

## Vermont Firm's Supplement Studied by Cancer Docs

By Cate Lecuyer, Reformer Staff

Friday, December, 1, 2006, BRATTLEBORO—It's not exactly a cure for cancer, but New Chapter, a Vermont company that makes nutritional supplements, has an herbal remedy that has astonished doctors, scientists, and patients at top disease research facilities around the world. It's called **Zyflamend**, and preliminary studies on 30 men in New York show it significantly reduces the risk of prostate cancer.

Now, it's also being tested in laboratories for its impact on breast cancer, brain cancer, colon cancer, oral cancer, and rheumatoid arthritis. "That's because it's not a drug," said Tom Newmark, president and co-founder of New Chapter. It's a dietary supplement, and there's a big difference, especially where the federal Food and Drug Administration (FDA) is concerned. "We design, create, and market **Zyflamend** to promote a healthy immune system, not for the treatment of any disease," Newmark said. "But fascinated doctors are looking at it for that reason."

Dr. Aaron Katz is a professor of clinical urology at Columbia University College of Physicians & Surgeons, and the director for the Center of Holistic Urology. Four years ago, Katz had patients who were taking **Zyflamend** as a dietary supplement, but noticed their PSA levels, which measure a protein that indicates prostate cancer, were dropping.

Katz had a few questions and Newmark got a phone call. They met, shared information, and New Chapter

agreed to fund an expensive research effort to further explore the capabilities of **Zyflamend**. Newmark wouldn't say how much it cost; only that it was "a very significant undertaking, even for a major corporation." But he's hoping it will help bridge the gap between Western confidence in herbal remedies versus scientific medication. "We felt it was important for us, as the leading company of herbal formulations in the United States, to set an example," he said.

The label on the bottle states **Zyflamend** promotes healthy joint function, healthy cell growth, and a healthy inflammation response. It is based on the hypothesis that inflammation or fevers can lead to a number of different illnesses. Getting a fever is part of our body's immune system, Newmark said. It's a natural defense against infections or stress, but if it overstays its welcome, it can cause further problems.

**Zyflamend** contains a number of herbs that are used to promote normal and appropriate inflammation—herbs that are usually absent from the average American diet, Newmark said.

Ingredients include ginger, green tea, basil, turmeric, rosemary, hu zhang, Chinese goldenthrum, barberry, oregano, and scutellaria baicalensis. There are also compounds, such as resveratrol, which is what makes red wine so healthy. "Two capsules a day is equivalent to drinking six glasses of red wine," Newmark said, minus the alcohol of course.

The herbal supplement is designed to keep people healthy, not prevent cancer, but emerging data says it may do both. "Columbia chose a group of men at the highest risk of developing prostate cancer," Newmark said. That doesn't mean they are over 50, or it runs in their family. They are 30 men whose biopsies show many deformed, misshapen cells that, although not cancerous at the time, will probably be in six months. "In the majority of the men, the cells are actually changing back to normal," Newmark said.

Katz "has been thrilled by what he has seen," Newmark said. He presented the preliminary findings to the National Cancer Institute in June, and is now presenting the research around the world. The next step is to test more men, around 100 or so, and the results have caused other research facilities to perform a flurry of tests on how **Zyflamend** affects other diseases.

"Here we are, in beautiful Brattleboro, Vermont, touching people all over the world with these products," Newmark said.

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## Stretching Your Organic Produce Dollars

By Chef Jenya Hampton

Incorporating more raw organic food into your diet is one of the best things you can do for your health and well-being. However, it can be somewhat disheartening on your pocketbook if the beautiful produce you bought over the weekend turns brown and spoils before you get the chance to consume it during the week.

Following are some suggestions to help you get the most from your green organic purchases.

1. Invest in a couple of packets of **Evert-Fresh Green Bags**. The bags are inexpensive, naturally cut down on the damaging effects of UV rays resulting in far less vitamin loss, slow down the ripening process, and will save you a lot of money by keeping your produce fresher for a longer time. They can be purchased at Life Grocery in the produce section. Here is how they work: Fruits, vegetables, and flowers release ethylene gas while ripening after harvesting or picking. Ethylene gas accelerates ripening, aging, and rotting. **Evert-Fresh Green Bags** absorb and remove this damaging gas, dramatically extending the life of fruits, vegetables, and flowers; they do this naturally through the addition of a clay known as "oya," a natural mineral found in remote caves in Japan that naturally absorbs the enzyme producing gases that cause vegetables to deteriorate.
2. After you get home from the grocery store, remove rubber bands and twist ties from the vegetables and greens. Wash and dry them, then

place them in an **Evert-Fresh Green Bags** with a single sheet of natural paper towel or a clean dish towel to absorb any condensation. Squeeze out all of the air in the bag and tie it off with the twist tie you removed from the produce. If you do not have the time to wash and dry, then skip that step and just proceed with the rest. Your greens, vegetables, and fruit will last up to, and, in some cases, longer than a week. (I have returned home from a 3-week trip, and found my romaine lettuce intact, just like the day I bought it!) For best results, make sure to use only one kind of fruit and vegetable per bag.

