycle to remove static, lint, chemical residues, and odors.

*Resources:*

Bethold-Bond, Annie. *Clean and Green*, 1994, Ceres Press.

[www.care2.com](http://www.care2.com)

[www.checnet.org](http://www.checnet.org)

[www.thenewenvironmentalist.com](http://www.thenewenvironmentalist.com)

[www.healthy-communications.com](http://www.healthy-communications.com)

*Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons. Email her at [mkstrickland@bellsouth.net](mailto:mkstrickland@bellsouth.net) or call 770-218-3952. Visit [www.naturallivingresource.com](http://www.naturallivingresource.com) for further information.*

# The Bioenergy-Body Chemistry Connection

By Linda Townsend

Before my daughter was born, I knew her blood type. No, I did not have any invasive medical tests done during the pregnancy; we were planning a natural home birth with a midwife. What I used was an energy test I had previously developed.

Just to help you understand the difficulty I would have to guess correctly, I should explain that I have Type A and my husband has Type B and that we both have one parent with Type O and siblings with Type O, suggesting that we both could have the Type O subordinate gene. This means there was a possibility that our offspring could have had any of the four blood types: Type A, B, AB, or even O. My bioenergy typing test concluded that my daughter, still in the womb, had a very healthy pattern of a baby with Type AB blood. We had this confirmed with a conventional blood test after her birth.

## Energy Deficiencies and Blood Types Connected?

It was just about this time of year in 1997 when I found bioenergy patterns directly related to a person's blood type. A few months earlier, a biochemist told me of her then latest research based on blood types and recommended I read *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo. I found the book interesting, but it was not until I reached a later chapter that it made me breathless. The realizations compounded as I read through Chapter 9 "Blood Type: A Power Over Disease."

I have summarized D'Adamo's description of what conditions Type Os are more prone to have: hypothyroidism, ulcers, osteoarthritis, acidic tissues, allergies, psoriasis, skin cancers.

Much of the chapter described which blood types were prone to certain illnesses, and that of itself was amazing. However, I suppose it would not have had made such an impression on me if had I not been familiar with another book about the research of Dinshah P. Ghadiali, described in *Let There Be Light*, written and published by his son, Darius Dinshah. Although his work began nearly a century ago, it is uncommon to find anyone today who knows about Spectro-Chrome, his colored light therapy. This is a summary of Dinshah's Spectro-Chrome color attributes for orange: thyroid builder, stomach builder, bone builder, tissue stimulate and decongestant, lung builder mammary glands stimulant.

For my own research, a blend of Dinshah's colors and Royal R. Rife's frequencies used to identify and

observe lower frequencies as *harmonics* of color, light, and their effects on bioenergy systems, I relied on volunteers, mostly friends, at that time. The majority of these people were what I then called "orange-lacking" because of their bioenergy responses and their various combinations of illnesses related to deficiencies in the organs of Dinshah's orange list, although allergies were the most predominate in this group.

After reading D'Adamo's book and making some phone calls, I discovered that *all* of my orange-lacking volunteers, who knew their blood type, were also Type O. What were the odds of two researchers, decades apart and coming from two very different fields, having a grouping of items so similar? There just had to be something there!

## BioTypes Discovered

My research for finding the coordinating bioenergy patterns for each blood type began immediately. It was discouraging at first to find that there were numerous inconsistencies, but I later determined that these anomalies were mostly due to chaotic bioenergy patterns common with systemic or serious illnesses. Therefore, to first determine the correct patterns, I had to use a number of the healthiest volunteers.

To my surprise, Type Os were to be the easiest to identify because of their unique pattern to be so deficient in one particular color, orange, in all three layers of the physical aspect in the bioenergy system. The other blood type patterns were much more complicated, it seemed, with deficiencies of one color in one layer while being abundant of the same color in another. Even so, within a few weeks, I found one method for testing the outer layer of the physical aspect to be consistent.

This is a key point because the outer layer of the physical aspect is the framework, the cohesive factor, of the entire bioenergy system, and its pattern is completely devoted or, at least, interrelated to the blood type. This layer must be consistent to maintain the bioenergy system, just as the blood type must be consistent to maintain the health of the body.

I later termed these blood type patterns *biotypes*, because these biotype patterns were not just an indication of the blood type, but also of the predominating temperament, although my description of temperaments have been expanded when compared with D'Adamo's.

