

Emotions and Stress Affect Your Health

By Dr. Brenda Cobb

Emotions and stress can make you sick. There are emotional causes for all symptoms and diseases, but too often we look only at the surface of a problem without going deeper to find out what the true initial cause is behind the disease itself. Stress is a killer and, according to statistics, between 70 and 80 percent of all visits to physicians are for stress-related disorders. Chronic stress directly affects the immune system.

Stress can be brought on by illness, pain, emotional conflicts, death of a loved one, financial problems, allergic reactions, poor diet, nutritional deficiencies, substance abuse, or biochemical imbalances.

Some stress is normal, but prolonged bouts can lead to exhaustion and serious health problems. Repeated stress interferes with digestion, alters brain chemistry, and increases heart rate and blood pressure which affects metabolic and immune functions.

Everyone reacts differently to stress. The degree of anxiety a person experiences indicates how well he or she is coping with stress. Common symptoms of anxiety are excessive or unwarranted worrying, a rising sense of panic, restlessness, insomnia, trembling, feeling shaky, muscle tension, fatigue, shortness of breath, heart palpitations, sweaty, clammy hands, hot flashes, chills, dizziness, irritability, and difficulty concentrating.

In a clinical study on the relationship between stress and the probability of viral infection, people who were stressed out were more likely to get sick. Tension and anger makes people four times more likely to develop a bacterial infection. Allergies, candida overgrowth, and chronic fatigue syndrome are just a few of the problems triggered by stress.

Many times, anxiety, depression, allergic-like reactions, food and chemical intolerances, and

hyperactivity can be explained by careful examination of diet. If you are stressed out, avoid caffeine, food additives, preservatives, and chemicals. Stress interferes with proper digestion and absorption, thus many individuals have vitamin and mineral deficiencies. Learn about good nutrition and what foods best serve you.

Organic raw and living (sprouted) foods are excellent for combating stress and for restoring the immune system. Cooking food destroys the life-giving properties. Eat more raw vegetables and fruits, sunflower sprouts, buckwheat sprouts, and sprouted mung beans and lentils. Also, you can:

- Plan regular diversions and cultivate outside interests.
- Practice relaxation.
- Get enough sleep and rest.
- Exercise regularly.
- Avoid hurry and worry.
- Be willing to compromise.
- Love more. Learn to use things and love people instead of using people and loving things.
- Identify your fears. Fear paralyzes. To break this cycle, make a decision, right or wrong, and act on it. Anxiety results when you sit in the middle and let your fears pull you in opposite directions.
- Laugh more. Laughter breaks tension.
- Maintain calm, even in stressful situations.
- Avoid self-pity.
- Avoid loneliness. Reach out to others and initiate friendships.
- Seek people with common interests.

- Don't gossip or try to make the other person wrong to prove you're right.
- Avoid coping solutions that involve alcohol, drugs, tobacco, caffeine, and sugar. Using these means to escape from your problems leads to addictions, which increase your problems.
- Forgive everyone, no matter what they have done.
- Practice meditation, yoga, and/or tai chi.
- Volunteer, get out of the house and help others.
- Use essential oils to calm your nerves.
- Pray, knowing that all prayers are answered and everything is possible with God.

Resources:

Alternative Medicine by Burton Goldberg
Stress Management by James S. Gordon, M.D.
Mind/Body Medicine: How to Use Your Mind for Better Health. by D. Goleman and J. Gurin;
You Can Heal Your Life by Louise Hay

Dr. Brenda Cobb is author of The Living Foods Lifestyle, available at Life Grocery at a 20% discount. She is Director of The Living Foods Institute, featuring classes in the Living Foods Lifestyle to help people detoxify, rebuild their bodies, heal their emotions, and lose weight. For more information call 404-524-4488 or visit www.Livingfoodsinstitute.com, www.101rawandlivingfoodrecipes.com, & www.fountainofyouthnow.com.

The Dangling Carrot

By Sandra M. Yee, DCM

How many of us have a pristine carrot dangling in front of our noses? The dream we'd be living if we had enough time, money, and courage—traveling around the world, perhaps recording a CD. Meanwhile, we grumble about unfulfilling jobs and bills to pay.

We lust for the carrot just out of reach, and at the same time we're terrified of the sweet root of our dreams. What if, what if . . . ?

What if the carrot doesn't taste good after all this longing, all this heartache? What if the dream is just as dull and disappointing as everything we'd like to escape?

Since age seven I wanted to be a writer, but sure of my inferiority, I kept my attempts private. Holding my dream carrot sacred, I criticized others for churning out mediocre work. As my other adventures lost their

romance—journalism, fashion, art, academia, world travel, teaching, acupuncture—I thought to myself, "It doesn't matter because I'd really rather be writing."

Physically and emotionally exhausted from professional healing and world travel, one day I found myself with nothing but my carrot in front of me. Pen, paper, chair, desk.

For eighteen months I chewed and chewed on my dream life. I read books on writing, typed up first, second, third drafts, joined writers' groups, presented my work to others for critique (gulp), learned to constructively critique the work of others. I submitted stories, received rejections, wrote articles, received acceptances.

I wrote more. I published more. I became used to seeing my name in print and learned to celebrate the publishing successes of others.

Writing no longer appears as a faraway savior to an unfulfilling life. It is a tool through which I learn more about myself, through which I learn to make my every day life rich and full.

The carrot was never the object of our desire. It is instead the deep longing to love and accept ourselves enough to live the lives of which we dream.

A motivational speaker, writer, and natural health coach, Sandra M. Yee, DCM, uses her background in acupuncture and Ancient Thothetic Medicine to lead workshops in self-healing and self-empowerment in the greater Atlanta area. For personal coaching in anti-aging, contact Dr. Yee at 678.488.6633 or visit <http://www.onewithall.net/hangon>.

How Are You?

By Michael A. Scimeca, D.C.

How are you? Take your time and think about it. I bet you are fine. I'm sure you can hear "fine" in your mind. Imagine taking a survey to research how people are. Without knowing for sure, I'm pretty confident that "fine" would be the number one answer.

Are we really fine? Maybe. Maybe we are better or worse than fine. Maybe we do not care to think of how we truly are. Maybe we think people really do not care to know how we truly are. Whatever. We are "fine."

People who know me know that I can be a little intense. (Stop with the sarcasm. I know many of you think that is equivalent to saying water is a little wet!) The intensity I display demonstrates my perpetual desire to go beyond "fine."

A relentless call stirs my physical frame into a whirlwind of unbounded energy, and *that* is only the beginning. After I get out of bed to brush my teeth, I search for my muse who happens to be a fairytale character that lives deep inside me.

Am I fine? I do not know. What I do know is that a "fine" line exists between complacency and intensity. Moment by moment, I must draw and walk that line to the best of my ability. Oh, if only my muse were here. Goldilocks, where are you? I summon you now. Take my hand and lead me.

Goldilocks was such an amazing role model for me. She would sit on something, taste something, and lie

on something, in search of "This is just right." Forget the fact that she was trespassing. For many of us, she was an icon. Even Buddhists have to appreciate her wisdom. Here is this innocent child being completely irreverent and looking for the point in between two extremes. She was not interested in "fine." She was in a continual search for life's perfection . . . and ended up sleeping in someone else's bed. (Watch it!)

What would Goldilocks say if someone asked her how she was? Would she say, "fine?" Maybe. I cannot imagine that she would say, "I am in search of life's perfection. Got a bed?"

Maybe "fine" truly is the goal. Maybe we should all go out for fine dining and drink fine wine on fine china. Everything would be so fine, fine, fine. As for me, I'll take a little dose of intensity. All this fineness is way too boring for me in a life rich with so many possibilities. I love the extremes. Give me the highs and the lows. Better yet, give me those moments when I can say with deep honesty, "This is just right! Goldilocks, you are fine!"

