

New Food Guidelines Do Not Tell All Facts part 2

By Linda Townsend

Like Dr. Weston A. Price, who studied the disparities between natural diets of natives and the modern diet of civilized societies, I believe there is reason to be skeptical of the modern food guidelines, particularly in the matter of trans fatty acids (*trans* fats). Although low levels of *trans* fats naturally occur in animal meats and milk products, it apparently did not cause the same problems in native peoples with diets high in animal products. Surprisingly, these people did not have any dietary guidelines or even know what a vitamin was. Yet they were healthy. However, with so many choices, Americans apparently need dietary guidelines.

The 2005 Pyramid Guidelines

Although it is arguable that the dietary guidelines continue to endure pressure from the food industry, significant progress is found in addressing these three concerns:

- Controlling weight, as well as increasing physical activity.
- Limiting sugar intake while emphasizing the benefits of whole grains.
- Defining differences between good and bad fats, including the emergence of the first *trans* fat recommendations.

Weight control, physical activity, and redefining carbohydrates into simple terms so that sugar can be restricted were not really advancements, but rectifications of the preceding pyramid. The concept of staying trim and regular physical activity is certainly not new, although it is not well practiced. Restricting sugar is something most of us were taught by our mothers, who were taught by their mothers and so on. Even without the scientific technology we have today, people long ago could readily see the effects of eating too much sugar and having too little exercise. One could say these guidelines are just plain common sense that people have known for centuries.

Trans fat, however, is a newer food component—actually it is denatured food, or food that is not found in nature. Although, as stated above, small amounts of *trans* fat is found in animal meat and raw milk, these are naturally occurring rather than a result of deliberate processing. For nearly a century, *trans* fat has been overlooked in the food guides, so our mothers had no idea of the damage being done as they increasingly used convenience foods, ever growing in popularity and laden with hidden *trans* fatty acids.

The New *Trans* Fats Rule

In response to mounting research pointing to *trans* fat as a culprit in increased incidents of heart disease,

cancer, learning disorders, and infertility, the Center for Science in the Public Interest (CSPI), a consumer advocacy organization, filed a petition with the Food and Drug Administration (FDA) in 1994 requesting that the agency take steps to require *trans* fat be listed on nutrition labels and claims. A 1999 Harvard report estimated that using unsaturated vegetable oils to replace *trans* fats could prevent more than 30,000 deaths from heart disease in the U.S. each year. Ten years after the initial CSPI petition was filed, the FDA finally made a rule that was to be in effect beginning January 1, 2006.

Now every label lists “*Trans* Fat” under the category of “Total Fat” stating the amount in grams. (If it is not listed, a footnote will be added stating that the food is “not a significant source of *trans* fat.”) However, “0 grams” does not necessarily mean that the product has no *trans* fat at all. It can merely mean that there is less than ½ gram of *trans* fat per serving. This new ruling is confusing. The real proof is in the ingredients: if the label states there are hydrogenated or partially hydrogenated oils of any kind, there will be an unknown amount of *trans* fat. The consumer may assume that zero *trans* fat is literally zero and may not be aware that *trans* fat is present in the product. Should a person eat a variety of foods or more than one serving of a food with hydrogenated oil, the accumulation of *trans* fat could be significant, but the total quantity would be unknown or, worse, assumed to be zero.

Should *Trans* Fats Be Banned?

There are several advocate groups that would like to see *trans* fat banned from all foods, while the FDA advises not to eliminate *trans* fat completely from your diet. An excerpt from the FDA website: “According to experts, eliminating *trans* fat completely from the diet would require such extraordinary dietary changes (e.g., elimination of foods, such as dairy products and meats that contain *trans* fatty acids) that eliminating *trans* fat could cause an inadequate intake of some nutrients and create health risks.” *This statement clearly sidesteps the real issue of the intentional production of hydrogenating oils that are not naturally occurring!*

Based on 1994-1996 data, processed foods and oils provide about 80% *trans* fat in the average American diet, while only 20% occur naturally in foods from animal sources. In other words, these denatured oils have caused an increase in *trans* fat that could be up to four times what the average person ate one hundred years ago!

Some companies are taking steps to reduce *trans* fats in their products. Other companies are offering newer, *unnatural*, healthier-for-you fat substitutes, but

we really don’t know what effect they have on the body in the long term. (History repeating itself? They obviously missed the history lesson on Crisco®.)

The Civilized Diet Needs to Go Native!

The FDA and the food industry agree that they need time to find oil substitutes so that Americans get the foods they have come to expect. Herein lies the real problem! Over the last century, Americans have been trained, with USDA’s stamp of approval in their food guidelines, to accept convenience foods having added *trans* fat and other highly processed components as part of the mainstay of their diets. These types of foods were not available to Dr. Price’s isolated natives, who enjoyed good health even with foods high in saturated fat. In addition, food guidelines do not address the processing of foods; the vitamins listed on the RDA label may be denatured by the processing and therefore be unusable by the body.

While medical science tries to isolate one element as being bad or good for us, perhaps nature is much more complicated and self-sustaining. Maybe civilized people have too wide a variety of food available to them which are unlike the food found in nature. When they eat these foods in the same meal, they do not digest well. Perhaps natives eating what we consider a limited, even unhealthy diet, actually had the perfect mix provided by nature to sustain good health. Maybe it is time to give up the modern foods and guidelines that promote the idea that we should eat every food group at every meal. Maybe we should start asking ourselves what a native would eat before we buy. Maybe we need to go more native with seasonal, organic, raw, and natural foods!