Also, I have expanded the list of conditions of each blood type tendency, based on my own research identifying the color harmonics of each organ, compared to Dinshah's original lists. For instance, more than the other blood types, Type Os are prone to detoxify through the skin, another organ needing orange predominately, therefore they are more likely to develop rashes, acne, and even sores when the body is trying to detoxify.

## Importance of the BioTypes

There are several ways to apply the information from these basic classifications, but we must always consider that each person is an individual with his own unique bioenergy patterns within the framing of his biotype. I believe technology will one day provide us with an efficient way to energize the bioenergy in order to meet its deficiencies, and I believe that this will also have a positive affect on the chemistry of the body.

Likewise, I believe we can use chemistry to have a positive affect on the bioenergy. That is, I believe that eating the right foods, which in essence is how we get much of our energy, can be our best medicine. Having tested the bioenergy responses to the recommended food list provided by Dr. D'Adamo, I must say that, in general, they appear to be beneficial to the bioenergy of each biotype. Again, there are individual variations.

Knowing my daughter's biotype before she was born, I was able to modify my diet somewhat to concentrate on foods that were beneficial to both of us. It would be difficult to say whether this made a difference or not, but according to our bioenergy responses, I believe it did.

It has been a decade since I found the biotype patterns and I see no end to this field of research yet. I wonder if someday, perhaps in the next decade or century, someone will pick up on my research and continue on with his or her own. I believe it could happen; I hope that it will. Recognizing the many intricate connections between bioenergy and body chemistry may be the most beneficial research ever pursued. (If I did not believe this, I would not have spent so much time on it myself.)

*Linda Townsend of BioHarmonics Research can be contacted at [ceisa@bellsouth.net](mailto:ceisa@bellsouth.net).*

# My Road to Raw Food

By Jenya Hampton

Seven years ago, I turned forty years old and something very unpleasant started to happen; I started to put on weight and to add insult to injury, it was the "cottage cheese" variety with lots of ugly little pockmarks called cellulite.

Now, before you dismiss this article with a yawn and the "welcome to the rest of the world" exclamation, let me explain.

I possess one of those body types that people love to hate. My entire childhood was spent trying to figure out how to put on weight, so that nicknames like Olive Oil and Gumby would be a thing of the past.

As I reached adulthood, I realized how fortunate I was to be able to eat whatever I wanted without gaining weight, with only small inconveniences of occasional anorexia and the constant lament from other women of "I hate you, you're so skinny." It never occurred to me that I would ever have to worry about weight.

Well, surprise! Seven years ago, I did join the rest of the world by putting on thirty pounds in two years without having any idea how they got there, or if or when the weight gain would stop.

I consulted my doctor and she said, "It's normal for your age. There's not much you can do about it except try to exercise, consume fewer calories, and eat healthier. As far as that horrible ugly cellulite is concerned, it's partly age, partly heredity, nothing you can do about it. And don't bother with all the creams and treatments they are at best temporary, at worst out and out fraud." Basically her advice was learning to live with it.

No way! If you get to know me, one thing you will learn is that nothing puts me on a myopic track to succeed

at something like telling me it can't be done. So I went to work researching.

I interviewed all my friends, they all laughed at my incredulity. Apparently, some have been battling the weight/cellulite battle for years. I think some were secretly glad that I had finally joined them. I scoured the internet and tried many different diets: vegetarian, macrobiotic, South Beach, Fit or Fat. I experimented with different exercise regimens, as well.

Most of the diets were a success for a short period of time, but then the boredom of eating the same tasteless foods, or lack and deprivation of other foods and minimizing caloric intake would overtake me. Once again, I would succumb to my old way of eating anything. The workouts ended up in a back injury, but worst of all, the cellulite remained through it all.

Until, three years ago, while in a bookstore, I came across Carol Alt's book, *Eating in the Raw*. She is the beautiful supermodel that was really big in the 70's and 80's. I don't usually pay attention to celebrity diet or exercise books, because let's face it, we all know the real secret behind their looks: plastic surgery. What got my attention was the fact that this book was in three different sections of the bookstore: Cookbooks, Nutrition, and Anti-aging.

I started to read and could not put it down. Carol is in her Fifty's has never had surgery. She's had unbelievable food issues like bulimia, taking diet and other pills, and allergies throughout her modeling career until she came across this, not diet, but lifestyle.

I bought the book went home and tried the recipes. They were easy and delicious! There was no

deprivation, because you could eat as much as you wanted, and most of all there was no cooking or greasy baked on cleanup. In fact, cleanup was a breeze.