Dr. Michael A. Scimeca is a Life Enrichment Facilitator who combines Chiropractic, Catalyst, and Coaching to help people connect to their optimal state of health and well-being. He can be reached at 770-992-8220 or at www.GoCatalyst.com.

Lymphacise Yourself to Better Health

By Don Bennett, DAS

Mention the cardiovascular system, and most people have a pretty good idea of what it is and what it's for. Although the lymphatic system is equally important to good health, most people don't give it much thought.

The lymph system is interactive with every organ and is directly related to immune function and efficiency. It is a protector and a defense mechanism against infection, viruses, bacteria, fungi, and disease. It consists of fluid, vessels, ducts, and various other organs. It clears toxins, waste, excess fluids, and infection from all tissues of the body through proper flow and drainage, but only if this essential system is functioning efficiently.

The cardiovascular system delivers life-giving oxygen and nutrients to all the organs and cells of the body and is connected to a pump—the heart. The lymphatic system is also connected to every cell and organ of the body. Although its fluid doesn't need to flow every second, it does need to flow. The lymph is the "garbage collector," the internal vacuum cleaner that sucks up metabolic waste, toxins, and excess fluid from the extracellular fluid of every organ. If this flow is impaired, the fluid becomes toxic. The parts of the body that rely on it for elimination become less efficient and sluggish as they become overwhelmed with their own waste. This otherwise life-sustaining system now becomes a breeding ground for infection. When lymph fluid enters the bloodstream, infection can now spread to any part of the body. Many viruses, bacteria, and parasites stay locked within the lymphatic system when it's not flowing as it should. The result: physical ailments, degenerative disease, and premature aging.

As mentioned earlier, the lymphatic system is not connected to a pump like the heart, so it has to rely upon some other activity to create the necessary pumping action it needs to circulate. The most important method of lymphatic circulation is vigorous exercise. The lymphatic system is filled with millions of one-way valves that allow lymph fluid to flow in only one direction. Almost anything that can stimulate the movement of lymph fluid inside the lymph vessels of the system is healthy, but the most efficient way to stimulate the flow of lymph fluid is rebounding (jumping up and down on a "mini-trampoline"). The

up-and-down rhythmic bouncing of rebounding causes all of the one-way valves to open and close simultaneously, increasing lymph flow as much as fifteen times!

Many people have a badly congested lymphatic system and don't even know it. In the U.S., the lymphatic system is the most over-looked system of the human body. In Europe, stimulation of the lymph flow is the fourth most commonly prescribed medical treatment. Most U.S. healthcare practitioners seldom consider the lymphatic system's critical role in preventing disease or its importance to the overall healing process. Some examples of congested lymphatics are: allergies, chronic sinusitis, heart disease, eczema and other skin conditions, loss of energy, fibrocystic disease, chronic fatigue, repetitive parasitic infections, MS, edema, lupus, inflammation, high blood pressure, viral infections, puffy eyes, bacterial infections, low back pain, cancer (especially breast cancer), ear or balance problems, arthritis, headaches, cellulite, excessive sweating, and obesity.

Rebounding exercise is so efficient at stimulating lymph flow that Dr. C. Samuel West calls it "lymphacising." Do consider rebounding as part of your daily healthcare program; the healthier it helps you become, the more you'll want to *jump for joy!*

Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. For enlightening and empowering health information, visit www.health101.org or call 770-714-3470, where you can learn more about rebounding and the wellness classes in which Don participates.

Check Out
Café Life's
new menu
on page 8

The Life Line
is a bi-monthly
publication of



Store Hours:
Monday-Saturday 9 am-8 pm
Sunday 11 am-6 pm

Café Hours:
9:30 am-7:30 pm
12-5 pm

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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Life Grocery Store, Inc. Mission Statement

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

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Digestive Problems... Do You Suffer Silently?

By Dr. Joe Esposito

Having been in practice for almost 20 years, I have found that a majority of patients have some type of digestive problem, but few are willing to talk about it. It seems that we can talk about cancer, heart disease, diabetes, osteoporosis, and just about any other health condition, but one of the most common conditions is a taboo subject. Digestive problems are not only uncomfortable and sometimes the cause of embarrassment; they have a direct link to your overall physical and mental health. We spend billions of dollars each year to attempt to cover up the symptoms of digestive problems, but very few doctors talk about correcting the cause of the problem or avoiding the things that often cause the problem. Digestive disorders can often snowball from mild discomfort all the way to cancer. Let's talk about the causes of digestive disorders, such as gas, bloating, diarrhea, constipation, abdominal pain, belching, and acid indigestion and what we can do to help the body return to normal.

As with all health conditions, stress can make all health conditions worse. Stress causes the muscles in the entire body, including the colon, to tighten. When muscles tighten, the blood supply and nerve supply to the muscles are pinched. This reduces the flow of blood to the muscles and interferes with the nerve control of muscles. Most patients with digestive disorders report that when they are under stress, especially mental stress, the symptoms are exacerbated. The most common treatment is to suppress the symptoms with drugs. This approach can lead to the condition progressing, as the patient does not feel the symptoms, so they are less cautious and more likely to do things that make the problem worse.

If you experienced a muscle spasm in your leg, you would consider a qualified doctor to massage, treat, and

relax the muscle. If the muscles in your colon spasm, the same treatment is oftentimes very effective. I have found that abdominal massage has helped treat the cause of many digestive disorders. In fact, this condition is so common that I will often perform 10-15 abdominal massages in a single day on patients in my office.

Not all digestive conditions are caused by spasms of the colon, but many are. Some digestive disorders can be caused by a condition known as a hiatal hernia. When a patient has this condition, the stomach pushes into the diaphragm, a sheet of muscle that divides the upper and lower halves of your body. This is another type of muscle spasm. In this case, I have found a very effective treatment is to manually pull the stomach back down and away from the diaphragm.

Pinched nerves in the spine must also be addressed. If a patient has a pinched nerve in the spine that controls a portion of the digestive system, the messages coming from the brain down the spine and out the nerves to the organ are not being transmitted properly. When this is the case, the organ cannot function normally.

Most pinched nerves that control organs are caused by bones in the spine being misaligned. Studies have shown the weight of a feather on a nerve can cause the nerve to lower its ability to transmit nerve impulses by as much as 80%! If a patient has a pinched nerve, it must be corrected in order for the other forms of treatment to be fully effective. Not all pinched nerves hurt. Eighty percent of your nerves do not transmit pain impulses. This means you do not need to feel pain to have a pinched nerve. Only a qualified chiropractor can determine if you have a pinched nerve and properly correct it.

There are foods that can also irritate a digestive condition. The most common foods are dairy and wheat.

Other irritants to avoid are spicy foods, vinegar (except for apple cider vinegar), eggs, corn, chocolate, yeast, meat, sugar, soda (especially cola), citrus fruits, coffee, alcohol, and aspirin. The easiest way to determine if you are sensitive to a certain food is to totally avoid that single food for five days. On the sixth day, eat that food and see if you have a flair-up. If you have an exacerbation, you need to avoid this food. Many times, as the digestive system heals, you can go back to eating some of these foods.

There are also foods that help the digestive system heal. Aloe vera juice has a long history of being used for helping the body heal. It is recommended to drink at least four ounces once a day, but twice a day works even better. Smaller meals help to allow the digestive system to heal. Eat four to five meals, no larger than your fist, per day. If you can handle raw fruits and vegetables, that is the best. In more advanced cases, certain raw fruits and veggies will cause pain. In this situation, eat cooked fruits and veggies and slowly introduce raw fruit and veggies back into the diet. Juicing fruits and veggies is always a good idea, even more important if you can't handle the raw fruit and veggies. One 8-ounce glass of fruit juice a day and two 8-ounce glasses of vegetable juice, consisting of a good variety of green vegetables including, but not limited to, celery and spinach, is recommended.

By following these steps, most patients report very good results and are very happy to get their lives back.