As I reflect on Dr. Price’s discoveries, I am reminded of something I used to say, “If it sticks to your teeth, it probably sticks in the body too.” It may not be just a coincidence that sweets, breads, chips, pastas, and other highly processed, convenience foods seem to stick to the teeth (making trips to the dentist a greater necessity) and produce doughy bodies. In the last century, we have arrogantly believed that we could improve on nature’s diet and we have been proven wrong again. I think of this every time I see a mother giving her baby crackers to munch on instead of soft fruit—from mother to child, our legacy of civilized, denatured, processed, convenience foods continues.

Linda Townsend, founder of BioHarmonics Research, may be contacted at research@bioharmonics.com.

Plight of the Sufferer

By Michael A. Scimeca, D.C.

Suffering is a form of distress we may encounter one breath at a time. We each have a right to suffer. Whether or not we deserve to suffer is a different consideration. Compassion teaches us to understand the plight of the sufferer. In suffering, we have an insidious distraction keeping us from functioning well. The plight of the sufferer is often beyond the ability to self-correct. The mere presentation of suffering reminds us to seek help, to explore possible sources of support to enjoy lasting peace.

From first-hand experiences, suffering appears to present itself more often when a sense of entitlement surfaces. It seems to manifest itself whenever we make demands on life with little or no action toward procuring our demand. Interestingly, suffering presents itself at other times, too. We may find ourselves suffering at seemingly random intervals. Not knowing the cause of our suffering is possible. Not taking action toward meeting our own demands, however, invites suffering.

Fortunately, in life, we have the power to choose. We can choose to be *response-able* in the face of suffering. Regardless of the cause—known or unknown—we can choose to do our part in procuring a more peaceful existence. Without active participation, however, we rarely achieve the level of success we often seek.

Sometimes, we can turn suffering into a gift by responding well. Whether our suffering is the product of the poor choices of our past or the outcome of things beyond our control, our next move becomes a most important consideration. When we move well and use suffering as an event to inspire us, when we work to enhance the art of living well, we immediately take charge of our life. We instantaneously turn infliction into progress. Instead of simply being a victim of circumstance, we stand up for our ability to choose.

The model of treating ailments or conditions may appear to be a *response-able* reply. In looking more closely, however, participating in the fix-it model may sabotage our ability to (1) use choice wisely, (2) live with dignity, and (3) recommit ourselves to live a life promoting peaceful solutions. Sometimes, however, screaming “FIX ME” is necessary to help us wake up and answer our own demand.

Exercising the right to suffer is not an attractive option. Leading with a sense of entitlement does little to transform suffering into peace. To shift from a place of uncomfortable living to a more peacefully productive place requires our full participation. If we cannot do for ourselves what we choose to do for ourselves, we can wisely seek help. We can admit our oneness with life and receive assistance with great dignity. As we actively choose to promote the art of living well, however, we reap the rewards of being *response-able*, of making choices that are cohesive alignment with deep peace.

Do we deserve to suffer? Probably not. Are we entitled to suffer? Yes. Can we fully understand the plight of the sufferer? Hmmm. Do we fully enjoy the freedom and power to choose? That depends. What if we read something suggesting we focus on developing the art of living well? Are we more likely to exercise our ability to make better choices? Yes! Positively. How? One breath at a time!

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

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Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
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770-977-9583

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Mandy Key, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heathere Wilmoth

Contributors: Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Ronnie B. Hudson, Julie Kinnan, Janill Mitchell, Dr. Michael Moribaldi, Brian Murray, Frederic Patenaude, Dr. Michael A. Scimeca, Kim Strickland, Linda Townsend, Nisla Whetsone

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Instructions on How to Eat

By Dr. Joe Esposito

In order to get the most out of what we eat while steering clear of all sorts of diseases, health problems, and other assorted bad news, we need to watch not only what we eat, but how we eat it. No, we're not talking about new ways to use a knife and fork, but what we might call eating strategies such as:

1. Eat only fruit for breakfast. What, no bagel? No Egg McMuffin? I'll just die, you say. Unlikely. Eating fruit will give you all the energy you need while not polluting your body with all that yummy sludge. Okay, let me explain. Your body is detoxifying up until about 12 noon and anything but fruit will slow down this process and cause a toxic build-up of poisons in your system that can't escape. And thanks to the high fiber content of fruit, it will also help clean out any waste products built up in your colon. Anyway, fruit will also supply you with all the nutrients you need to make it through your morning. If you get hungry, just eat more fruit.

Bananas are slower to digest than other fruits so they tend to hold off the hunger pangs a little better. If you eat melon, the rule is, "Eat it alone or leave it alone." Melon digestion requires a slightly different level of "stomach juices" than other foods and mixing anything with melon will prevent proper digestion of all the foods. Be sure the fruit you eat is raw and preferably organic. Why organic? Because organic foods are grown without pesticides and in healthy soil which raises their nutritional value. Such a deal. Okay, so they're usually a little more expensive, but you're worth it, right? If you're going to do

it, do it right. Going organic is especially important for fruits such as apples and peaches where you eat the skin. It's best even with those where you don't eat the skin, like bananas or oranges, though much of the external pesticides are thrown away with the skin. *[Consider washing fruits and vegetables before peeling, as the skin may contain pesticide residue or bacteria that may get on your hands while you are in the process of peeling and may be transferred to the peeled fruit or vegetable.]* Dried fruits are okay, but be sure they don't contain sulfites which are used to make dried fruit look pretty, but happen to be toxic.