Well, I googled raw food and could not believe the amount of information that was out there. Unfortunately, because the topic was relatively new some of the information was contradictory, just like any other diet. However, what impressed me were the volumes of testimonials on reversing diabetes, heart disease, lowering cholesterol, beating cancer, and gaining vitality. I set out to find scientific documentation, and found volumes of it.

Fast forward to present: dozens of books and articles, hundreds of hours experimenting in the kitchen, a raw food chef/instructor certification from the prestigious Living Light Culinary Arts Institute, raw nutrition classes, raw catering, charity events etc. I am 90-100% raw, and not a cellulite dimple anywhere! I am thirty pounds lighter, full of energy, and no longer wake up with puffy eyes or congestion that most associate with aging. I sleep great, and I love life!

My passion and my mission are to share this information with as many aging individuals as possible; those whom are interested in regaining their youth, vitality, health, and their bodies.

Here's to your health!

*If you would like more info on the raw food lifestyle please contact Jenya Hampton 404-925-3428 or e-mail her at idealj@bellsouth.net. Check out Jenya's "Why Raw" free lecture on Thursday, 8/23 at 6 pm, and enjoy a free sample of her raw chocolate mousse.*



## Products

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- SI CAP
- Sinus Buster Nasal Spray

#### HBA

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- Raw Shea Butter
- Olive Butter Lotion
- Oats and Aloe Lotion

## life bits

By Kay Bird

### Be a Hero—Go Zero!

Ease your mind about the environmental impact of your travel. Go Zero today for a million more tomorrows. For any trip you take, if you book your tickets at Travelocity.com, you can now easily make an online contribution to **The Conservation Fund's Go Zero program**, which will negate the CO2 emissions that result from your trip.

In addition, each quarter, all of Travelocity's North America employee travel is offset by a corporate donation to Go Zero. I personally use Travelocity to purchase tickets, because I enjoy the ease of use, the comprehensive price options, and their great corporate environmental responsibility.

Travelocity has also partnered with top volunteer travel providers. These non-profit partners represent a wide range of trip opportunities—from environmental work to animal rescue and habitat restoration to humanitarian and homebuilding missions around the world. Travelers can search the collection of volunteer trips and get inspired to do some good of their own. You can search for trips in a variety of ways: a cause that is dear to you, a place you want to visit, or dates you want to volunteer. Or, you can simply browse them all and get inspired. To stay updated about volunteer travel opportunities, you can register for the *Travel for Good* e-newsletter.

Happy, healthy trails to you.

## Hot Weather! Cool Body! Go Raw!

By Dr. Brenda Cobb

Eating healthy is a good thing and eating healthy means eating lots of organic raw and living foods. Even when it's hot outside you can stay cool as a cucumber with cooling raw and living food. These foods are light and at the same time very nutritious. It's hot enough in the summertime without adding heavy cooked foods which not only make your body run hotter, it slows you down and saps your precious energy. It takes much more energy to digest cooked dead food than it does to digest raw and living food. In addition, cooked food is acidic to the body. An acid body is a breeding ground for illness; alkalinity is the goal. Uncooked fresh organic raw fruits and vegetables are alkaline, light, nutritious, and easy to digest. The more raw and living foods you eat the lighter and more energetic you will feel. When your body is not overloaded by trying to digest food you will have more energy to do the things you really enjoy. You'll feel more like taking a walk or enjoying a swim.

In the summer months, wonderful fresh produce is more abundant than ever. Mother Nature gives us juicy ripe watermelons, peaches, plums, summer squash, corn, tomatoes, and peppers. There's nothing quite like a great big fresh salad full of mixed greens, cucumbers, fresh basil, and chopped tomatoes with a really fresh raw salad dressing made from garlic, lemon juice, and a little olive oil. It's easy to digest, cleansing, and cooling. Anytime of year these foods are good for us, but in the hot summer, they not only nourish us, but they cool us off too!

How you combine foods so your body is able to digest them easily is as important as what you actually eat. The right combinations of raw and living foods will not only energize you, but will help you lose unwanted pounds and keep them off. Eat fruits separately and don't mix them with other foods. A mono diet of one food at a time is easier on your digestion. If you want a lot of different fruits remember to eat only one type at a time. Give yourself at least 30 minutes for each type of fruit to digest before you eat a different fruit. Wait 45 minutes if you eat a banana.