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. Contact him at 770-427-7387 for further information.

Essential Fats For Kids

By Dr. Janine Romaner

Did you know that there are some fats which must be included in your diet that are necessary for many bodily functions? Did you know that these same fats, often referred to as the "good" fats, can reduce inflammation, burn unwanted fat, stabilize blood sugar levels, and lower blood pressure? They are also required for optimum intelligence, learning ability, focus, and emotional and behavioral stability, which is particularly crucial to children of all ages during such active learning phases of their lives. With the current epidemics of childhood obesity and hyperactivity, studies show that many children are being severely deprived of many necessary nutrients; healthy fats are among them. Fortunately, there is something we can do as parents or guardians.

OK. So what is the basic difference between the "good" fats and the "bad" fats? Basically, healthy fats are unsaturated and are liquid at room temperature. These "good" fats consist of two essential fatty acids—omega 3s (alpha-linolenic acid, eicosapentaenoic acid, and docosahexaenoic acid) and omega 6s (linoleic acid, gamma-linolenic acid, and arachidonic acid), as well as minor ingredients present in properly cold-pressed oils. They increase absorption of minerals and vitamins, nourish your hair, skin, and nails, encourage proper nerve function, aid in hormone production, ensure normal growth and development, and encourage immunity. Our brain, the fat-richest organ of the body, contains 60% fat and is also the organ richest in essential fats. It even contains five times more omega 3s than red blood cells! There are varying opinions by experts as to the optimum ratio of omega 3s and 6s needed. While omega 3s appear to be more important for brain function, mood, learning, and behavior than omega 6s, both must be present adequately for optimum learning and behavior. Essential fats can also have a remarkable calming effect on children. Feedback from parents indicates that essential fats help hyperactive children

settle down. If you have a teenage daughter, you may be eager to learn that the essential fatty acids (EFAs) gamma-linolenic acid (found in borage, black current and primrose oils) and alpha-linolenic acid (flaxseed and hemp oil especially) are known to ease cramps, breast pain, and bloating.

Fortunately, EFAs are present in many oils and kid-friendly foods. Here are some suggestions of how to incorporate healthy fats in your child's diet: Try using olive, canola, or safflower oil in salad dressings, over veggies, in a smoothie or guacamole. EFAs are abundantly present in seeds such as flax, sunflower, pumpkin, and sesame. You can crush or grind about a tablespoon of the combined seeds and sprinkle over their morning cereal or veggies. And thank goodness for pistachios, which are fairly rich in omega 6s! Black currents, walnuts, corn, wheat germ, evening primrose, and borage oils are other options. Fatty fish, salmon, and tuna are also important sources to incorporate. Essential fatty acid supplements can be a great way to insure balanced inclusion, but should be taken in addition to food sources. They are sold at Life Grocery as liquid and gel caps.

Now let's look briefly at saturated fats, often referred to as "bad" fats. These are semi-solid at room temperature and are found primarily in animal products (red meat, pork, lamb, lard, and dairy products). Although saturated fats vary in their health benefits or hazards, it is the long chain saturates which are associated with raising LDL (the bad cholesterol), lowering HDL (good cholesterol), and increasing the risk of heart disease. These are primarily found in meat, so moderation in consumption is probably wise. Long-chain saturates are also a by-product of the process of hydrogenation, which turns a liquid fat into a solid at room temperature. Thus, they are present in many restaurant fried foods, junk food, packaged baked goods, and processed foods. Manufacturers use this process to

Fall Life Fest

Saturday,
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12:00 pm-4:00 pm

Members Receive

10% off

all in-stock
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remove healthy fats from foods in order to gain a longer shelf life, since essential fats spoil rapidly upon exposure to light, oxygen, and heat. The processing of oils is crucial in determining whether they are nutritious or severely toxic.

For further information on essential fats, read *Healthy Fats for Life* by Lorna Vanderhaeghe and Karlene Karst (sold at Life Grocery at a 20% discount). The book provides detailed information on all fats, as well as prevention and treatment of many health problems with EFAs.

Janine Romaner, ND, CHT has a private practice in Atlanta, where she and the clinic staff assist patients to reclaim their health with dignity and knowledge. Rather than covering symptoms and giving temporary relief, her personalized and natural approach to health care is designed to aid healing from inside out and to encourage improved quality of life. Janine can be reached at www.naturallyhealthy.ws or 770-640-6690.

Produce Of Life

By Kim Strickland

Peach season spans from April to October, peaking in July and August. Nutritionally, a medium-sized peach supplies only 45 calories. A surprising fact to note is that a medium peach packs a powerful 465 IU of vitamin A to combat the effects of aging. Further benefits of a medium peach include B vitamins, 3 mcg of folic acid, 5.7 mg of vitamin C, 4.35 mg of calcium, 1.4 grams of fiber, 171 mg of potassium, and a little zinc. Their beta-carotene also helps build a strong immune system to prevent damage from free radicals and to avert many skin diseases. Although peaches can be cooked, canned, dried, pureed, boiled, roasted, and made into jam, the best flavor and greatest nutritional benefits are derived from enjoying them fresh, fuzz and all. In their organic, natural state, no nutrients have been extracted and nothing harmful has been added.

When selecting a peach, look for one that has some *give* when pressed lightly. Look for fruit that has a yellow or creamy color. Texture, rather than redness, is a better indicator of ripeness. Choose a peach that smells fragrant and sweet. If the fruit is not yet ripe, you can assist the ripening by placing it in a paper bag, closing the bag, and keeping it at room temperature away from direct sunlight. Once ripened, it should be stored in the refrigerator. Avoid washing fresh peaches until right before eating. Peaches bruise easily, so handle them with care.

Peach Pie

Crust

½ c almonds, soaked 8-12 hours
½ c pecans, soaked 8-12 hours
¼ c sunflower seeds, soaked 8-12 hours
1 c pitted dates
1 t vanilla bean, ground
½ t cinnamon
2 t flax seeds, ground
1-2 T water

- Drain the nuts and seeds and dry with a towel or place in the sun for 30-60 minutes.
- Process in food processor until evenly ground.
- Add dates and process until finely ground.
- Add vanilla, cinnamon, and water, if necessary, while processing.

- Add ground flax seeds.
- Press the mixture into a 9-inch pie pan.

Use the crust immediately or dehydrate in the sun for one to two hours.

Filling

4 c ripe peaches, peeled and very thinly sliced
1 T lemon juice
½ t cinnamon

- Mix all ingredients and layer in pie crust.

Topping

4-6 pitted dates, soaked for 30 minutes (reserve soak water)
2-3 very ripe peaches
2 t ground flax seeds

- Place ingredients in a blender and mix well.
- Pour over sliced peaches and refrigerate.

Sugar snap peas are a combination of English peas and snow peas and contain the best traits of both. They have crisp, tender, shiny pods that enclose plump, round peas. One cup of snap peas has about 45 calories, 100% of the RDA of Vitamin C, 16% of the RDA of iron, in addition to Vitamin A, the B vitamins, and calcium. Sugar snap peas add color, texture, and variety to meals.

Look for firm, plump, bright green pods with no signs of yellowing (an indicator of dehydration). Refrigerate in a plastic bag up to three days. Store sugar snap peas in a vegetable crisper for 1-3 days. Sugar snap peas are suitable for freezing, but not canning. Since there is no need to remove ends or strings, simply rinse before using. Uncooked sugar snap peas make scrumptious additions to ordinary dishes. Snap them like green beans, or slice them lengthwise or in chunks for salads. Use whole as dippers or fill the crisp pods as you would fill celery sticks. Sugar snap peas require very little cooking—2 minutes at a simmer is enough, whether in the fresh or frozen state. If overcooked, the pods soften and the flavor is destroyed.

Summer Pea Salad

A simple salad that's sure to please.