3. If you have time after you shop, do some basic food prep of the items used most often in your recipes all at one time. Example: Chop up all of your onions, grate your carrots, chop your fresh herbs, crush your garlic, etc. My students tell me that when they do this advanced preparation they tend to use up these items more during the week because of the convenience of having them ready.
4. To get the most flavor from your produce, never store tomatoes in the refrigerator, as the cold makes them lose their flavor. Store them stem side up. Store unripe avocados on the counter and test them often. The very moment they are ripe place them in the refrigerator and they will last for a week. Keep the bananas separate from other fruits and vegetables, they accelerate the

ripening/spoiling rate of whatever fruit or vegetable they are near. Keep mushrooms loose in a sealed paper bag on the bottom shelf of your refrigerator. Onions need to be kept dry, so keep them out of the refrigerator. Place bunches of fresh herbs in a container with water after trimming the stems, and change the water daily. (This will also make your kitchen look happy. ☺)

For more tips and recipes from Chef Jenya, please subscribe to her newsletter by visiting [www.essentialenergycuisine.com](http://www.essentialenergycuisine.com). Join her at the upcoming Essential Energy Raw Food Meet Ups on Sundays, October 7, 2007 and October 21, at 3:00 pm in Café Life. These meet ups are open to anyone interested in raw food. Receive support and enjoy networking with other health oriented individuals. Don't miss Jenya's upcoming free lecture, 30 Days to Radiant Health, on Thursday, October 11, at 6:30 pm. Her Forget Cooking class will be offered on Saturday, October 20 (registration required), from 10 am to 1 pm. Call her at 404-925-3428 for details and to register.

### HELP WANTED-NOW HIRING!

Applications are being accepted for the produce department, front end, and Café. See page 3 for details on our Rewards for Referrals program.

## Our Genes Don't Lie

"We don't know what causes cancer yet, but we're working on it." That's what we hear from many cancer organizations today . . . "We're working on it." But what they're working on is finding a cure; a cure that will come in the form of a pill or a treatment. Sorry, but they can't find the cure for the common cold, so what chance do they have of curing cancer? But if cancer, like the common cold, is really just a natural response to something, then there can never be a cure for it. And when you begin to see cancer for what it really is—a symptom of an underlying problem—then you have a good chance of avoiding it.

It seems other countries have more of a handle on just what health and disease really are. For instance, in Spain, there was a groundbreaking study done on 40 sets of identical twins. As you may know, identical twins are born with the exact same genes. But when it was noticed that identical twins didn't necessarily both get the same serious illness, some forward thinking folks in Spain decided to find out why. So they took the same gene from each twin and superimposed one on top of the other and compared the two. Where the genes were the same, the area showed up as bright yellow. It was interesting to note that in very young identical twins the comparisons showed an almost exact match; just as they were when they were born. But when the same gene from older sets of twins, in their 70's, were laid on top of each other and compared, there were a lot of differences! You can see a slide of this at [health101.org/gene-comparisons2.jpg](http://health101.org/gene-comparisons2.jpg).

So what accounted for the differences? Why did that gene, which was the same in each twin at birth, turn out to be so different in each twin after five or six decades? When the answers to the questionnaires that the twins had filled out were taken into consideration, it was perfectly clear. The reason one twin would get cancer and the other wouldn't was the difference in lifestyle choices. Now you'd think such a revealing study would make front page news, but it didn't. It's not in the best interests of certain industries and organizations

## A Natural Metabolism Boost

By Brian Murray, Founder of mPower

You can elevate your metabolism, burn more calories while you sleep, and lose excess body fat without exercising all the time. Sounds like a 3:00 am infomercial, doesn't it? Hold on. With the correct application of a few scientific facts, what may sound too good to be true will become your new reality.

Conventional exercise "wisdom" promotes the notion that if you exercise for 60 minutes a day your metabolism will stay elevated for many hours later. As with most mainstream exercise beliefs, this is untrue. The duration of the post-exercise "after burn" is directly related to the intensity of the activity, and since popular activities such as walking and jogging are usually performed at a low intensity level it only takes about 20 to 30 minutes to regain normal resting metabolism.

Rather than initiate a temporary rise in metabolism, a much more intelligent use of your time would be to elevate your metabolism permanently. This is not hard to do, but before I explain, there is a need for some background information.

As we age, our basal metabolic rate tends to fall. A large part of what accounts for this fall is the loss of lean body mass (muscle, bone, nerve, etc.) of which muscle accounts for the largest portion. Estimates of the average loss of lean body mass with age show about a 2% drop in metabolism per decade starting around age 20. The good news is that to a large extent you can control the magnitude of this change, but it requires choosing the right type of exercise and proper execution.

The only form of exercise scientifically proven to increase lean body mass is high intensity strength training.

By Don Bennett, DAS

that you be told just how much lifestyle choices have to do with your odds of getting cancer (or the other degenerative diseases that are caused by the same things that cause cancer).

So I'm here today to tell you that as far as cancer prevention is concerned, I'm working on it. Really! I'm doing the things I need to do to give myself the BEST odds of not ever being diagnosed with cancer or with any other serious disease. Harvey Diamond, author of *Fit for Life: A New Beginning: The Ultimate Diet and Health Plan*, says it best:

*Cancer is not the problem; it is the end result of a problem. And because this simple truth has been so universally misunderstood, billions upon billions of dollars have been squandered in a futile attempt to treat and/or cure people after it's too late and they are in jeopardy of losing their lives. Worse yet is that so many millions of people suffer immeasurably before ultimately dying unnecessarily from something that could have been prevented in the first place. In fact—and this may turn out to be one of the most controversial statements I have ever put in print—I am hard-pressed to think of any malady easier to prevent than cancer.*

So while the cancer industry works on finding a cure—the reactive approach—how about working on preventing it—the proactive approach. Your genes will thank you for it!

*Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's new book, How to Have the BEST Odds of Avoiding Degenerative Disease is now available in the book department at Life Grocery at a 20% discount. Visit [health101.org/book](http://health101.org/book) for details.*

By preserving, and even adding lean active tissue to your body, your basal metabolic rate naturally increases—permanently! In fact, research now estimates that stronger muscles burn an extra 1.5 calories per pound per day. For a 155-pound man with 75 pounds of muscle on his body, this would mean he would burn an extra 113 calories each day, even while he sleeps! If he adds more muscle to his body his metabolic rate goes even higher, again, even while he sleeps.

The best part is that it requires very little exercise to get such a large and permanent change in your metabolism. Research at mPower over the past 9 years has consistently revealed that performing one, 5-8 minute high intensity strength training workout each week is more than enough for permanently changing the resting metabolic rate. And that sure beats 60 minutes a day!

When you combine a permanently elevated metabolic rate with a moderate and healthy caloric intake, not only will you lose excess body fat, you will avoid gaining fat with age. So which would you rather do, exercise all the time to lose fat and burn fewer calories, or lay on the couch reading a good book while your stronger lean body mass burns more calories and vaporizes the fat for you? It's a no-brainer.

*Brian Murray is the founder of mPower, home of the once-a-week, no-cardio, no-sweat, five-minute workout that will change your life. To learn more, please visit [www.strengthforlife.net](http://www.strengthforlife.net) then call 404-459-0270 to schedule your consultation.*

The Life Line  
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**Hours:**  
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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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# The Three Things You Must Have for Good Health

## Part 1 of 2

By Dr. Joe Esposito, DC

Imagine if there was a secret formula to get well and stay well. Would you want to know what it is? Would it be worth \$1,000? \$10,000? \$100,000? Well, here is the formula that has worked for my family, tens of thousands of my patients, and me. And, I'm going to tell you the secret for free!

There are three things we must have in order to obtain and maintain good health. These three things are (1) a normally functioning nervous system, (2) a normally functioning digestive system, and (3) a good nutrition plan.

First, make sure that the nervous system is working. The brain sends messages down the spine, out the nerves to every cell in your body. There are about 80 trillion cells in your body. Every cell is controlled by the nervous system. So, if you have a bone in the spine that is out of place pinching a nerve, a muscle spasm, your hips are uneven, or your spine is twisted, that could mean that you're blocking the messages from getting from the brain to the body. It is important to make sure that your nervous system is working properly.

Some simple tests can determine if you have nerve interference. The easiest test is "do you have back or neck pain?" If you do, you have an irritated nerve. The best thing for this condition is to find out what is irritating the nerve and fix it. By far, the most common cause of back pain is a bone in the spine that has moved out of alignment. However, about 80% of your nerves don't feel pain. For example, there is a nerve that goes to your pancreas, but you don't feel your pancreas working. There are nerves that go to your heart, lungs, liver, spleen, colon, gallbladder, and toenails. Since you don't feel those organs (as well as many others) working, you are also not aware when they are not working. (Well, initially, you might not be aware that they are not working, but eventually you will feel some symptoms. However, that is not until the later stages of malfunction.) A qualified practitioner can test the nerves that don't feel pain. Another test you can do is just look in the mirror. Is one ear, shoulder, or hip higher than the other? This can be an indication that there is an imbalance that can be putting pressure on nerves.

The second thing we must have in order to obtain and maintain good health is a normally functioning digestive system. This is a complicated system, but we will discuss the basic needs of your gut. One thing the gut needs is plain old water. Let's look at a child to learn how to fulfill our needs for water. When we were children, a part of our brain controlled hunger and a part of our brain controlled thirst. Does anybody here have kids? What does a kid always want? Water. "I want a drink." "I want a drink." You can't go anywhere

without a little water cup for the kid. Most of us older folks don't drink enough water. Why? Because as we get older, the hunger center and thirst center of our brain, that were once separate, grow together. As the thirst center and hunger center grow together, we think we're hungry, but we're really thirsty. So, you're not thirsty anymore. You don't drink the water. I have patients that come in saying: "I haven't had water in years, doc." How do they survive? So if we start out the day with 24 ounces, it's going to give us three glasses of water to start with. A great way to start your day! You're going to feel so much better.

If you're a coffee drinker, you're going to find that you don't need as much caffeine, as much stimulant, because many times when you're tired, you're dehydrated. Now, back to the digestive system. The pancreas needs water to produce the bicarbonate to neutralize the acid food coming from your stomach and passing into your small intestine. If you're dehydrated, you don't produce enough bicarbonate, so the food stays in the stomach. If food stays too long in the stomach, it will essentially rot. It will give off gasses as it rots and these gasses can cause bloating, flatulence, and belching.

If your digestive system isn't working properly, you're not absorbing your nutrients and you are not passing out your waste products. This means you can't produce many necessary components of life or excrete poisons and toxins that can be damaging to the body. One of the many things that we can't produce properly is serotonin. Serotonin is a mood stabilizer. It makes you happy. It makes you calm. It makes you focus. If you or someone you know has ever had an emotional issue, in most cases, medication will be prescribed to affect the serotonin in the brain, so that it is better absorbed. If you're not producing enough, you have to try to absorb what little you have. Why don't we do it the other way and simply produce more serotonin to begin with? We can do that by getting the digestive system working. Once you fix this, then the other stuff is easier to work with. You've got to get the body absorbing the nutrients in order to produce the chemicals, specifically serotonin, in this case, to get to the brain to make the body work and be happy. How cool is that?