Be careful about eating too much fruit. Candida, the parasite yeast, feeds on sugar. Fruit has lots of sugar. If you have candida and you eat fruit you may get worse instead of better. People with cancer and some other types of diseases are not benefited by eating fruit because the sugar in the fruit feeds the cancer. It is important for each individual to learn about their own special needs and exactly what to eat to bring about the best possible health.

Eating healthy organic raw and living foods will help you in many ways. You will feel lighter and cooler when you take off excess weight. Extra weight leads to many health problems including heart disease, high blood pressure, diabetes, and cancer. You can shed those unwanted pounds easily by eating raw and living foods. Weight melts away and stays off. I weighed almost 200 pounds when I first began to eat raw and living foods. I was amazed to see the weight melt off effortlessly. You'll feel cool, be cool, and look cool with a strong body free of excess fat.

Raw foods and living foods are completely different. Raw fruits and vegetables are those picked right off the tree, vine, or bush. Avocados, bananas, celery, zucchini, and cucumbers are a few examples of raw foods. Living foods are those that are sprouted and actually growing, like sunflower sprouts, buckwheat sprouts, broccoli sprouts, clover sprouts, alfalfa sprouts, mung bean sprouts, and lentil sprouts. Raw fruits and vegetables are very nutritious. Living, sprouted foods are even more nutritious and packed full of protein, vitamins, minerals,

and super charged enzymes. Living foods can have 100 up to 1000 times more nutritional value than even raw foods. Don't heat your food to over 105 degrees and you'll be eating the freshest, most nutritious foods you possibly can. When you cook your food you kill it. The more raw and living foods you eat, the more life and health you bring to your body.

Another way to be cool is to detoxify your body several times a year. A wonderful way to do that is by having colonics, reflexology, and footbath detox treatments. It's great to eat nutritious foods, but it's just as important to get out all the old impacted waste out that has built up over the years. Cleansing the inside of the body will lighten it up and make you feel cool. Once you have flushed out the toxins and built up the enzymes, vitamins, and minerals with nutritious raw and living foods you will feel like a new person, energized, full of life, and very cool!

Start today, right where you are. Every little bit of refreshing raw and living foods you put in your body will help you to feel the coolest and be the coolest. This delicious all green salad is easy to prepare and full of protein, vitamins, and minerals. The dressing is light and delicious too so you'll keep cool.

### Cool Green Rich Salad

4 c romaine lettuce, chopped  
1 c zucchini, chopped  
1 c sunflower sprouts  
1 c buckwheat sprouts  
1 avocado, peeled and sliced  
1 cucumber, peeled and sliced  
2 stalks celery, chopped

### Green Garlic Dressing

¼ c fresh squeezed lime juice  
1 T extra-virgin olive oil (optional)  
¼ c fresh parsley, chopped  
¼ c fresh dill, chopped  
1 t fresh garlic, chopped  
dash of Celtic sea salt (optional)

- Combine all the dressing ingredients in a glass jar with a top.
- Shake well and pour over the salad greens and toss until all the vegetables are well-coated.

Don't eat too fast. Take your time and chew really well. Taste each and every one of the fresh, cool flavors. Savor every bite and think of just how cool you are to be eating so well and taking such good care of your health.

*Brenda Cobb is author of The Living Foods Lifestyle®, available at Life Grocery at a 20% discount. She is Founder of the Living Foods Institute, featuring a 10-Day program to help people detoxify and rebuild their bodies naturally with organic raw and living foods and heal the emotions and stress behind all illnesses and symptoms. There will be a FREE banquet feast and the testimonies from the students who have completed the 10-Day Healthy Lifestyle Course on Sunday, August 5 and September 16 at 6:30 pm. There will be a FREE educational seminar on Monday, August 6 and September 17 at 7:00 pm. The next 10-Day Course is July 27-August 5 and September 7-16. For scholarship assistance call 404-524-4488 or visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

## life bits

By Kay Bird

### Grow Tomatoes Upside Down in a Small Space

Check out [www.CleanAirGardening.com](http://www.CleanAirGardening.com) for environmentally friendly lawn and garden supplies. One of the most interesting products they have is the Topsy Turvy Upside Down Tomato, Flower, and Vegetable Planter for \$18.99.

The plants grow from the bottom of a decorated cylinder filled with soil, and you water it from the top. You can successfully grow different types of vegetables or flowers in a very small space. Hang it wherever it can get enough sun.