1 head of green leaf lettuce
1 c sugar snap peas, cut in half

1 grated carrot
handful of sunflower sprouts

Dressing

1 avocado, mashed
1 scallion, chopped
1 clove garlic, minced
3 T lemon juice
1 t Braggs Liquid Aminos

- Mix ingredients together, adding additional lemon juice until consistency is a thick, smooth puree.
- Pour over salad.

Golden Stir Fry

sesame oil for sautéing
1 large onion, sliced
2 carrots, sliced
2 celery stalks, sliced
1 red pepper, sliced
1 zucchini, sliced
1 c sugar snap peas
½ c cashews, toasted
1 t fresh ginger, grated
1 T curry powder
½ t cumin
½ t turmeric
1 c coconut milk
3 T Braggs Liquid Aminos

- Sauté onions and carrots until onions are translucent.
- Add vegetables and spices, cooking for 2-3 minutes.
- Add milk, cover and simmer for 10-15 minutes, stirring occasionally.
- Stir in Braggs. Serve over rice.

Resources:

The Raw Gourmet, Nomi Shannon
<http://www.melissas.com/catalog/index>
<http://www.vegparadise.com>
<http://ohioline.osu.edu>
<http://www.foodfit.com>
<http://www.overwaitea.com>

Kim Strickland is a N.D. student at Clayton College of Natural Health. She can be reached at 770-218-3952.

Living Foods Recipes

By Brenda Cobb

Always use 100% ORGANIC ingredients and filtered water.

Red Pepper & Avocado Cream Soup

1 red pepper (save 2 T chopped for garnish)
1 avocado
1 stalk celery
¼ c fresh cilantro
1 t powdered kelp
1 c water (add slowly for desired thickness)

- Mix all ingredients in the Vita-Mix until creamy.
- Garnish with fresh cilantro and a few diced red pepper pieces.

Dilly Cabbage Carrots

2 c red or green cabbage chopped
1 t chopped garlic
1 c carrots chopped
½ c fresh chopped dill
1 T powdered kelp
2 T olive oil
3 T lemon juice

- Combine all the ingredients and serve.
- Marinate longer for more flavor.

life bits

Green Living Teleclasses

This year marks the 50th anniversary of the birth of the modern solar cell. The price of solar power has dropped from hundreds of dollars a watt to \$4 or \$5 a watt. Solar power is growing and wind power is growing even faster. Residents of California who generate more solar power than they need for home use are able to sell the extra to the utility companies. The movement to biodiesel and other renewable fuels is rapidly gaining momentum.

Want to know more? The Solar Living Institute in California is offering interactive workshops conducted by telephone for only \$20.00 per class.

Upcoming Classes (Eastern Standard Time)

Introduction to Strawbale Construction, August 25, 2:00-3:00 pm. Learn the fundamental principles of this economical and environmentally-friendly building technique, including the pros and cons, and how to go about becoming more educated.

Living Off the Grid, September 8, 8:30-9:30 pm. Learn from *Real Goods* and *Solar Living Institute* founder, John Schaeffer, what it takes to live completely "off the grid" while enjoying all the comforts of modern life. He will outline lessons learned, while building his home that will help any house-building project.

The Fastest Way to Save Money: Reducing Energy Consumption, September 18, 1:00-2:00 pm. Get valuable tips on how you can reduce your home energy bills in ways you may never have considered.

Payback from Solar, September 18, 3:00-4:00 pm. Should I install a solar system? How much will it cost? How long will it take until my investment pays off? Get a handle on these and other questions in this informative hour.

Register online at www.solarliving.org or call 707-744-2017. You will receive emails for registration confirmation, a telephone number to call, and an access code. At the scheduled time, you simply dial the number, punch in the access code when requested, and get as involved in the discussion as you'd like. The call-in number is in California, so your cost for the call should be around \$3-\$4 for most US residents. (For an inexpensive, pre-paid long-distance calling card recommended by Clark Howard, go to www.bigzoo.com.)

Gluten Free Birthday Celebrations

By Nisla C. Whetstone, LMT and Amateur Chef

When you are a child, birthday parties are usually one of the most looked-forward-to events in your life. When you are the parent of a child with food allergies or Celiac Disease (gluten intolerance), birthday parties can cause much anxiety and dread, whether or not you are the one throwing the party or your child is invited to a birthday party. What will I be able to feed my child so he/she won't feel left out, or what can I make that ALL of the children will be able to enjoy?

I recently faced this very dilemma when my daughter celebrated her fourth birthday. I wanted her to feel special and be able to share "her food" with her friends. I wanted to make sure that the food was tasty enough that even picky eaters would like it. What I ended up settling on was a pizza party for the children in her preschool class. I provided several *Amy's Organics* Rice Crust Gluten Free Pizzas for the cook at her school and brand new pizza pans, so that we wouldn't have to worry about Gluten contamination. The verdict? They loved it! Apparently I didn't give them enough pizza!

For the cake, I made a very simple rich chocolate cake using *Pamela's* Brownie Mix, with a delicious homemade frosting. The cake was also a huge success and my darling daughter was very proud of her mommy!

Now when it comes to getting invited to other children's birthday parties, I simply keep a supply of gluten free cupcakes in the freezer (made with either *Pamela's* Brownie Mix or *The Gluten Free Pantry's* Old Fashioned Cake and Cookie mix). I make these up in advance and set one out the day of the party to send

with her. For parties at her preschool, I leave a supply of gluten free cupcakes in the freezer at the school, and this has worked out tremendously well.

ULTRA CHOCOLATE CAKE

1 bag of *Pamela's* Chocolate Brownie Mix
2 large eggs or equivalent egg replacer
1/3 c oil
1/2 t *Bob's Red Mill* Gluten Free baking powder
1/2 t *Bob's Red Mill* Gluten Free baking soda
3/4 c milk, rice, or soy milk

- Put all ingredients into a bowl and mix thoroughly with a spoon.
- Pour into greased 9" round or square pan.
- Bake at 350° for 25 to 30 minutes.
- Cake should be firm to the touch. **Do not over bake.** Makes one layer cake.

CHOCOLATE CAKE, DAIRY- and EGG-FREE

1 bag of *Pamela's* Chocolate Brownie Mix
1/2 c applesauce or pumpkin
1/2 c oil
3/4 c rice milk
1/2 t *Bob's Red Mill* Gluten Free baking soda
1/2 t *Bob's Red Mill* Gluten Free baking powder

- Mix ingredients together for 1 minute on medium speed.
- Bake in greased 9" round at 350° for 35 to 38 minutes.

- Cake should be firm to the touch before removing from oven.

BUTTERCREAM FROSTING

1 lb organic confectioners' sugar
1/2 c organic butter (or butter substitute), softened
1 t *Flavororganics* Organic/Gluten free vanilla extract
3 t milk or milk substitute
food coloring (optional)

- In large bowl, beat together sugar, butter, vanilla, and milk until smooth.
- If necessary, add more milk until frosting is spreading consistency.
- If desired, add a few drops of food coloring. Mix everything well.

For chocolate buttercream frosting, add 1/2 cup *Chattfield's* Premium Cocoa Powder.

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

ATTENTION SUFFERERS OF CELIAC DISEASE

Gluten-free bread is now available upon request for sandwiches ordered at Café Life. Enjoy the wide selection of freshly-made, gluten-free, vinegar-free salad dressings and most other offerings on the salad bar, daily specials, soups, and regular menu. The living food desserts are not only delicious, they are also gluten-free.

Tending Life's Garden

by Usui & Karuna Reiki Master/Teacher Jill Sutherland

As the wheel of the year turns, the energy flow of the earth changes. We know these changes as seasons. The flow is inward in the winter, introspective, meditative. The energy flowing inward becomes the influx of new ideas; seeds of inspiration begin to sprout in spring. In the summer, the sprouts are growing, evidence of energy flowing outward. We begin to see the fruits of all our labor as we work to nurture the plants (plans) we want and weed out the rest. In the fall, we collect the harvest.