2. Enjoy a wide variety of foods in your diet, but avoid mixing too many different foods in one meal, or you'll end up having a hard time properly digesting it all.
3. More and more experts are singing the praises of raw food for one main reason: enzymes. Our bodies desperately need enzymes to process our food efficiently, and raw foods are our only source of this crucial dietary element. So, try to eat at least one raw food at each meal. Once any food is heated to 120° Fahrenheit or higher, many of the nutrients and enzymes begin to break down. The more we cook our food the less healthy it becomes. A vegetarian/vegan diet without raw foods is still a long way from healthy. A good variety of raw fruits and veggies spread throughout your day ought to do the trick.
4. Eat as much as you need to keep and maintain a healthy weight and lifestyle, but don't overeat.

Too much food dulls and depresses the mind and can cause fatigue, a weakened immune system, and other bad things. Are you reading this after a big meal? Having trouble keeping your eyes open, aren't you?

5. Do not eat meals too close together. Wait until one meal is digested and out of your stomach before piling on another. If the first meal is only partially digested and you dump another pile of food on top of it, the first batch ends up sitting in the stomach too long waiting for the second round to digest so that they both can pass out of the stomach and into the small intestine. And food that sits too long in the stomach gets "over digested" and won't be absorbed very well. Here are a few good rules of thumb—before eating again, wait at least:

- 1 hour after eating a fruit-only meal
- 3 hours after eating a starch meal, such as grains or certain vegetables
- 4 hours after eating a protein meal such as beans, nuts, or legumes

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. Listen to 1010 am radio at 10:00 a.m. on Saturdays to hear Dr. Joe's life changing messages, sponsored by Life Grocery. Contact him at 770-427-7387 for further info.

Weaker, Slower, Older

By Brian Murray, M.Ed.

In my last article, I stated that walking, jogging, and swimming can make you a fatter person. Why? The reason is these activities are too easy. Activity that can be carried on for several continuous minutes is not challenging enough to stimulate the maintenance of valuable muscle tissue. But there is more to this story.

Skeletal muscles are made up of two types of fibers: Type 1 and Type 2. Type 1 fibers are smaller, weaker, and well suited for long duration activity. Type 2 fibers are larger, stronger, and well suited for power and quick bursts.

Research shows there is a massive loss of Type 2 muscle fibers with age. This loss however, begins with the atrophy of the nerves that supply these fibers. The atrophy and death of these nerves results in the atrophy and death of the muscle fibers. This is a double whammy! Muscle and nerve tissues are two of the most metabolically active tissues in your body. This is a major reason why your metabolic rate declines with age and fat deposits increase. In addition, loss of Type 2 fibers has been strongly linked to declining movement speed

and loss of balance with age. The good news is that this can be prevented and even reversed, but it requires the correct approach.

The correct approach is high intensity strength training. To understand why, it is important to understand how muscles work. When attempting to lift an object, muscle fibers are recruited in a stepwise fashion. The smallest and weakest fibers are recruited first. As effort level increases, the larger and stronger fibers are called in as needed. Type 2 muscle fibers typically do not become significantly involved until you reach approximately 80% of maximum effort. This is a large amount of effort—much greater than the effort required to walk, jog, or swim continuously for 60 minutes. Therefore, the reason strength training (when performed correctly) is so important is because it is the only safe and effective way to engage and strengthen the Type 2 muscle fibers.

The main reason for the abnormal decline in physical capacity is simply inadequate use. In a technologically advancing society such as ours, our bodies are placed in

a cast of sedentary living. Think about it—most people do not even have to twist an ice cube tray to get ice cubes! And many of you know what happens to a limb that is placed in a cast—it becomes smaller, weaker, stiffer, and painful to move.

High intensity strength training is the most powerful and potent exercise that anyone can prescribe for themselves. It provides the benefits that are absolutely necessary for living a high quality of life.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. For more info visit www.strengthforlife.net or call 404-459-0270 to schedule a complimentary program introduction.

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Produce of Life: Cantaloupe & Fennel

By Kim Strickland

Summer will soon be upon us and that means there will be lots of melons in season. The produce department is already carrying some of the early crops of melons. The changes that have been made in the produce department have created more space, and, as a result, Life Grocery will now be carrying fennel, in addition to other items previously not available.

Melons are high in calcium, potassium, vitamin C, and vitamin A. Cantaloupes are very high in beta-carotene. About one-fourth of a cantaloupe provides up to 3000 IUs of vitamin A. They are digested more quickly than other foods, so to avoid abdominal gas, bloating, and fermentation, it is recommended that they be eaten by themselves on an empty stomach. Try a combination with other melons, such as honeydew and watermelon. They are best at room temperature and can be kept for two to three days; however, once cut, store them in the refrigerator.