*Time Magazine* chose the Topsy Turvy as one of their picks for their *Amazing Inventions of 2005*. They said, "No longer will you have to cage, stake or weed your tomato plants or battle cutworms and other ruinous critters to put fresh tomatoes on the table."

Plants grown upside down will curl upward, looking for the sun. Feeding and watering is easy—you just pour it into the top funnel. Since the container is mostly covered, it doesn't need to be watered as much as an open container. You can grow two tomato plants at once from a Topsy Turvy, which will produce a lot of tomatoes from a small space.

With a little bit of innovation, you can probably figure out how to make your own upside down hanging planter. Master Gardener Walter Reeves doesn't think too much of the idea, and he explains why at [www.walterreeves.com](http://www.walterreeves.com) (search: upside down tomatoes). I have not tried it myself, but it is intriguing.

However you choose to grow your vegetables, growing your own is as close to "eating local" as you can get.

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# Bacon, Bacon . . . Who's Got the Bacon?

By Betty Bearden

Just when you thought it was safe to go back in the restaurant . . .

Imagine this, if you will . . . you're at work, in the middle of a heated budget meeting, and someone notices its lunch time. Ahhhh, lunch time . . . music to a growling stomach! Visions of bean burritos and cheese enchiladas covered in cheese, and topped with grilled veggies, smothered with more cheese immediately popped into my head. Sweet! But my co-worker, Sandra, suggested we all take a vote, you know the type. "It's already noon, much more to streamline on the ol' budget yet, so let's all go somewhere close." A vote was taken, and the majority ruled. The closest restaurant was the STEAK HOUSE! Ugh! Steak house+vegetarian=disaster!

"Table for 16?" asked the server. We were all seated, and I was contemplating another house salad with a baked potato on the side. The majority of the office will be having a nice juicy steak cooked to their specifications, ordered anywhere from rare, medium, or medium-rare. I could just imagine the server asking me, "...and how would you be having the salad and baked potato prepared today, Ma'am?"

"Oh, I'm thinking salad . . . fresh, and with a mix of young tender baby greens, and a baked potato—baked with the skin on—which has been lightly hand-rubbed in extra virgin olive oil and rolled in Kosher salt; no foil." But then, upon taking a look at the menu, hope sprung eternal! There were two things that I might be able to order—it would be tricky, they would have to be altered, but it could be done.

No stranger to this scenario: I could order the chunky potato soup, which came with crispy bacon bits, and the house salad, which the menu stated was "loaded with fresh tomatoes, mushrooms, sweet Vidalia onions, red peppers, tender baby greens, and drizzled with a warm, spicy honey mustard dressing, all topped with grilled chicken strips, parmesan garlic croutons, and, you guessed it, crispy bacon bits."

Our server approached; she started with me, naturally. Well, no pressure here. The entire table was all of a sudden completely silent. You could have heard a micro-chip drop. Gulp! I squeaked out my order, and she repeated it back in a booming voice, "Potato soup, no bacon, and house salad, no chicken strips and no bacon." Perfect. She proceeded to take everyone else's order.

Appetizers were promptly brought out and placed around the table. There was calamari wrapped in bacon, bruschetta topped with sun-dried tomatoes and bacon, deep fried mushrooms, fried in bacon fat no less, and a creamed spinach dip with fresh slivers of Parmesan cheese which had probably been aged in a bacon factory somewhere.

Sandra leaned over to me and said, "Oh, why don't you just try some of the Calamari? No one will ever have to know." Oh, I get it. It's kind of like, what happens at lunch stays at lunch?

Our server brings the order, and I am starving! "House salad without bacon," as she looks at me with raised eyebrow, "and our specialty of the house, chunky potato soup with EXTRA bacon." Yes indeed, just when you thought it was safe . . .

You may remember the article I wrote for the March/April issue of *The Life Line*, entitled: *Tofu-Thirty Years Ago*. In that article, I wrote about the

challenges of being vegetarian and how far well-meaning restaurants and main stream grocery stores, and society in general, have come over the past thirty-years. But after episode, upon episode of, "hold the bacon," I have to ask, have we really come that far? For my money, no, not really. That's why my husband, Steven and I, are so supportive of Life Grocery and Café Life. Do you know how lucky we are to have Café Life? What a spread of veggie delights! Everything is always delicious and fresh, and if you haven't tried it, I highly recommend you do! I have to admit that more and more mainstream restaurants are really starting to get on the bandwagon, but honestly, does a steak-monger know about veggie lasagna any more than I would know about how to prepare a standing rib roast? There is yet a lot of ground to cover, here. I appreciate the veggie pattie in place of the burger in some restaurants, but could someone please come up with something more inventive? That's all I'm asking; that's all I've ever asked. But the good news is that they *are* trying.