If you have ever tended a garden you know just how much work it takes. It is a labor of love. You first spend time in the darkness of weather, too cold for anything but dreaming, envisioning a lush landscape, filled with color and texture. You find the perfect site and fertile soil; then the sun begins to warm the ground. You till the soil adding any nourishment that it may lack. You plant your seeds, gently guarding, tending, watering, and weeding the tender seedlings. The plants mature and bear fruit. The reward for all the effort comes from the satisfaction and nourishment you receive when you taste the harvest. Then it is time to plan for the next go 'round.

The garden has often been used metaphorically for the life we live. When you attune yourself to the natural flow of earth's energy, it is easier to be "in the flow." You know those days when everything goes right. You wake up just before the alarm, the traffic lights are green, you feel and look great, and you get everything done that you want to. That's being "in the flow." We can have more days like that when we consider our place in our own creative cycle (microcosm) and also bear in mind the earth's energy flow (macrocosm).

Let's get back to the garden. Pretend for a moment that your life is a garden. Decide which season you are in:

- Winter—introspective, resting, waiting for inspiration
- Spring—receiving creative new ideas and inspired thoughts

- Summer—working hard to hold the vision, refining goals
- Fall—enjoying the harvest

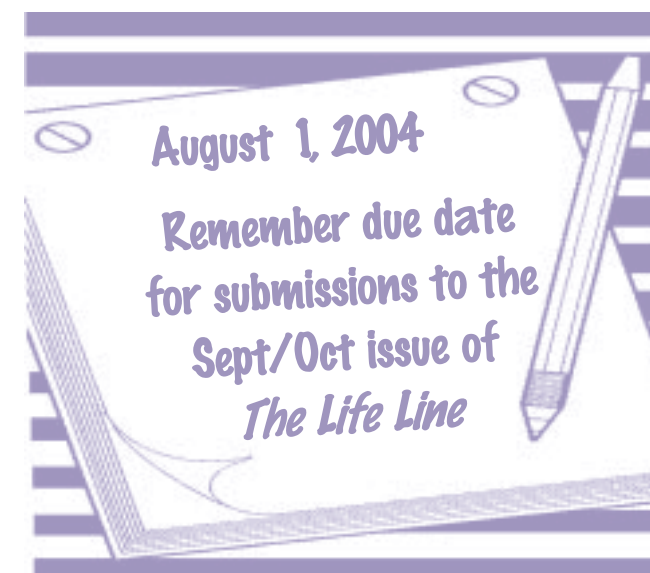
Knowing where you are in the process helps you to understand what chores need doing. Maybe it's not a creative slump or writer's block. Maybe you're just in your winter. The winter is a time of rest and recuperation. The work to be done is inner work: soul searching, healing, resting. Planning and getting ready are winter chores.

The spring time is all about fast growth. Sometimes we plant a lot of seeds just to see which ones will sprout. Sometimes we have special seeds on which we focus all of our attention and time to insure their success. Thoughts are seeds. The more energy we put into specific thoughts, the more they become fertile and the more likely they are to become manifested. Spring chores are preparing the soil (like doing research or creating a business plan) and nourishing new ideas. Our ideas and new creations need our emotional support, like seedlings need water. Plants need sunshine too. Our creations depend on the heat of our passion.

In the summer, sturdy plants grow and need constant attention. Do they have enough water (emotional support)? Are there weeds to get rid of (refine the vision: If it won't grow corn, pull it out now. Sometimes it is necessary to pinch growth to insure the vigor of the plant). The gardener must have an overall vision and guide the process with the larger goal in mind. We must keep the passion alive through this process to provide the energy required to succeed. We begin to see rewards as things begin to ripen.

All the hard work pays off in the fall as the energy that was put out begins to flow back in. We harvest what we have sown. Our project is completed. We enjoy the success of our creation or we reap the benefit of our lesson.

Something to remember is that the seasons change with a natural rhythm and each season plays an



important part in the whole process. Any season that lasts too long can hinder success, just as if it doesn't last long enough.

The earth is enjoying her summer. Long warm days, slower pace, more play. You can tap into this energy to use for your "garden" in any stage that you find yourself personally. If you are in your creative winter, let the energy of the summer sun restore your strength. If you are in your spring, filling with new inspired ideas, use the opportunities that summer gives to share some of your ideas with friends. Getting their feedback and perspective could prove valuable to you at this stage. If you happen to be in the summer season of your project, just tap into earth energy to insure the stable support you need to maintain the pace. And, finally, if you are in your harvest, the earth summer energy gives you the time you need to fully enjoy.

Even now, my partner Robert is out in his garden working away, and in just a few minutes we'll all sit down to enjoy summer squash, green beans, beets, and salad. Such bounty.

Jill Sutherland and Robert Plotzke, founders of The Illumen Center for Reiki and Healing, enjoy life on the farm, teaching, healing, and growing. She can be reached by calling Illumen at 770-386-4853.

Two Kinds of People ... Two Kinds of Health

By Linda Townsend

What if one day you had diabetes? Most people wish to avoid it but seem to act with dreaded fatalism if other family members have it. Actually, we all want to *avoid* disease, but few try to *prevent* it.

There are basically two types of people: those who only get treatment when it's necessary and those who want to self-treat before it's necessary. There are some situations, of course, that require both practices, but let's look at the advantages and disadvantages of these two lifestyles.

The people who wait for treatment to be necessary are the most common. When they are ill, they make appointments to seek advice from practitioners. The advantage is they get professional medical treatment. The disadvantage is they may become too dependent on the practitioner for all their health needs and education.

People who live a self-treating lifestyle are less common. They exercise, diet, take supplements, and even own therapy equipment for convenient use at home. The advantage is that they are more likely to prevent disease longer. The disadvantage is that they may tend to avoid going to a health expert when it may be necessary.

Let's look at one family example: two sisters, five years apart in age, in a family with a history of Type II Diabetes.

The younger sister, Kay, was highly dependent on her health practitioner for her health needs, but he did not advise her that changes in her lifestyle might be an effective way to prevent diabetes. She was not active and ate high amounts of processed foods, fried foods, and sweets. Kay was diagnosed with diabetes in her late 40's and became insulin dependent; she has now had it for about 16 years.

The older sister, Jean, became diabetic while in her early 60's and she now has had diabetes for six years. She mostly controls the diabetes with diet and a small dosage of medication. Jean educated herself about diabetes so she could monitor her diet and activity most of her life.

The younger sister did not prepare herself for the probable health issues common in her family and the older sister did. Facing the possibility of developing diseases common in your family is obviously a step in the right direction. Education is one way we become familiar with our nemesis, but health education without practical application will not prevent disease.

One of Jean's daughters, Chris, made a commitment to prevent diabetes fifteen years ago after seeing the difference in her insulin dependent aunt and her mother, who was not diabetic at that time. Chris took her healthy lifestyle a few steps further than her mother by eating more organic raw foods, exercising, and fasting. It seems to be working. Chris has kept her weight down and has avoided many other health issues, while her sisters and cousins, even younger than she, have become overweight and shown other diabetic tendencies.

Before any illness becomes unavoidable, it was probably preventable. Think about which kind of health is the most appealing to you—a lifestyle of preventive self-treatment or an undisciplined lifestyle with professional treatment—and prepare your lifestyle accordingly.

Linda Townsend is the founder of BioHarmonics Research and Consulting. Contact her at 770-443-8682 or visit BioHarmonics.com.