Most people that have emotional problems are also ticklish. What does that have to do with emotional problems? If you poke someone in the sides of the ribs and they are ticklish, they are protecting themselves. They're protecting their digestive system. Stabilize this and their ticklishness improves.

Oftentimes, the main cause of digestive problems is the stomach pushing up against the diaphragm. This can cause the stomach to spasm, or in severe cases,

push up through the diaphragm. If the stomach pushes up through the diaphragm, we call this a hiatal hernia. If the stomach is in spasm, or if it does actually push up through the diaphragm, there is a very simple technique where we massage the stomach and try to pull it back down to its normal position. We essentially pull the stomach back away from the diaphragm and get it to relax. If my arm was in spasm, what would I do? I'd massage it. If you're stomach is in spasm, you massage it. A lot of times you get a bloop, bloop, bloop feeling. Using this technique, the stomach can actually drop down to its normal position, allowing the stomach to return to normal function in many cases.

There are many health conditions that affect the digestive system. Some of the less dramatic symptoms are gas, bloating, diarrhea, and constipation. Some of the more severe ones include irritable bowel syndrome, Chron's disease, colitis, and hiatal hernia. All of these are warning signs telling you something is wrong. Treating the symptoms might give you temporary relief, but treating the cause is what will help you achieve long term healing.

*Dr. Joe Esposito is a chiropractor, licensed dietician, author, and the director of Health Plus Chiropractic Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, please call him at 770-427-7387. Mention Life Grocery when you call, and get a free exam, consultation, two x-rays, and doctor's report of findings.*

## Life Grocery's Rewards for Referrals Program

Refer a job seeker who you personally know and would personally recommend to Life Grocery/CafÉ Life and if s/he is hired, you will receive a Life Grocery gift certificate for:

\$10 upon their hire  
\$15 after they work 45 days  
\$25 after they work 90 days

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- Experience, interest in natural foods, and flexible availability a plus
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- Commercial kitchen experience a plus for caf  applicants

*\*Please advise anyone who you refer that they must put your name and current phone number on the employment application as the person referred by in order for you to be rewarded if they are hired.*

## life bits

By Kay Bird

### Checking Your Children's Toys for Lead

There is a simple way to check your children's toys for lead using a test kit from leadcheck.com. LeadCheck® Swabs are non-hazardous and provide a quick, effective, and specific test for leachable lead on any solid surface, including paint, ceramics, vinyl lunch boxes, and toys.

An eight swab test kit costs \$18.45; a sixteen swab kit is \$34.95. Order from [leadcheck.com](http://leadcheck.com) or call 800-262-5323.

Hybrivet Systems Inc. also manufactures rapid screening test kits for the detection of other toxic metals in the environment, including mercury, chromate, cadmium, and nickel. LeadCheck® Swabs are offered in kits that provide easy methods for detecting lead in drinking water or lead in soil. Each kit is specific for the metal it is designed to detect. The patented swab kits

are easy to use and are recognized for providing accurate, clear results on most surfaces in less than one minute.

The website information states that careful formulation and control at the manufacturing facility ensures maximum sensitivity and shelf life. You will find detailed product and testing information for each test kit. Each product is supported by a team of scientists. If you have questions after reviewing the information on the website, you are invited to contact them directly.

When shopping for new toys, look for unfinished solid wood items. Those made in America and labeled as lead-free are a safer option. For more tips on choosing toys that are kid-safe and planet-safe, check out the *Toy Product Report*, found at [TheGreenGuide.com](http://TheGreenGuide.com). Click on "Product Reports," scroll down the long list of reports and click on "Toys."

# All Products Are Not Equal

By Kim Strickland, ND

It is possible to look, feel, and smell great AND use healthy, chemical-free personal care products. The natural personal care products market has grown almost 52% from 1998 until 2006. Why are so many people buying these products? What do they know that you don't know? Chances are that they know what is or isn't in the products they're buying.

Do you really know what's in your shampoo, shaving cream, or toothpaste? There are over 11,000 ingredients used in personal care products and only 11% have been tested for health and safety. The European Union has banned more than 1,100 chemicals from cosmetics alone while the United States has banned only nine! What are the health ramifications of covering your body and ingesting synthetic chemicals on a daily basis? Don't let your body be used as a chemistry lab. Switch to healthy natural products.

The National Institute of Occupational Safety has identified almost 900 personal care chemicals that are toxic. Some are neurotoxins, some are carcinogens, some disrupt hormones, while some cause organ damage. A carcinogen is any substance that facilitates the formation of cancer. Manufacturers are free to put just about anything they want into cosmetics and personal care products. The FDA does not regulate this industry. According to the nonprofit Environmental Working Group (EWG), 1 in 13 women and 1 in 23 men are exposed to known or probable human carcinogens EVERY day. The highest concern product categories are hair color, hair bleach, hair relaxer, nail polish, skin lightener, and nail treatment.

## Buyer Beware

Be wary, as not all products are created equal. There are many companies trying to get into the natural personal care product market with false advertising. Read the label to be sure it is natural. There are no legal requirements for the use of terms like natural or organic. In fact, some of the most toxic products on the market have the word natural or organic in their name. Read the label!