OK, enough of that! Summer is almost here, and I'm ready for some fun. How about you? I would like to share one of my favorite picnic foods with you. With all the summer picnics we are looking forward to over the next few months, I hope you will try this recipe. Even if you aren't vegetarian, I guarantee you will like it!

## Vegetarian Baked Beans

3 c cooked navy beans  
½ c light brown sugar  
2 T mild mustard  
½ c molasses  
½ c any barbecue sauce  
1 large sweet onion, diced  
½ container firm tofu, diced (optional)  
3 cloves garlic, minced  
1 large (28 oz) can diced tomatoes, do not drain  
¼ c olive oil

- Preheat oven to 350°.
- Place olive oil in skillet and sauté onion until tender, about 4-5 minutes.
- Add garlic and sauté for two minutes and remove from stove.
- Place beans into a 2 quart rectangular casserole dish.
- Add cooked onions, garlic, and remaining ingredients into casserole dish and mix well.
- If you are adding tofu, make sure to drain the tofu well, dice it, and gently stir it into the ingredients.
- Bake at 350° for 40-45 minutes.

Now, if anyone at the picnic steps up and tells you this is good and all, but . . . "Where's the bacon?" You totally have my permission to bean them. I know, I just had to add that. Sorry! Have a happy summer!

Betty Bearden is a writer and author of a self-published cookbook, *Normal People, Eat Tofu, Too*. She has worked as a volunteer chef, a cooking class instructor, and a reporter for *The Paulding Neighbor Newspaper*. For further information, you can reach Betty at [bbearden@joimail.com](mailto:bbearden@joimail.com).

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August 1, 2007

Remember the due date for submissions to the Sept/Oct issue of *The Life Line*.

# Back to School Gluten Free

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

It's that time of year to start thinking about sending our kids back to school. Along with the typical preparations most parents go through, I am faced with sending my seven year old to second grade with special dietary and other restrictions. This wouldn't be such a huge deal except for the fact that she has Celiac Disease and cannot tolerate foods with gluten in them. (The protein found in wheat, barley, rye, and possibly oats). So, I will have to plan for this new year of public school with it's cafeteria, snacks, birthday parties, and kids and teachers that don't know the first thing about having to be "gluten free." This includes school supplies, because of the risk of her putting her hands near her mouth and possibly getting "glutened." In Kindergarten, we ran into an issue with an event where they were going to use wheat flour for one of the Field Day events. Most people don't even think about these things. I ended up providing enough rice flour for the event so it wasn't an issue; in first grade they decided to forgo this event.

Most teachers will put out a list about a week or so before school starts to let parents know which school supplies will be needed for their class. Most school supplies are perfectly safe for children with allergies or food sensitivities, but you can check with the manufacturer to be sure. Things to be careful of are paste, play dough, finger paints, glue sticks, and the ubiquitous macaroni noodles that teachers like to use for craft projects and the like.

I provided my daughter's teacher with a supply of gluten free dried pasta noodles in various shapes for kindergarten and first grade. I also provided enough homemade gluten free play dough for the entire class so that I won't have to worry about her having to be kept separate from the other children if they are using regular play dough. All commercial play dough contains wheat. (For more information about my gluten free play dough, contact me). Here is a list of some commercial school supplies that are gluten free.

## COMMON GLUTEN FREE SCHOOL PRODUCTS/MATERIALS

- Chalk – Crayola
- Crayons – Crayola
- Glue (liquid) – Elmer's washable glue, Rose Art washable glue
- Markers – Crayola (including Color Wonder)
- Paints (with brush) – Palmer paint products; Crayola Oil Pastels, powder paint, and water soluble oil pastels; Prism Brand paints
- Paints (finger paints) – Crayola
- Paints (powder) – Crayola
- Play Clay – Crayola Model Magic (**NOT Crayola Clay – that contains gluten**)
- Silly Putty – Crayola

Now let's talk about the cafeteria. When my daughter was in kindergarten, I simply sent her lunch every day. By the end of the school year, though, I had an opportunity to speak with the head dietitian with Cobb County Schools and the Cafeteria Manager at my daughter's school. They were able to provide me with a list of the cafeteria menu items that were verified gluten free and were more than willing to work with me on a weekly basis to provide a safe lunch for her. This takes a lot of communication on my part, but I am willing to do it if it keeps my daughter safe.