NEW PRODUCTS AT LIFE

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- DESSERT ESSENCE
Tropical Body Lotions
- GARDEN OF LIFE
Alpha & Omega Essential Oils
- RACHAEL PERRY
Sea Kelp Herbal Face Scrub

SUPPLEMENTS

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- HERBS ETC.
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- MEGAFOOD
Hydrilla Capsules
- NATURES PLUS
Fiberific, Keto Juice,
Tangerine Dream Spirutein
- NATURAL VITALITY
Natural Calm Orange Flavor,
Kid Calm
- NEW CHAPTER
Stress Advantage, Zyflamend
Liquid, Omega 7
- NOW
Xylitol Plus, Heart Renew,
Heart Support
- SOLARAY
Hup A, Butchers Broom,
Fenugreek Extracts
- TWINLAB
Ripped Fuel Extreme

life bits

The Zen of Shopping

Imagine giving beautiful, unique, handmade gifts this coming holiday season for the kind of prices you would expect at a discount store.

Although it is half a year away from the traditional gift-giving season, if you call **1-800-423-0071** now, you will be put on the mailing list for the fall/winter catalogue of SERRV, a nonprofit Alternative Trade and Development Organization of 50 years that partners with artisans and farmers around the world who are struggling to create social and economic progress.

Prices range from a simple cross necklace made from olive wood for \$2.00 to a hand-woven Inca tapestry for \$280.00. You will find jewelry, baskets, linens, toys and games, kites, musical instruments, and organic gourmet foods.

Interspersed throughout the catalog are stories and pictures about the products, the people who make them, and their communities. How amazing to read that the beautiful bamboo fruit bowl for only \$20.00 takes one month for artisans in a small workshop to cut, cure, construct, finish, and laminate.

SERRV operates by the Fair Trade Values of:

- Alleviation of poverty through income generation.
- Respect for cultural heritage.
- Fair wages in local context.
- Gender equity.
- Safe and clean working conditions.
- Respect for environment.

Learn more at www.SERRV.org.

life bits

Reuse-A-Shoe

What happens to your worn out pair of hiking boots or athletic shoes? Get them back in the game with Nike's Reuse-A-Shoe recycling program.

Up to 10 shoes—any brand—can be donated at Niketown at Phipps Plaza in Buckhead, 3500 Peachtree Road NE, 404-8416444. Call ahead to be sure they are prepared to receive them. Please, only shoes with synthetic shanks and no metal parts. (If you are not sure, contact the manufacturer.) You can send, postage paid, any number of shoes to: Nike

Recycling Center, Reuse-A-Shoe, 26755 SW 95th Avenue, Wilsonville, OR 97070.

Too much trouble? Consider that since 1993, Nike has helped donate more than 150 sport surfaces to communities around the world, often where kids would not otherwise have access to high-performance sports surfaces. Nike has reprocessed the rubber soles, the foam midsoles, and the textile and leather uppers from over 15 millions pairs of shoes into byproducts that are used in making basketball courts, tennis courts, running

tracks, weight room flooring, as well as football, baseball, and soccer fields.

How many athletic shoes does it take to make a basketball court? Approximately 3,000. How many shoes go into the surface of a track? 100,000—more than twice the number of shoes running in the New York City Marathon.

May your old shoes jump for joy.

For more information, go to www.nike.com.

Product Feature: Learning Factors Smoothie Mix Is Your Child's Brain Starving?

By Dr. Michael Murray

Learning Factors products were created by Natural Factors to offer nutritional support, especially for children and adults who need to improve concentration, attention, and mental alertness.

NEW Learning Factors Smoothie Mix is a sophisticated nutritional product developed through intensive research by Natural Factors' world renowned team of nutritional scientists, medical doctors, and naturopathic physicians. As a foundation for delicious blender smoothies, Learning Factors provides a quick and satisfying meal replacement or a super nutritious snack. For kids with food allergies or intolerances, Learning Factors is a welcome break from restrictive meals and its convenience makes eating on the run delicious and nutritious.

What Does It Contain?

Learning Factors Smoothie Mix contains more than 35 select nutrients, each carefully chosen to provide nutritional support for the brain, digestion, and immunity. Even though Learning Factors is a full meal replacement "superfood," it can be made to taste so good that kids will want to eat it every day.

Learning Factors: For Low Allergy, High Quality, Highly Digestible Protein

Everyone needs high quality protein. When kids eat mostly carbohydrates, their blood sugar goes up and down like a roller coaster. Hyperactivity, moodiness, and poor concentration can result. The high quality protein in a Learning Factors smoothie helps them avoid the blood sugar ups and downs.

Learning Factors protein is from GoldPeptides™ (a vegetable protein derived from golden peas) and is gluten, dairy, wheat and soy free. Learning Factors Smoothie Mix also contains digestive enzymes to speed delivery of vital nutrients to hungry cells. Protein is a key nutrient for growth and development, and it is important in the creation of brain-critical chemicals known as neurotransmitters we need to think, feel, and function. Neurotransmitters are important for attentiveness, task completion, and the ability to remain calm when appropriate. Conditions such as attention deficit disorder are shown to be related to low production of certain neurotransmitters derived from specific amino acids. These amino acids are plentiful in the GoldPeptides™ used in Learning Factors.

Learning Factors: for Brain-Critical Minerals and Vitamins

Calcium: Muscle, bone, and brain all need plenty of calcium. For those with milk allergies or intolerance, getting enough calcium can be a real challenge. Learning Factors Smoothie Mix provides a significant amount of this important mineral.

Magnesium: Research has shown magnesium intake reduces irritability and hyperactive behaviors in children with attention disorders.

Iron: Critical for building blood cells and is needed by the brain for energy production. Children with iron deficiencies demonstrate impaired intellectual performance.

Zinc: Another mineral needed for dozens of biochemical reactions. It is vital for immunity and digestion and studies suggest that marginal zinc deficiency is quite common. It may be a factor in childhood behavioral and learning problems.

Selenium: Supports our antioxidant defenses and maintains normal thyroid function and brain performance.

Chromium: Another trace element often deficient in modern diets, needed to maintain stable blood sugar.

Molybdenum, manganese, potassium, iodine, phosphate, and copper: Trace elements that play

vital roles in numerous bodily processes and are found in meaningful amounts in Learning Factors Smoothie Mix.

B vitamins: Necessary for an extraordinary variety of biochemical functions, especially those related to energy production. The brain consumes about twenty percent of the body's energy, so adequate intake of B vitamins is vital for optimal brain performance. Learning Factors has high quantities of all important B vitamins plus C, E, A, and D.

Learning Factors: with Health-Giving Natural Plant Chemicals

Grape seed extract is one of the most stable and effective natural antioxidants currently available. The brains of children with cognitive or behavioral problems are often under oxidative stress—what antioxidants prevent or reduce—and grape seed extract helps protect the brain from oxidation.

Milk thistle extract supports the liver. Exposure to, and accumulation of, neurotoxic chemicals and heavy metals may be a factor in childhood developmental and behavioral disorders.

Detoxification

Learning Factors Smoothie Mix has been designed to support efficient detoxification. Dglucaric acid, N-acetyl cysteine, and inorganic sulfate, are all nutrients used by the liver to process toxins and prepare them for excretion. Milk thistle extract protects the liver from toxic stress, increases production of glutathione in the liver, and, along with lecithin, results in more efficient flow of bile from the liver. Fiber from guar gum, oat bran, and GoldPeptides™ stimulates the output of toxins from the liver. These unique fibers act like a sponge, binding the toxins excreted by the liver, neutralizing them, and carrying them out of the body.

Learning Factors: Gastrointestinal Support

Recent research has demonstrated that many children with attention deficit disorder, as well as those with autism, have small intestinal permeability or leaky gut syndrome. This occurs when chemical irritants, allergens, unfriendly microbes, or inadequate nutrition damage intestinal cells. Then large molecules and intestinal microbes pass directly through the lining into the blood stream and lymph. This causes immune stress and forces the liver to process a flood of molecular debris. Learning Factors Smoothie Mix is an excellent source of dietary fiber, including prebiotics. Prebiotics are indigestible complex carbohydrates that promote the growth of beneficial intestinal bacteria referred to as "probiotics."