Like many of its fellow spices, fennel contains its own unique combination of phytonutrients—including the flavonoids rutin, quercetin, and various kaempferol glycosides—that give it strong antioxidant activity. The most fascinating phytonutrient compound in fennel, however, may be anethole—the primary component of its volatile oil. In animal studies, the anethole in fennel has repeatedly been shown to reduce inflammation and to help prevent the occurrence of cancer. The volatile

oil has also been shown to be able to protect the liver of experimental animals from toxic chemical injury.

In addition to its unusual phytonutrients, fennel bulb is an excellent source of vitamin C. As a very good source of fiber, the fennel bulb may help to reduce elevated cholesterol levels, as well as the diarrhea or constipation symptomatic of irritable bowel syndrome. In addition to its fiber, fennel is a very good source of folate, a B vitamin that is necessary for the conversion of a dangerous molecule called homocysteine into other benign molecules. Fennel is also a very good source of potassium, a mineral that helps lower high blood pressure, another risk factor for stroke and heart attack. Store fresh fennel in the refrigerator crisper, where it should stay fresh for about four days. It is best to consume fennel soon after purchase, because as it ages, it tends to gradually lose its flavor.

Cantaloupe Smoothie

2-3 frozen bananas (peel before freezing)
1½ c cantaloupe, diced (freezing the fruit first will yield a thicker smoothie)
½ c orange juice
2 t raw honey or agave

Place all items in a blender and blend until smooth.

Potato-Fennel Soup

1 T olive oil
3 c thinly sliced onions
1½-2 t sea salt
5 medium potatoes
1½ c minced fennel bulb
½ t caraway seeds
4 c water
½ c red bell pepper, diced

- Heat oil. Add onions and 1 t salt. Cook for 15 minutes on medium.
- Add ½ t of salt, potatoes, fennel and caraway and sauté about 5 minutes.
- Add water, bring to a boil and simmer until potatoes are almost done.
- Add red pepper for the last few minutes. Adjust salt if needed.

Resources:

www.fabulousfoods.com

www.whfoods.com

Staying Healthy with Nutrition by Elson Haas, M.D.

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

Dandelion

Latin name: Taraxacum officinale

It is said that acquiring a taste for bitter herbs is a sign of nobility. There is no greater or more regal herb than the reliable, dependable, and trustworthy herb “the dandelion.”

As a child, I can remember my Italian grandmother with her stockings rolled down to her ankles, clad in her black kitchen work dress and flowered apron, bent over gathering dandelion root and leaf with one swift curling twist of her knife.

One of my first introductions to ancient folklore was the warning not to smell the inviting yellow flowers because it would cause bedwetting. This childhood warning was based in some truth, for the dandelion is known to be a powerful diuretic. The English common name for the herb is “piss in the bed” and the French call it “pis en lit.” Unlike medical diuretics its high potassium content does not leach potassium from the body while performing its beneficial effects.

Often considered a nuisance weed by most homeowners, dandelion will grow in any sunny to partially shaded location including the yards of most residences. When harvesting dandelion, one should take care not to use plants growing in areas treated with chemicals and herbicides.

Dandelion is high in vitamins A, B, C, and D which accounts for its strong anti-oxidant properties. (The vitamin A content is even higher than in carrots.) Its content of lecithin, with its fat emulsifying properties, is an effective digestive aid, while its high concentration of choline and lecithin converts to acetylcholine which may stimulate memory functions in the brain. High concentration of boron within the dandelion, help raise estrogen levels in the blood and strengthen bones.

For medical use prepare a decoction by simmering one tablespoon of the leaf or root for every cup of water. Drink a half cup of the liquid four times a day. Do not use this herb without the advice of an experienced herbalist if you have intestinal blockage, gallbladder inflammation, or bile duct blockage.

Dandelion, a mild herb with a bitter taste, is among the first to arrive in our gardens in the early spring. As

By Michael Moribaldi, D.C.

a culinary herb it is best used as a garden salad tossed with dried oregano and basil, fresh minced garlic or chives sprinkled with extra virgin olive oil and balsamic vinegar. As a cooked vegetable, it mixes well with sautéed garlic and olive oil when the leaves are steamed until they soften slightly.

Dandelion has a yellow flowering head (bright as the sun) on hollow stalks and hairless toothed leaves. Dandelion is a famous liver cooler and cleanser and has been a favorite of herbalists since ancient time. It is considered a spring tonic by local herbalists as it cleanses the liver which can become sluggish during the cold wintry months. The herb is useful for such conditions as hepatitis, cirrhosis and liver toxicity, as well as for poor appetite and constipation.

This herb has the three principles of sampling. The first one is it grows nearby in everyone’s yard. Second, it is a mild herb. The third principle is you can use it in large doses. Who would have known this little weed could do so much?

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Dr. Michael Moribaldi has practiced chiropractic in North Fulton and East Cobb for 10 years. He has spent considerable time teaching people about spinal care and spinal rehabilitation through proper exercise, posture, and nutrition. He is currently pursuing a Naturopathic Degree at Clayton College of Natural Health. He is also enrolled in a certification program as a fitness trainer and exercise physiologist. For further info, contact him at 770-649-1730.

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The Real Value of Organically Grown Food

By Don Bennett, DAS

The main problem with conventionally grown produce is that it contains pesticide residues. But because you don't drop dead instantly from consuming a piece of fruit that contains pesticides, the agri-chemical industry has been able to keep the detrimental effects of its products out of the public's collective consciousness.