Do you think that because you buy an expensive name brand cosmetic that it must be healthier? Think again. The cosmetic industry says it's safe to put chemicals that may cause cancer, infertility, and other health issues into personal care products since the amount in each product is too small to make a difference. How many products do you utilize on a daily basis? Let's see, there's toothpaste, soap, shampoo, conditioner, hair gel or spray, deodorant, shaving cream, skin cream, makeup . . . Some of the most expensive products on the market are the most toxic. Check the safety of the products in your bathroom at [www.ewg.org/reports/skindeep](http://www.ewg.org/reports/skindeep).

Are you ready to make the switch for your health? Ready to throw away all of your products that have synthetic chemicals, but not sure where to get safe products? Life Grocery is a terrific place to find natural, safe products. Find companies that have signed the Compact for Safe Cosmetics at [www.safecosmetics.org/companies/signers.cfm](http://www.safecosmetics.org/companies/signers.cfm) and that use natural and certified organic ingredients. The following site informs you about known and suspected health effects of chemicals [www.scorecard.org](http://www.scorecard.org).

The items listed in Group A are known or possible carcinogens that are found in personal care products. The items listed in Group B may exhibit carcinogenic properties and/or combine with common substances to create carcinogens.

## Group A

- Benzyl Acetate
- Butylated Hydroxyanisole (BHA) and Hydroxytoluene (BHT)
- Butyl Benzylphthalate
- Coal Tar Dyes ("Lakes" dyes)—found in dandruff shampoos, anti-itch creams, and hair dyes.
- Crystalline Silica
- D&C Red Dye Numbers 2,3,4,8,9,10,17,19 and 33
- D&C Green 5
- D&C Orange 17
- FD&C Blue 1 and 2
- FD&C Green 3
- FD&C Red 4 and 40
- FD&C Blue 1, 2 and 4
- Diaminophenol
- Disperse Blue 1
- Disperse Yellow 3
- Diethanolamine (DEA)
- Dioctyl Adipate
- Dormaldehyde
- Ethylacrylate—found in some mascara.
- Glutaral
- Hydroquinone
- Mercury—found in some eye drops, ointments, and deodorants—possible reproductive toxin.
- Methylene Chloride
- Nitrophenylenediamine
- p-Phenylenediamine
- Phenyl-p-phenylenediamine
- Polyvinyl Pyrrolidone
- Pyrocatechol
- Saccharin
- Talc—a naturally occurring carcinogenic mineral, should be avoided especially by women, as it increases the risk of ovarian cancer. Blushes, eye shadows, liquid foundations, and face powders may contain talc.

## Group B

- Aluminum—found in deodorants. It may promote dementia and Alzheimer's disease.
- APEs—alkylphenol ethoxylates found in dandruff shampoos, anti-itch creams, and hair dyes.
- Dibutyl Phthalate—found in some nail polishes, perfumes, and hair sprays—possible human reproductive and developmental toxin, as well as an endocrine disruptor.
- Diethanolamine (DEA)
- Diethyl Phthalate (DEP)
- Dimethyl Phthalate (DMP)
- 1,4-Dioxan—found in oleths, choleth-24, cetareth-3 and nonoxynol.
- Fragrance—contains phthalates, which are known to harm our hormonal and reproductive systems. Linked to birth defects, pregnant women are advised to avoid scented products and perfume. Phthalates are not listed on labels and can only be detected through laboratory analysis. The FDA finished a study on the safety of phthalates in April 2006. Two-thirds of the products analyzed have preliminarily been found to contain phthalates. Fragrance-free means the products has no perceptible odor—it may still contain synthetic ingredients to mask chemical odors.
- Lead Acetate—found in hair dyes and cleansers—known human reproductive and developmental toxin.

- Methylisothiazoline (MIT)—a common shampoo ingredient. In February 2005 the National Institutes of Health found a correlation between MIT and nervous system damage.
- Monoethanolamine (MEA)
- Nonylphenols—found in shaving creams, shampoos, and hair dyes. It is an estrogen-mimicking chemical.
- Octoxynol
- Parabens are preservatives with antibacterial properties and usually are preceded by methyl, ethyl-, butyl-, or propyl-. They can cause allergic responses and contact dermatitis.
- PEG—polyethylene glycol
- Petroleum Distillates—found in some mascaras, perfumes, foundations, lipsticks, and balms.
- Polysorbate 60 and 80
- Propylene Glycol—found in antifreeze and a plethora of personal care products ranging from shampoos to baby wipes to toothpastes—by itself it is required to be discarded of via hazardous waste vats, yet you're brushing your teeth and washing your hair with it! Known to cause contact dermatitis, kidney damage, and abnormal liver conditions, it is listed as a neurotoxin by the US National institute for Occupational Health and Safety.
- Quarternary ammonium compound
- Sodium Lauryl and Laureth Sulfate are known skin irritants that react with other ingredients to form cancer-causing nitrosamines. Sodium lauryl sulfate is a lathering agent while sodium laureth sulfate can be contaminated with 1,4-dioxane, a known carcinogen.
- Titanium Dioxide
- Toluene—a breathing and skin irritant, is found in nail polish and may cause liver damage. Toluene is also a VOC (Volatile Organic Compound) which may cause vomiting, headaches, eye irritation, and memory impairment, as well as liver, kidney, and brain damage, not to mention possible fetal damage. The word organic here means that it is a carbon-based chemical. The US Environmental Protection Agency found that all perfumes contain toluene.
- Triethanolamine (TEA)

## Sources:

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

To receive a daily email with Store Events, Sales, and Café Life Highlights click on "contact us" at [www.lifegrocery.com](http://www.lifegrocery.com) and provide your name, email address, and the words "subscribe to daily email" in the message space. To cancel, type "unsubscribe to daily email" in the message space.