Cobb County School Board puts out the menus on a monthly basis, and I was able to download them and

print them out. Along with the list of gluten free menu items, I would make a list of her menu choices for the week. They were able to do hamburgers and hot dogs without buns, grilled chicken patties, chicken salads, tuna salads, fruit salads, baked potatoes, and assorted fruits and vegetables. The menu items rotate on a repeating schedule, so once we figured out what she could have, it became easy. If there was ever a day when the menu changed, the Cafeteria Manager would contact me and let me know what the other choices were. I could opt to send her a lunch for that day if there were no gluten free options. Now, in order to get this kind of support from the school system, I did have to provide a Doctor's note stating that my daughter is on a gluten free diet for medical reasons. If you don't wish to do that or don't feel comfortable with the cafeteria food, simply pack your child's lunch every day.

So now to the lunch box. Since I packed her lunch every day in kindergarten, I have a little experience in this arena. In an effort to make her feel as normal as possible and give her fun, healthy food choices, I did lots of shopping at Life Grocery! They have the best selection of kid-friendly gluten free foods!

I made sandwiches using Kinnikinick's White Sandwich Bread or EnerG's Light Tapioca Loaf bread, Applegate Farms deli meats (turkey bologna is her favorite), and Horizon Farms American Cheese Slices. The old standby, peanut butter and jelly was always a good option. I would fill her Thermos with many varieties of Amy's Organic Soups, the ones that are safe are clearly labeled Gluten Free or No Gluten Ingredients. Ian's now makes allergen-free chicken nuggets and fish sticks. S' Better Farms has Corn Dogs and Chicken Fingers. If I warm these up for her in the morning and wrap them in foil, she can have them with her favorite dipping sauce, Annie's Organic Ketchup! Also, fresh fruits and vegetables, organic of course, are always a good choice. For dessert and snacks, there are many varieties of gluten free cookies and even candies. Candy Tree even has gluten free licorice!

Birthday parties and other special class parties can easily be accommodated if you work with your child's teacher and they are aware of several "safe" items that they can choose to have on hand. For many of the kindergarten and first grade parties, I either provided enough of a "normal" gluten free snack for the entire class, or I would send in a similar gluten free item just for her to have. It is always great fun (and the teacher's appreciate it) if you volunteer to help in the classroom during a party, this way you can be assured that your child doesn't get any gluten and is served their special treat along with everyone else.

All in all, I think we've handled this fairly well. How will you do? Hopefully I've given you some helpful ideas. Here's hoping you and your kids have a great gluten free school year!

Here are a couple of simple recipes for the lunch box:

## Bagelwich

1 Kinnikinick sesame seed bagel, sliced and toasted  
cream cheese or gf/dairy free substitute  
avocado slices  
bean sprouts

- Assemble bagelwich with all ingredients, put together like a sandwich!

## Fruit Salad

Organic grapes, apple slices, orange slices (seeds removed), banana slices, and lemon juice

- Mix all fruit together, sprinkle with lemon juice to prevent browning, and pack in an airtight container.

Don't be afraid to experiment and try different things. Fun things for small kids would be edible art projects like "ants on a log," Take celery sticks and spread peanut butter and raisins on top. Or try a simple "pizza" that your child can assemble with a Real Foods Corn Thin, some shredded cheese, and a small container of tomato sauce (Amy's Family Marinara tastes great cold). I use those reusable/disposable Glad containers for this. Also, I recommend involving your child in the process of deciding their menu choices for the week. This gives them a sense of control and power over their diet and makes for a happier kid.

Nisla Whetstone, a Licensed Massage Therapist and a Gluten Free Lifestyle Coach in private practice, can be reached at 770-653-6017 or at [nisla@comcast.net](mailto:nisla@comcast.net). Please check Life Grocery's calendar regularly for a listing of Nisla's mini massages and food demos scheduled at the store.