Pesticides are designed to kill living things. While it's true that eating one conventionally grown apple won't lead to your premature death, what do you think the possibility is that eating pesticide-laden food at every meal, every day for decades, will contribute to degenerative disease, which is a cause of premature death?

Pesticides can cause cancerous cells to form, which can also burden the body's ability to effectively deal with cancerous cells. This causes a double whammy effect, one which has undoubtedly contributed big time to today's higher-than-ever cancer rates.

So it's probably best to eat as much organically grown food as you can. Some foods I would never eat if they weren't organically grown are: leafy greens, grapes, and anything you eat whole without peeling. If I wanted some bananas, and I couldn't find any organically grown bananas, I have been known to buy non-organic ones. The same goes for watermelon. I'm not saying that some pesticides don't find their way into the "meat" of the fruit, but I'm trying to be realistic. You still couldn't pay me to eat conventionally grown items that can't be peeled. [See insert on page one about washing fruits and vegetables before peeling.]

The other difference between organically grown produce and produce grown with pesticides is the nutritional quality. Let's face it—conventional crops have been grown for yield, never for nutrition. When these foods were nutritious, it was because of soil fertility and not because of something the farmer did to make it nutritious.

When it was discovered that all you needed in the soil to make plants grow were three nutrients (nitrogen, potassium, phosphorus), the agri-chem companies responded with three-nutrient fertilizers. But what happens when the crops suck all the trace minerals and rare earth elements out of the soil, and the farmer doesn't put those things back? If they're not in the soil, they're not going to be in the plant. And if they're not in the food you're eating, you aren't getting them (unless you take supplements, which is an article all by itself). Even

if they are in the soil, crops grown from genetically modified seeds may not uptake the nutrients they normally would when grown from un-modified seeds. What hath man wrought!

A recently published review of 41 scientific studies from countries around the world comparing the nutrition of organic and conventionally grown food, found significantly higher nutrients in organically grown crops.

Nutritional Quality of Organic Versus Conventional Fruits, Vegetables, and Grains, published in *The Journal of Alternative and Complimentary Medicine*, found that organic crops, on average, contain 29.3% more magnesium, 27% more vitamin C, 21% more iron, 13.6% more phosphorus, 26% more calcium, 11% more copper, 42% more manganese, 9% more potassium, and 15% less nitrates. In crops such as spinach, lettuce, cabbage, and potatoes, organically grown crops showed even higher nutritional superiority.

A possible reason for the above? Farmers who don't use pesticides tend to take better care of their soil, leaving some fields fallow for a year or more so the soil can be fertilized by Nature. And some use natural fertilizers that replenish 100 nutrients, and not just three. (If you have your own farm or garden, see remineralize.org for information on the BEST soil remineralizing techniques to use).

Another reason organically grown food is healthier is the little known fact that plants produce substances that are good for us (like bioflavonoids) in response to attacks from insects in an effort to fend off the pests. Plants sprayed with pesticides never get attacked, and thus have no need to manufacture these substances.

Research at the American Institute for Cancer Research (AICR) International Conference on Food, Nutrition, and Cancer, by Rui Hai Liu, M.D., Ph.D., and his colleagues at Cornell University concluded that "different plant foods have different phyto-nutrients; these substances go to different organs, tissues, and cells, where they perform different functions. What your body needs to ward off disease is this synergistic effect that is produced by eating a wide variety of plant foods."

Everyone has heard the advice, "Eat a diverse diet," a recommendation that has been a part of many dietary guidelines for decades. But few studies have explored the relationship between dietary diversity and the adequacy of nutrient uptake. With a grant from the USDA, scientists carried out a first-of-its-kind analysis

of the adequacy of nutrient intakes as a function of diversity, and the study arrived at some very unsettling conclusions.

First, a surprising percentage of men and women eating the Standard American Diet are not consuming an adequate intake of 15 key nutrients. For men, the probability of adequacy for five key nutrients was under 50%, with vitamin E at only 14.1% and magnesium and folate at 36% and 34%, respectively. For women, only 6.8% were likely to consume an adequate amount of vitamin E, 20.9% for folate, and just as with men, there was a total of five nutrients under 50%.

So because organically grown food tends to be higher in nutrition than pesticide-containing crops, eating organic fruits and vegetables can help bridge the gap between adequate and inadequate consumption of the nutrients that we need to be healthy.

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

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Good Health Now with Smoothies

By Dr. Brenda Cobb

Disease isn't necessarily incurable, hopeless, or terminal, even if the doctor says so. There are many diseases that are known to get better with diet and exercise. I believe that mental and emotional healing, added to good nutrition and lifestyle habits, can and will heal anything. Since 1999, I have personally witnessed thousands of people heal from every type of disease including all types of cancers, lupus, multiple sclerosis, Parkinson's, AIDS, HIV, chronic fatigue, allergies, migraine headaches, depression, obesity, diabetes, arthritis, asthma, and many more.

Faith and belief can heal all things and are the most important components of healing. Then there's the equally important job of eating optimum nutrition and detoxing the body. Creating good health is something that you must participate in. Don't wait until you get sick and then hope for a miracle—get pro-active every day in taking the very best care of your body.