Learning Factors Also Contains:

- Fructooligosaccharides, natural carbohydrates that stimulate growth of "good" bacteria
- Oat bran, with potent prebiotic properties, rich in Beta-glucan, phospholipids, and oligosaccharides, all nutrients that support immunity and the intestines.
- Guar gum, an effective prebiotic fiber that helps balance sugar levels.

Learning Factors Tastes Fantastic!

Hundreds of hours of painstaking formulating, testing, and retesting has gone into the development of Learning Factors Smoothie Mix. Although our primary goal was to produce the most nutritious and effective product of its kind, we also wanted good taste. This mix is available in wild berry flavor or natural (you add what you like) for sugar-sensitive kids. When prepared as suggested, Learning Factors Smoothie Mix helps you create a delicious smoothie kids will love.

Classifieds

PART-TIME HELP WANTED AT LIFE GROCERY. Seeking customer-service oriented, reliable people for cashiering positions. Must be available nights and weekends. Apply at Life Grocery or call 770-977-9583, extension 216.

PART-TIME HELP WANTED AT CAFÉ LIFE. Seeking customer-service oriented, reliable people for kitchen and front counter. Flexible hours and experience preferred. Apply at Life Grocery or call 770-977-9583, extension 248.

FOR SALE: Restaurant grade, high output juicer and commercial variable speed Vitamix. Call Mike 678-595-8033.

REIKI CLINIC AT LIFE GROCERY, the third Thursday every month. Experience this gentle, powerful healing energy in a mini-session. Love offerings accepted to support Reiki Unity of Atlanta.

THAI YOGA BODY THERAPY. Stretch your mind, body, and spirit. Experienced yoga therapist. Call 404-350-8581 or visit www.totalfitness.com.

HEALTH MAGAZINES WANTED. Let's Live, Vigor, Better Nutrition and others. Peter 770-889-4885.

Ads are due by the 10th of the month prior to publication and are limited to 30 words. They are free to Life Grocery members and \$3.00 to non-members. Ads will not automatically renew. Life Grocery reserves the right to edit or refuse any classified ad for any reason. Multi-level marketing ads will not be accepted, nor will ads selling goods or services in competition with Life Grocery. The classified section is offered as a community service. Life Grocery neither endorses nor supports the products or services contained herein.

Michael T. Murray, N.D., widely regarded as one of the world's leading authorities on natural medicine, is a graduate, faculty member, and Trustee of Bastyr University in Seattle, Washington. Dr. Murray is the co-author of A Textbook of Natural Medicine, the definitive textbook on naturopathic medicine for physicians, and the consumer version, Encyclopedia of Natural Medicine. He has written over 20 other books, as well as thousands of articles, appeared on hundreds of radio and TV programs, and lectured to hundreds of thousands of people nationwide.

For the past twenty years, Dr. Murray has been compiling a massive database of original scientific studies from medical literature. He has personally collected over 50,000 articles from scientific literature, which provides strong evidence of the effectiveness of diet, vitamins, minerals, glandular extracts, herbs, and other natural measures in the maintenance of health and the treatment of disease. References available at www.doctormurray.com.

MEMBERSHIP INFORMATION

As a result of the vote at the Annual Membership Meeting on June 30, 2001, all memberships are now \$5.00 per year for each adult over the age of 18.

Senior Membership: Proof of age is required at time of purchase.

College Student Membership: Current student ID is required at time of purchase and renewal.

Discount: Seniors and college students receive 10% off shelf price on Mondays, Tuesdays, and Wednesdays. All members receive 5% off shelf price on Thursdays and Fridays.

A current membership card or picture ID verifying identity must be presented at time of purchase to receive member prices. Membership cards are non-transferable.

Shopping is open to the public, memberships are not required.

JUICES	
16 ounces	\$4.99
18 Carrot Gold: 100% carrot juice	
Carrot-Apple-Ginger: Carrot, apple, and ginger	
Sunrise Lift: Carrot, beet, celery, and greens	
Bionic Bones: Carrot, kale, parsley, and apple	
Red Blood: Carrot, spinach, beet, and parsley	
Greens for Life: Celery, cucumber, and chard	
Emerald Green: Cucumber, carrot, and chard	
V6: Celery, cucumber, carrots, tomatoes, garlic, and spinach	
Wheat Grass: 1 oz	\$1.59
Ginger Shot: 1 oz	\$3.75

SMOOTHIES	
16 oz	\$3.99
<i>(For a Living Food version of any smoothie, substitute living vanilla date syrup for honey and water for the liquid.)</i>	
Chai Smoothie: Chai, almond milk, banana, honey, and ice	
Grasshopper: Wheatgrass, banana, apple juice, and ice	
Banana Shake: Banana, almond milk, honey, and ice	
It's Alive Shake: Vitaminal Green Superfoods, banana, water, and ice	
Blueberry: Blueberries, almond milk, honey, and ice	
Tropical Twister: Pineapple, mango, apple juice, vanilla date syrup, and ice	
Lemon Lassie: Lemon juice, water, vanilla date syrup, and ice	
Berry Blast: Strawberries, raspberries, banana, apple juice, honey, and ice	
Pina Colada: Coconut milk, pineapple, honey, and ice (no Living version)	
Add Nature's Plus Oxy Nectar, Source of Life Energy Shake or Vanilla Protein Powder, Nutribiotic Vegan Rice Protein, Vitaminal Green, Life Time Liquid Calcium Magnesium Citrate each \$1.25	

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an Organic Vegan and Living Foods Café featuring Healthy, Wholesome, and Healing Food

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SIDE ITEMS	
Corn chips	\$1.00
Rice cheese 1 slice	\$.50
Guacamole (4 oz) or Salsa (8 oz)	\$3.50
Extra Side of Dressing	\$.89
Replace Entree Chips or Salad for Cup of Soup	\$1.25
Brown Rice (8 oz)	\$1.99
Steamed Vegetables (10 oz)	\$3.50
Living Guacamole (4 oz) and Chips or Living Flax Crackers	\$4.50
Living Salsa (8 oz) and Chips or Living Flax Crackers	\$4.50
6 Living Falafels with Tahini Dill	\$3.99
Living Flax Bread Slice	\$1.50
Living Tostada Shell	\$1.50
Living Flax Wrap	\$1.99
Any Salad Dressing 8 oz	\$3.99
16 oz	\$6.25

BEVERAGES	
Organic Coffee	\$1.49
Iced Tea NUMI Organic Blends	\$1.49
Hot Teas NUMI Organic Blends	\$1.49
Refill (tea and coffee each)	\$.49
Apple Juice	\$2.49
Rejuvelac 16 oz	\$2.99

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Cashew-based ice cream Choose your flavors by the scoop	
Cup: Two 2-oz scoops	\$3.99
Four 4-oz scoops (pint)	\$14.99
Sundae: Two 2-oz scoops of ice cream, your choice of one topping (strawberry, carob, pineapple), and chopped nuts	\$4.99
Banana Split: Three 2-oz scoops of ice cream, bananas, chopped walnuts, strawberry sauce, pineapple sauce, carob sauce, and shredded coconut	\$7.49
Living & Cooked Pies and Cakes Available Daily	