# Products

## SUPPLEMENTS

### COUNTRY LIFE

- Buffer-C Ph Controlled
- In 500 mg and 1000 mg

### EMERGEN-C

- Acai Berry

### ENZYMATIC THERAPY

- ActivLife COQ10
- Whole Body Yeast Balance Kit

### HEALTH FROM THE SUN

- Sprouted Fibro Flax

### INFINITY GREENS

- Billy's Infinity Greens

### JARROW

- Pain Relief
- Ribose Powder

### KAL

- Reacta-C 1000 mg

### LIVING HARVEST

- Hemp Oil

### MANITOBA HARVEST

- Hemp Seed Oil Capsules

### NATURAL BALANCE

- Fast Food Enzymes

### NATURE'S LIFE

- Strontium

### NATURES PEARL

- Muscadine Grape

### NATURE'S PLUS

- Chinese Green Tea
- UltraActzyme
- Live Plant Food Universal Enzymes
- Animal Parade Kid's Immune Booster

### NEW CHAPTER

- Bone Strength Take Care

### RAINBOW LIGHT

- Gummy Omegalicious
- Gummy Vitamin C Slices
- Gummy Bear Essentials
- Gummy Power Sours

### SOLARAY

- Wheat Grass Juice Liquid Extract
- Reacta-C 500mg

### VITANICA

- Vein Support
- Women's Phase I & II

### HBA

### ALOE 80 ORGANICS

- Clarifying Facial Scrub

### AURA CACIA

- Unscented Massage Lotion

- Tangerine Grapefruit Massage Lotion
- Ginger Mint Massage Lotion
- Sweet Orange Patchouli Massage Lotion
- Lavender Massage Lotion
- Cinnamon Ylang Ylang Massage Lotion
- Tranquility Bubble Bath
- Lavender Harvest Bubble Bath
- Heart Song Bubble Bath
- Soothing Heat Bubble Bath
- Lavender Body Wash
- Patchouli Orange Body Wash
- Ginger Mint Body Wash

### NUBIAN HERITAGE

- Raw Shea Butter Body Wash
- African Black Body Wash & Scrub

### PURE & BASIC

- Vitamin E Oil
- Cherry Almond Body Wash
- Fresh Fig Body Wash

### SUMERU GARDEN HERBALS

- Lavender Rose Body Powder

### WELEDA

- Calendula Soap
- Calendula Diaper Cream
- Calendula Baby Cream

## life bits

By Kay Bird

It is meaningful and possible to give very simple gifts that make a big difference to struggling people around the world. It feels good to find safe, fun, and educational gifts for those for whom we care. To help you begin your search for the upcoming holiday season, here are two organizations that provide such products and services.

### \$3.00 Can Make a Difference

At least a billion people on our planet live on less than \$1 a day, according to the president of *Alternative Gifts International* (AGI). For the price of a stocking stuffer, you can put a friend's or family member's name on a purchase of ten tree seedlings for the deforested mountains of southern Haiti. The recipient will receive a card describing the gift given in his or her name.

Gifts can cost as little as \$3 to buy construction materials for three feet of road in Bolivia. For the cost of a ten piece chicken dinner, you can provide a healthy stove for a needy Haitian family. For the cost of a pedicure, you can send 110 pounds of milled rice to hungry farmers in the Philippines. Select an alternative gift, including food, shelter, trees, water, and medicines, from 34 life-sustaining, worldwide projects.

Bless your holiday gift giving with meaning. Call 800-842-2243 to order an AIG catalog or visit [www.altgifts.org](http://www.altgifts.org).

*A Greater Gift* is a non-profit catalog that contains hundreds of unique, high quality, handmade

## Meaningful and Safe Gifts

gifts by local artisans and farmers from over 35 countries. The prices will please any budget. Some of the sale items are only \$1.00. For children, some of my favorites are the traditional musical instruments. I have always been very pleased with the quality of my purchases.

Cruise around at [www.agreatergift.org](http://www.agreatergift.org) or call 800-422-5915 and request a catalog. Along with looking at the beautiful items, I enjoy reading the individual stories of the people who make them.

*A Greater Gift* is a program of SERRV International, a nonprofit alternative trade and development organization. Their mission is to promote the social and economic progress of people in developing regions of the world by marketing their products in a just and direct manner. Their goal is to alleviate poverty and empower low-income people through trade, training, and other forms of capacity building as they work to improve their lives. SERRV has worked to assist artisans and farmers for more than 55 years through the following:

- Marketing their handcrafts and food products in a just and direct manner.
- Educating consumers in the United States about economic justice and other cultures.
- Providing development assistance to low-income craftspeople through their community-based organizations.

SERRV International was one of the first alternative trade organizations in the world and was a founding

member of the International Fair Trade Association (IFAT). They offer their artisan and farmer partners up to 50% advance payment on orders. This advance helps them purchase raw materials and have a more regular income so they can avoid high interest rates from borrowing locally.

### The Gift of Friendship

One Christmas, when my step-children were ages 8-12, we initiated a financial support commitment so that two Tibetan refugee children could attend school in India. We picked children who were close in age to ours so they could grow up together. We sent the needed amount of money each year, which included voluntary contributions from our children's allowances. We received pictures of them and we sent pictures of us. They wrote us letters and my children wrote back. We sent small gifts and they sent small gifts that reflected their culture. We learned about their religious and national holidays and they learned about ours. Although my children considered themselves poor, as compared to most of the other children in their school, they learned how well off they really were.