Heart disease, cancer, diabetes, chronic fatigue, depression, and most other serious diseases come from toxicity and deficiency in the body which is created by eating cooked dead food, thinking negative thoughts, not assimilating and eliminating properly, burying emotions deep inside, and having an enormous amount of stress. Most people want good health, but wanting it isn't enough. To get good health you must practice good habits. It isn't nearly as difficult to make changes if you perceive you are getting a greater benefit by making the change.

An organice raw and living foods diet will help the body detoxify, cleanse, and heal so you can live healthier, longer, and better! Here's why: when you cook food, you kill it, and it becomes void of enzymes, vitamins, and minerals. In other words, it is dead! So, you're eating food, but you're not getting optimal nutrition. When you eat organic raw fruits, vegetables, nuts, seeds, and living sprouted foods you are getting the optimum in nutrition with all the enzymes, vitamins, and minerals in their complete and most nourishing form. Cooked is dead and dead food produces death and disease. Raw and living foods give you life, and that produces good health!

It is so easy to eat raw and living foods with just one piece of equipment, the Vita-Mix food machine, and a bunch of organic raw and living fruits, vegetables, nuts, seeds, and lots of sprouts. These quick and easy smoothies are great if you're on the go. Just blend them up in a few seconds and put them in your little lunch cooler and you're good to go all day. I like to add a tablespoon of *Vita-Mineral Green Raw Food Powder* (available in the Supplement Department at Life Grocery) to some of my smoothies to get the extra nutrition and even more vitamins, minerals, and probiotics for my colon. I love smoothies and they meet my top criteria for food. They're easy. They're quick. They're nutritious. They're delicious. They're easily digested. But most of all they're fun!

Always use 100% ORGANIC produce and good filtered water! Make sure all your fruit is really ripe. Put the ingredients for each smoothie recipe in the Vita-Mix and add one to three cups of water depending on how thick or thin you want your smoothie. Turn the machine on high for 30 seconds or so. Voilà! You've got breakfast, lunch, or dinner in a flash! Good nutrition that is so easy to digest.

Sunny Sprout

2 tomatoes
1 c sunflower sprouts
1 c buckwheat sprouts
1 T fresh lemon juice
1 t kelp
water

Banana Blast

3 ripe bananas
pinch cinnamon
pod of vanilla or 1 t extract
water

Strawberry Sunshine

2 c strawberries
1 ripe banana
2 dates pitted
water

Manya Madness

2 ripe mangos
1 ripe papaya
1 banana
water

Pineapple Mango Mood

2 c fresh pineapple
2 mangos
1 c sunflower sprouts
water

Blueberry Blissfulness

2 c blueberries
2 ripe bananas
water

Vege Life

2 tomatoes
2 carrots
1 red pepper seeds and all
3 stalks celery
1 cucumber
1 c buckwheat sprouts
water

Cucumber Lives

3 cucumbers
6-9 mint fresh mint leaves or 2 t dried mint
3 stalks celery
1 c sunflower sprouts
1 t powdered kelp seaweed

Ruby Life

1 beet
1 carrot
1 c buckwheat sprouts
1 c sunflower sprouts
3 stalks celery
3 T fresh dill or 1 t dried dill
water

Lively Ginger Apple

3 peeled apples
3 stalks celery
1 t lemon juice
1 c sunflower sprouts
1 t fresh ginger
water

Dr. Brenda Cobb is author of The Living Foods Lifestyle, and seven other books on health and healing naturally. She is Director of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program. June 17, 1:00-4:00 pm is a "Good Health Now" Recipe Class and Workshop. Mention Life Grocery and get the recipe book and workshop guide book Good Health Now FREE with your class tuition (a 15.00 value). \$30.00 in advance, \$50.00 at the door. For more information call 404-524-4488 or visit www.Livingfoodsinstitute.com.

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Seven Things You Can Do Today to Double Your Energy

By Frederic Patenaude

Admit it—there are times when you wish you could just feel more energetic and get more done. Don't you just hate it when you feel like hiding under your bed sheets, and yet more and more things come up that you have to deal with?

Though mastering the energy game is a complex topic, I'd like to give you seven things you can do anytime you need an extra boost.

1. Breathe

Breathing is one of the best ways not only to calm yourself, but also to energize your body. Whenever you start feeling overwhelmed, take one minute to do a simple deep-breathing exercise.

Here goes: Sit in a comfortable position, then breathe in for 5 counts, hold your breath for 5 counts, and breathe out for 5 counts.

Repeat for approximately 1-2 minutes, or longer.

2. Yoga

One of the best ways to feel more energetic is to combine stretching, movement, and breathing with yoga. It works like a charm every time, but you probably think you have to spend an hour doing it.

Not so! Just 15 minutes of yoga gives tremendous benefits. Practicing a few "sun salutations," along with a back bend and a few more postures, will really make a difference in your day.

Another possibility, which is just as powerful or even more so, is to spend ten minutes practicing the five Tibetans, a simple series of exercises that anyone can do and that give tremendous benefits. (For more info, go to <http://fivetibetanrites.com/?hop=fredraw>.)

3. Wait for True Hunger . . . Or Eat!

Depending on how you feel, you can either eat to gain more energy, or wait. Why the two diverse options? The reason is that tiredness can either be caused by your body trying to "detox" the previous meal, or simply due to the fact that you haven't eaten enough.

If you're in "detox," you might feel a little depressed or irritable. Your stomach might make all sorts of noises.