Raw and Living Foods	
WRAPS <i>(Choice of flax wrap, flax bread, or green leaf wrap served with choice of flax crackers or side salad)</i>	
Hummus: Sprouted garbanzo hummus, lettuce, and tomatoes	\$5.95
Un-Tuna Salad: Carrot tuna, lettuce, and tomatoes	\$5.95
Refried Bean: Sunflower seed refried beans, lettuce, and salsa	\$6.50
Falafel: Sliced cucumbers, tomatoes, romaine lettuce, onions, tahini dill sauce, and crumbled dehydrated falafel	\$6.75
SANDWICHES	
Almond Butter and Banana: Flax bread topped with fresh bananas, almond butter, and honey	\$6.25
Avocado and Pesto: Flax bread topped with cucumbers, tomatoes, avocados, pesto, and spinach	\$7.50
ENTREES	
Taco Salad: Taco nut meat, romaine lettuce, guacamole, salsa, and pine nut sour cream, served with flax crackers	\$6.25
Tostada: 2 Flax tostada shells layered with sunflower seed refried beans, lettuce, salsa, guacamole, and taco sauce	\$6.50
Zucchini Pasta: Pasta-cut zucchini with marinated vegetables, tossed with either marinara sauce or fresh pesto	\$6.50
Lasagna: Thin-sliced marinated zucchini, sun-dried tomato marinara, Italian walnut meat served, with a side salad. <i>(Variety may vary based on produce availability)</i>	\$8.25
Pad Thai: Pasta-cut daikon radish, mushrooms, scallions, cilantro, tomatoes, broccoli, and cabbage tossed with almond Pad Thai sauce and topped with chopped hazel nuts	\$7.25
Deep Dish Pizza: Chicago-style deep dish pizza with a cashew crust filled with spinach, mushrooms, and onions tossed with a pizza sauce, served with a side salad	\$8.25
Energy Soup: Chard or kale, mung bean and lentil sprouts, avocado, sunflower sprouts, kelp, and choice of apple or cucumber <i>Allow 5-7 minutes to make fresh 64 oz</i>	\$19.98
<p>Salad and Living Food Bar \$5.99 a pound Soup of the Day Cup...\$3.25 Bowl...\$4.25</p> <p>All ingredients are organic except for the following or where otherwise clearly indicated (due to availability): Honey, bread, sea salt, vegan cheese, Sunburgers, wheatgrass, * sunflower sprouts.* /All added supplements, except for Vitaminal Green, are non-organic. *Chemical- & pesticide-free Vegan cheese contains dairy casein</p>	

Cooked Foods	
Wraps & sandwiches served with choice of side salad or corn chips	
WRAPS	
Roasted Vegetables of the Day: <i>A tortilla filled with pepper jack rice cheese, spinach, and assorted roasted vegetables</i>	
Spinach and Portabella Mushroom: A tortilla filled with pepper jack rice cheese, spinach, and roasted portabella mushrooms	\$6.50
Tempeh Reuben: A tortilla filled with pepper jack rice cheese, tempeh, sun sauce, and sauerkraut	\$6.50
Black Bean: A tortilla filled with seasoned black beans, roasted red bell peppers, salsa, and spinach	\$6.50
SANDWICHES	
Almond Butter and Banana Sandwich: Toasted sprouted spelt bread spread with almond butter and topped with bananas and honey	\$4.95
Avocado Melt: Toasted sprouted spelt bread, spread with sun sauce and topped with avocado, rice cheese, roasted red bell pepper, and lettuce	\$6.50
Pesto Sandwich: Roasted zucchini, onions, red bell pepper, avocado, lettuce, and tomato on spelt bread with basil pesto sauce	\$7.25
Sunburger: Served with lettuce and sun sauce on an Ezekiel Sprouted Grain bun	\$5.95
with salsa and guacamole	\$6.50
ENTREES	
Ravioli: Roasted vegetable ravioli tossed with mushrooms, onions, broccoli, spinach, and basil marinara sauce	\$7.25
Black Bean Burrito: A tortilla filled with black beans, roasted vegetables, and salsa then baked and served with brown rice	\$7.25
Steamed Veggies and Brown Rice: Broccoli, carrots, cauliflower, onions, and mushrooms steamed and served over brown rice	\$6.99
with coconut curry	\$7.25

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

July/August 2004

Two Months of Super Savings

LIFE SAVINGS



- FYI 90 tabs \$35.99
- RM-10 60 tabs \$39.99
- RM-10 120 tabs \$63.99



- Alpha Lipoic Acid 200 mg
50 veg caps \$17.99
- Lean Results
90 tabs \$25.99
- Acetyl L-Carnitine 500 mg
60 veg caps \$25.99



Learning Factors

- 90 soft caps \$9.99
- 5 oz liquid \$7.99
- 1 lb smoothie mix \$13.99



Digest Gold Plant Based Enzymes

- 90 caps \$31.99
- 120 caps \$39.99

GenSoy[®]
Soy Crisps
All Flavors
3.5 oz **\$1.49**

MARANATHA

- **Organic Peanut Butter New Family Size**
 26 oz **\$4.49**
- **Organic Almond Butter**
 16 oz **\$9.49**

SoyMoon **Soy Moon**
Soy Cheese

- **Smokehouse Provolone**
- **Queso Blanco**
- **Mozzarella**
- **Gouda**

8 oz
\$3.29

GUILTLESS gourmet

- **Tortilla Chips**
All Flavors
 7 oz **\$1.49**
- **Black Bean Dip - Mild & Spicy**
 16 oz **\$1.99** ea

Hansen's

Low Carb
Diet Soda
6 pk **\$2.19**

SWEET LEAF TEA[™]

Sweet Leaf Bottled Tea
All Flavors
16 oz **79¢**

Wisdom of the Ancients[®]
Herbal Teas

- **Boxed Tea Bag**
 20 ct **\$3.29**
- **Instant Tea**
 2.82-4 oz **\$5.89**

Check out the new Kinnikinnick
Gluten-free products in
the freezer section

- **Donuts**
- **Pizza Crust**
- **Cinnamon Buns**
- **Flax Seed Breads**
- **Hot Dog Buns**
- **English Muffins**
- **Hamburger Buns**
- **White Sandwich Bread**

LONG LIFE[®]

- **Enhance Water**
All Flavors **99¢**
- **Ready to Drink Ice Tea**
All Flavors **99¢**

16 oz

GAIA HERBS

- Lactate Support
- Phyto-Estrogen
- Mental Alertness
- Ginkgo

60 caps **\$16.99**

NATREN

- Lifestart
2.5 oz **\$16.99**
- Healthy Trinity
30 caps **\$38.99**
- Healthy Trinity
60 caps **\$71.99**

NEWCHAPTER

Berry Green

180 g

\$29.99

MegaFood

FOCUSED ON FOOD

- Antioxidant
60 tabs **\$18.99**
- Skin, Hair & Nails
90 tabs **\$24.99**
- Lifestyle
180 tabs ... **\$49.99**

Nature's Plus

The Energy Supplements®

- Source of Life
90 tabs **\$21.99**
- Source of Life Ultra
90 tabs **\$25.99**
- Source of Life Liquid
30 oz **\$23.99**
- All Animal Parade Chewables
90 tabs **15% off**

Super Nutrition

Formulas You Feel

- Men's Blend
90 tabs **\$17.99**
- Women's Blend
90 tabs **\$17.99**
- Calcium Blend
90 tabs **\$11.99**



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MATTHIAS RATH, INC.

Normal Cell Maintenance Program

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\$49.95

Bioforce

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All Bioforce Products

30% off

TWINLAB

- Amino Fuel
16 oz **\$11.99**
- Amino Fuel 1500
50 tabs **\$8.99**
- Ripped Fuel Extreme
60 caps **\$19.99**

AUBREY ORGANICS

- Swimmers Shampoo
8 oz **\$4.99**
- Swimmers Conditioner
8 oz **\$5.99**
- Shine Booster
4 oz **\$4.99**
- Hairspray
8 oz **\$6.99**

Yerba Prima

All Yerba Prima Products

25% off

Futurebiotics

- Colon Green
150 caps **\$10.99**
- Longest Living Acidophilus +
100 caps ... **\$10.99**



All Kiss My Face

12 oz Moisture Shave Lotion

25% off

KYOLIC

Aged Garlic Extract™

Garlic Extract #104

- 100 caps **\$8.99**
- 200 caps **\$14.99**

Reviva LABS

The Skin-Care Authority

All Reviva Products

25% off