# Cafe Life Caters

**Birthdays (for kids and adults), anniversaries, weddings, luncheons, dinners, and special events in our space or yours.**

**From 2-200 people: vegetarian, cooked, or living food; formal, buffet, or plated dinners; cakes, & desserts.**

**Call Chef Mike at 770-977-9583 x 248 We'll work with your special dietary needs and preferences in mind when planning your event.**



# LIFE GROCERY

*A Natural Foods Co-op*

1453 Roswell Road, Marietta, GA 30062

*July/Aug 2007*

*Two Months of Super Savings*

## *Life Savings*

**natural  
Factors.**

- **RX Omega-3 Factors**  
60 soft gels . . . . . \$9.99
- **RX Omega-3 Factors**  
120 soft gels . . . . . \$16.99

**Country  
Life**



**All Country Life  
Products**

**20% off**

**KYOLIC®**  
Aged Garlic Extract™

**All Kyolic Formulas**

*Aged garlic extract supports  
cardiovascular health*

**25% off**

**Flora**

- **Flor-Essence**  
2.2 oz . . . . . \$22.99  
17 oz. . . . . \$22.99  
32 oz. . . . . \$35.99
- **Detox Kit**  
. . . . . \$129.99



- Blue
- Spicy Black Bean

**Tortilla Chips**  
all flavors on sale

7 oz **\$1.69**



- Lemon Pepper
- Indian Curry
- Tomato Basil

**G'Day Tuna**

3.5 oz **\$1.29**



all flavors

**Rice Yogurt**

6 oz **\$1.19**



- Original
- Lemon

**Sparkling Yerba Mate**  
all flavors

10 oz **\$1.29**



all varieties

**White Spelt Pasta**

8 oz **\$1.89**



all flavors  
4-pack bottles

**Green Tea Soda**

**\$3.99**



all flavors

**Natural Soda**

6 pk **\$2.79**



Sauerkraut

**Dill Relish**

12 oz . . . . .

**\$2.19**

25.3 oz . . . . . **\$3.99**



all flavors

**Yogurt & Granola Wellness Bars**

1.4 oz **89¢**

**New Products**

- Sunfood Nutrition Raw and Organic Lucuma Powder, Yacon Syrup, Sun dried Olives (unsalted & salted), Mesquite
- Kashi TLC Cookies
- Snikiddy Kids Cookies and Kids Cheese Puffs
- Gourmet Artisan Organic Balsamic & Red Wine Vinegars
- Ian's Gluten Free Chicken Patties and French Toast
- Vicolo Organic Corn Meal Pizza Shells

# TWINLAB

- **Emulsified Cod Liver Oil**  
Orange or Lemon

12 oz ..... **\$6.99**

- **D<sub>3</sub> Dots Sublingual**

60s ..... **\$12.99**

## Enzymatic Therapy

NATURAL MEDICINES®

- **BP Manager**

90 tabs ... **\$21.99**

- **Super Milk Thistle**

120 v caps. . **\$25.99**

- **Cholesterol Shield**

90 tabs ... **\$26.99**



**Omega 3 Lemon**  
60 softgels

**\$11.99**

- **Nordic Berries Gummy Bears**

120's .... **\$16.99**

- **Child DHA Strawberry**

180's soft gels  
..... **\$16.99**



## Super Seed

600 gr

.. **\$17.99**

## Primal Defense

180 + 36 FREE

.. **\$57.99**



- **Children's Complete**

16 oz ..... **\$9.99**

- **Added Attention**

16 oz. .... **\$15.99**

- **VM100**

32 oz .... **\$18.99**

## Futurebiotics

### Hair Skin Nails

75 tabs

... **\$7.99**

135 tabs

.. **\$11.99**



## Specialty Formulas

All Red Label  
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**20% off**



## Green Vibrance

15 packets .. **\$21.99**

240 caps .. **\$27.99**

12 oz ..... **\$33.99**

24 oz ..... **\$59.99**



The Leader in Essential Fatty Acid Nutrition

- **Sprouted Fiproflax**

15 oz ..... **\$9.99**

- **Total EFA**

90 softgels .. **\$15.99**

180 softgels .. **\$25.99**

- **Flax Oil Lignan Gold**

16 oz ..... **\$12.99**

## Jarrow FORMULAS

- **Biosil**

30 v caps .. **\$12.99**

60 v caps. .. **\$23.99**

30 ml .... **\$19.99**

- **Greens Defense**

180 gr .... **\$18.99**



All  
Stevia Products

**25% off**



All Total Body  
Products

**10% off**



Selected  
Varieties of  
Toothpaste

**20% off**

## VITANICA®

- **Gaba Ease**

60 caps .. **\$11.99**

- **Candida Pack**

60 caps .. **\$19.99**

- **Women Symmetry**

90 caps .. **\$12.99**



- **Swimmers Shampoo**

11 oz .... **\$6.99**

- **Swimmers Conditioner**

11 oz. .... **\$6.99**