In that case, I find that when I fast a few hours until I feel "truly hungry," I will gradually feel more energetic as my body is restored to homeostasis.

But if you have eaten well lately, then try the following drink for quick energy. The water, the electrolytes (like sodium in the celery), and the natural sugar will help recharge your batteries.

- 1-3 bananas
 - 1 cup of blueberries (fresh or frozen)
 - 2-3 stalks of celery
 - 1 to 2 cups of water
- Blend and enjoy!

4. Drink

One of the main reasons people feel tired is that they are dehydrated. It happens very often in hot weather. You can easily forget to drink. If you feel tired for no apparent reason or if it's warm outside and you haven't been to the bathroom in the last two hours, then you should drink a liter of water

and watch what happens. If you were dehydrated, you will immediately feel more energetic.

5. Dump Your Brain

Often you may feel overwhelmed by everything on your schedule, especially if you don't know exactly where to start to get things done. This is a major energy-drainer.

Trying to keep things in our brain becomes extremely draining when there are more things than we can keep in mind at one time.

Here's one quick solution: Take out a bunch of sticky notes. Write down as many things as you know you have to do. Write one item per sticky note. Literally dump out your brain. Then organize the sticky notes by category, and identify your top 3 priorities. For each of those 3 priorities, identify the very next action you have to take to get it done. Then schedule a time to do this. When you do this, you will immediately feel yourself coming back to life, and your energy will instantly double.

6. Clean Up Your Space

Untidy or messy surroundings are a major drain of energy, especially when getting through the mess seems overwhelming.

My suggestion is to spend 15 minutes to clean up and see what happens.

What I recommend is actually timing yourself. I personally use a countdown timer. I set it to 15 minutes and then get as much done as possible in those 15 minutes, like a race!

Try this and you'll find that so much can be done to clean up your environment in just 15 minutes. You'll feel your mood instantly change and your energy double.

7. Find a Program That Works

The best thing you can do to keep your energy up is to pay attention to the factors that influence your health. Those factors include: eating a good diet based on fruits and vegetables, getting sufficient nutrients, training your body in the five areas of fitness, mastering your sleep, and more (there are more than twenty-one in total). Your health program should focus on mastering these different factors of health—not just diet—and show you how to become a high-energy person!

Frederic Patenaude, is the author of the best-selling e-book *The Raw Secrets*. He is currently giving away free access to his private library of over 100 exclusive articles along with a subscription to his newsletter *Pure Health & Nutrition*. Visit <http://www.fredericpatenaude.com> while charter subscriptions last.

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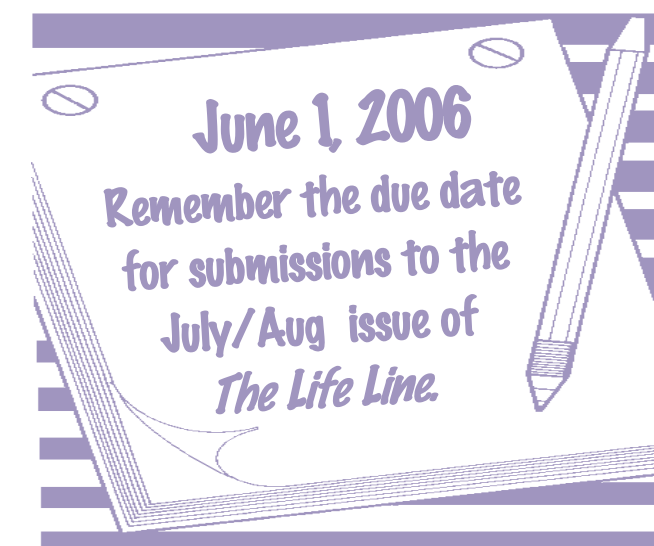
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Vegetarian Diets and the Gluten Free Lifestyle Is it Possible?

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

One of the things I frequently run across is the topic of being a vegetarian and having to adhere to the Gluten Free diet because of Celiac Disease or other health issues. I hear questions about suitable meat alternatives since many of the vegetarian versions have gluten added to them. So what's a vegetarian to do? Don't panic! There are many tasty alternatives to eating meat substitutes, and in fact, it's a lot healthier for you! Did you know that most textured vegetable protein contain gluten? What about meatless burgers or hot dogs? Yep, most of those have gluten in them as well.

"But I don't want to live on JUST SALAD!" Don't worry, you don't have to. If you really want to have a burger, Sunshine Burgers are vegan/vegetarian, delicious, and gluten free. They are located in the freezer section at Life Grocery. I've found them to be pretty yummy cooked up and crumbled on top of a baked potato, or wrapped in a *Food for Life* gluten free tortilla, or in a lettuce wrap. "I don't want to have to cook all the time." Hey! Guess what? Café Life can make your meal planning a whole lot easier! There are a lot of foods on the menu that are naturally gluten free; since the kitchen is completely vegan, you do not have to worry at all! They make most everything fresh so that they know what the ingredients are. Don't be afraid to ask for help in suggesting something safe for your gluten free diet!

"I'm REALLY not into cooking and I just want to buy frozen entrees." Don't worry—Amy's makes quite a few meals that are not only vegetarian, but gluten free as well, including a rice crust cheese pizza. Always read the labels though, because some of their gluten free products are made in a facility that also processes wheat; so if you are really sensitive, you may want to avoid those products.