My children now have babies of their own, but each still remembers that special friendship. There are many organizations that offer one-on-one support for children in other countries, but I advise that you research them well before making a choice.

We live in a toxic, polluted world. Processed food, tap water, drugs, chemicals, preservatives, and pesticides plague the average American. Genetically modified foods, irradiated foods, and sprayed foods are part of the typical American diet—part of the reason why more people, including children, are sicker than they have ever been. We are constantly bombarded with electromagnetic stress from using computers, cell phones, and microwaves. We also create toxicity with negative thinking and incredible amounts of stress.

There is no doubt that all of these things contribute to poor health, but negative emotions and negative thoughts actually do more harm than all of these others pollutants combined. Thoughts create and manifest things. Positive thoughts bring in the good and negative thoughts attract less desirable things. When emotions stir up anger and fear, you will feel it in your gut and chest. Have you ever been so stressed, anxious, or nervous that you created loose bowels? This is a prime example of what gut wrenching fear can do to a person.

Since there is so much toxicity in the world, and it's on the increase, what is the message in this for us? Where is the positive side to this negative state? Anytime you have a challenge in your life, it is an opportunity to transform and heal something within you. It is an opportunity to move forward into a higher state of consciousness and well-being. Many times the way we transform ourselves is to go into the eye of the turbulent storm, face our greatest fears, and move through them.

When we have a breakthrough and are able to release the emotional "stuff" we've buried deep inside, we are able to transform, heal, and reach our true potential.

To heal emotional stuff, we must first recognize and acknowledge that we have these issues. This in itself can be very challenging because many times we've buried these emotions so deeply that we're not consciously aware they are causing us problems. Many people can't think clearly or acknowledge there is a problem because they are so toxic from eating a mostly cooked food diet filled with processed and junk foods. Changing your diet can be of a huge benefit to clearing out the garbage so you can begin to think clearer and recognize the things that are causing you stress.

When you're ready to detoxify and heal, a diet of organic raw and living foods is a great place to start. These foods help to pull the toxins out of the tissues and as a result, the toxic emotions are able to come up to the surface and be cleared. Cleansing the colon is important in this process, as well. Ridding the body of old, impacted waste, mucoid plaque, and parasites will not only make you feel lighter, it will lighten your emotional load, too.

Staying positive and expecting wonderful things to happen every moment of your life sets up the environment for you to attract what you really want. Giving thanks for the opportunity to learn and grow, as well as realizing that life is magnificent if you make it so, are two of the greatest gifts you can give yourself!

Eating good, nutritious, organic, raw, and living foods will help your state of mind and your health. Only you are responsible for your state of health and well-being. When you take responsibility for your actions and make good choices with your diet and lifestyle habits, you will experience the rewards. It may take a lot of effort to do the right thing, but you're worth it!

*Brenda Cobb is author of The Living Foods Lifestyle®, available at Life Grocery at a 20% discount. She is Founder of the Living Foods Institute, featuring a 10-Day program to help people detoxify and rebuild their bodies naturally with organic raw and living foods and heal the emotions and stress behind all illnesses and symptoms. There will be a FREE banquet feast and the testimonies from the students who have completed the 10-Day Healthy Lifestyle Course on Sunday, October 14 and November 11, at 3:30 pm. There will be a FREE educational seminar on Monday, October 15 and November 12 at 7:00 pm. There will be a Healthy Holiday Recipe Workshop on Nov. 18. Mention Life Grocery and get half price on your tuition and bring a friend for free! Scholarship assistance is available for the 10-Day Course. Please visit the website at [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com) or call 404-524-4488.*

## Quick & Easy Recipes for Better Health

By Dr. Brenda Cobb

### Remember to always use **ORGANIC** ingredients!

#### Italian Cucumber Arugula Salad

2 c arugula greens  
¼ c fresh basil leaves  
¼ c fresh oregano leaves  
1 c cucumbers  
¼ c lemon juice  
2 T cold pressed olive oil

- Peel the cucumbers and chop into cubes.
- Blend oregano, basil, olive oil, lemon juice, sea salt in Vita-Mix until creamy.
- Toss the cucumbers and arugula with the dressing and feast!

#### Cucumber Green Smoothie

½ apple, seeded  
1 cucumber, peeled  
½ c fresh dill  
1 handful sunflower sprouts  
½ avocado  
2 cups assorted baby greens  
1 t powdered kelp  
4 c water

- Blend all ingredients in Vita-Mix until creamy.

#### Raw Vegetable Soup

**Soup Base**  
1 red, yellow, or orange bell pepper  
6 very ripe roma tomatoes  
1 stalk celery  
1 c water  
1 t Celtic sea salt  
2 t dried oregano  
pinch cayenne pepper

- Blend all the ingredients in the Vita-Mix until creamy.
- Remove and put in a bowl.

#### Chunky Vegetables

2 roma tomatoes, chopped  
½ c celery, chopped  
½ c red pepper, chopped  
½ c zucchini or yellow squash, chopped

- Chop the vegetables into small bite-size pieces.
- Combine the chopped vegetables with the soup base and enjoy.