There are many more options out there other than the ones I've mentioned, but this will get you started. You do not have to sacrifice taste or convenience to adhere to your vegetarian dietary requirements. Hopefully I've given you some new ideas to think about and if not, think of this as a friendly reminder that you CAN be vegetarian AND gluten free, and you can eat good food! I do realize that not all vegetarians eat dairy or egg products, so if anything I've recommended includes those, just disregard that suggestion!

Remember, a diet rich in fresh organic fruits and vegetables is always healthier for you than any of the processed foods out there, and the added bonus is that

fruits and veggies are naturally gluten free! Good luck and happy eating!

Vegetarian Brown Rice Sushi Rolls

Brown rice is not traditionally used for sushi in Japan, but since it's such a healthy whole grain, I've decided to bend the rules.

scant 2/3 c short-grain brown rice*
1 c plus 1 teaspoon water
2 t soy sauce (*San-J Wheat Free Tamari*)
2 T seasoned rice vinegar (dissolve 2 t sugar in 2 T unseasoned rice vinegar)
1 t wasabi powder
2 (8 1/4x7 1/4-inch) sheets roasted nori (*Eden Sushi Nori*)
½ Kirby cucumber, peeled, seeded, and cut into 1/16-inch-thick matchsticks
½ carrot, cut into 1/16-inch-thick matchsticks
½ firm-ripe small California avocado
3/4 oz radish sprouts, roots trimmed
special equipment: a bamboo sushi mat for rolling
accompaniments: soy sauce for dipping; sliced gari (pickled ginger)

- Rinse rice well and bring to a boil with 1 cup water and 1 teaspoon soy sauce in a 1- to 1 1/2-quart heavy saucepan. Reduce heat to very low and simmer, tightly covered, until water is absorbed, about 40 minutes. Remove from heat and let rice stand, covered, 10 minutes.
- While rice is standing, stir together vinegar and remaining teaspoon soy sauce.
- Transfer rice to a wide non-metal bowl (preferably wood, ceramic, or glass) and sprinkle with vinegar mixture, tossing gently with a large spoon to combine. Cool rice, tossing occasionally, about 15 minutes.
- Stir together wasabi and remaining teaspoon of water to form a stiff paste. Let stand at least 15 minutes (to allow flavors to develop).
- Place sushi mat on a work surface with slats running crosswise. Arrange one nori sheet, shiny side down, on mat, lining up a long edge of sheet with edge of mat nearest you. Using damp fingers, gently press half of rice (about 3/4 cup) onto nori in 1 layer, leaving a 1 3/4-inch border on side farthest from you.

- Arrange half of cucumber in an even strip horizontally across rice, starting one inch from side nearest you. (You may need to cut pieces to fit from side to side.) Arrange half of carrot just above cucumber in same manner. Peel avocado half and cut lengthwise into thin slices, then arrange half of slices just above carrot in same manner. Repeat with radish sprouts, letting some sprout tops extend beyond edge.
- Beginning with edge nearest you, lift mat up with your thumbs, holding filling in place with your fingers. Fold mat over filling so that upper and lower edges of rice meet, then squeeze gently but firmly along length of roll, tugging edge of mat farthest from you to tighten. (Nori border will still be flat on mat.) Open mat and roll log forward to seal with nori border. (Moisture from rice will seal roll.)
- Transfer roll, seam side down, to a cutting board. Make second log in same manner, then cut each log crosswise into 6 pieces with a wet thin-bladed knife. Serve with wasabi paste, soy sauce, and ginger.

* If you prefer to use white sushi rice see next recipe

Sushi Rice

3 c sushi rice
3/4 c water
1/3 c rice wine vinegar
2 T sugar
1 t sea salt

- After washing the rice well, cook it by pan or rice cooker.
- Prepare sushi vinegar (sushi-zu) by mixing rice vinegar, sugar and salt in a pan. Put the pan on low heat and cook until the sugar dissolves.
- Cool the vinegar mixture.
- Spread the cooked hot rice into a large plate (if you have it, use a wooden bowl called sushi-oke) by spatula
- Sprinkle the vinegar mixture over the rice and fold the rice very quickly. Be careful not to smash the rice.
- To cool and remove the moisture of the rice well, use a fan as you mix sushi rice. This will give sushi rice a shiny look.
- The sushi rice is ready! It's best to use it right away.

Makes 6 cups of sushi rice.

Avocado & Vegetable Sushi

This recipe makes a mix of avocado and vegetable rolls—how many of each is up to you.

Ingredients for Sushi:

5 sheets nori
rice (see sushi rice recipe)
fillings

Avocado Roll Filling

1 avocado
½ lemon

Vegetable Roll Filling

1 small carrot
4 inches piece cucumbers
shiitake mushrooms (rehydrated if dried)
sesame seeds (optional)

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

life bits

Make Friends with *L. reuteri protectis*

A new study published in the journal, *Environmental Health*, says a friendly little bacteria called *L. reuteri protectis* might prevent respiratory and gastrointestinal illnesses. The research suggests that getting that particular probiotic into your diet may prevent colds and viruses by boosting the immune system. *L. reuteri* also inhibits the growth of Salmonella and E. coli.

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As an environmentally conscious company, *Stonyfield Farm Yogurt* produces USDA certified organic products, and they give 10% of their profits to efforts to help protect and restore the earth.

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