# Winter Life Fest

## Saturday

### 12/8/07

### 12-4 pm

members receive

## 10% off

all in-stock purchases

all day

9 am-8 pm

# I Dreamed of Organic Gardening

By Betty Bearden

Lazy summer days make it tough for some of us to grow and maintain an organic garden. Finding the time and energy to keep those pesky insects from attacking our tender veggies without the use of harmful pesticides may seem a daunting task for some, I know it certainly is for me. But why would you want to approach it any other way? I love having fresh veggies, especially tomatoes. There is nothing quite like a fresh, home-grown tomato.

I would like to share with you some helpful hints without getting too technical or boring on the wonderful subject of organic gardening. A major hint for growing an organic garden and enjoying the fruits of your labor year round will be revealed to you at the end of this article. Don't cheat! But for now, it's been a long day, and I am exhausted from working in the garden, for the most part of it. Sleep would be so good right about now, but I will try not to drift off before finishing this article. As I was saying, it is completely possible to grow a beautiful, healthy, organic garden without the use of harmful pesticides, and with the help of a few companions it would be much easier. Friends...

Friends to help me in the garden . . . yes, friends. Oh, if only I weren't so tired! Let's see, where were we? I could have Wally tilling up the soil, Linda blasting the pesky insects with a water hose, Steven building a moat around the raised bed castle, and Brenda floating down upon a dragonfly, spreading the lime like stardust...

Evening has fallen and someone is threatening our tomatoes. It's the lowly Baron Nematode, the root-knotter! Baron Nematode, that wiggly little worm, is trying to get to the root of our luscious tomatoes, and will surely wreak havoc upon the harmony within our organic kingdom.

Gallop quickly toward him is the evil Lord Sevin who has come to swiftly cut him down with his poison. Lord Sevin will kill Baron Nematode, but he will also make us sick, as well. He can pollute the water in the moat around the raised bed castle, making all the birds that drink from it, as well as all the good insects in the kingdom, very sick. Not to mention the precious dogs that live within our kingdom who graze on the grass around the moat.

Raising his hand, Lord Sevin takes aim to spread his pollution as the tomatoes shiver with fright and rattle their gilded cages. "Save us, please-someone save us. We had rather be limed than slimed!"

Out of nowhere, Queen Marigold and King Nasturtium show up and plant themselves firmly into the soil. "Eat my dust, Sevin!" cried King Nasturtium, "You are not welcome here! Be gone from this place."

Crying out from beneath the soil, Baron Nematode begs Queen Marigold to spare his life. "I am here to protect my subjects from you, you little parasite. No mercy for you! Be gone!" she cried.

Every root-knotter nematode within the territory ran for the hills, because they knew they could not do battle against the powerful root protecting properties Queen Marigold and King Nasturtium held within themselves.

Rushing in to assist the King and Queen was Princess Dawn and her constant companions Garlic and Hot Red Pepper. "We got together and mixed it up to protect all the subjects who dwell above the soil," she said. "By spritzing our contents, in a very lady-like manner, of course, on all the little veggies, no pesky bug, slug, or thug will stand a chance! Especially due to the odiferous nature of Miss Garlic, here." Garlic reared her platinum head and shot Princess Dawn a rather nasty look. "You know I don't mean any disrespect to you Miss Garlic, but after all, you *do* smell, cute as you are, and Red Pepper, well, not too many will give you a second chance after they have one big bite of you!" said Princess Dawn. "So I say, let's celebrate, the

subjects are safe, and will be organically sound to be eaten when the time comes." Looking around, she heard the sound of a cage rattling in the background. "Oh dear," she said, "Oh dear, *dear*." And with a spritz, she was off...

Yes? Oh, my goodness, I must have temporarily dozed off. Sorry! Back to the discussion at hand. Companion planting and using plants that naturally deter pests is the way to go. Also helpful is mixing up a concoction of detergent, hot pepper, and garlic and spraying it on your veggies. Most pests will not like this at all! Anyway, if you will go back and find the first letter of each paragraph of this article, you will have found the hint for the best place to find not only fresh, organic vegetables and fruits year round, but also a wealth of written information on the subject of how you can grow your own organic garden. Sweet dreams!

## Tofu Joes with Brown Rice

1 container of extra-firm tofu

1 large onion, diced

1 can of your favorite canned Sloppy Joe sauce

1 can of diced tomatoes, 14.5 oz.

- Open tofu and drain in colander for about 10 minutes.
- Cut the tofu into bite-sized cubes and sauté in oil until golden brown for about 5 minutes.
- Add onion to tofu and sauté for about 3-4 minutes longer.
- Carefully add Sloppy Joe sauce and canned tomatoes. Turn flame to medium setting.
- Simmer for about 20 minutes, stirring frequently. This will allow the sugars in the tomatoes to caramelize and slightly thicken.

Now, how easy is that?

## Brown Rice

1 c of brown rice

2¼ c of water or vegetable broth/stock

- Place water or vegetable broth/stock into heavy stock pan and bring to boil.
- Add rice and stir.
- Turn flame to lowest setting and cover the rice.
- Simmer undisturbed for 40 minutes. Remove from burner and let sit undisturbed for five more minutes.

Now, that is how to cook perfect rice every single time! Serve by slathering mayonnaise on a whole wheat bun, top with a generous heaping of rice, an equally generous helping of Sloppy Joes, and there you have it. There is nothing sloppy about these Joes!

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

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

# Classifieds

**PART-TIME HELP WANTED AT LIFE GROCERY AND CAFÉ LIFE.** Applications being accepted for customer-service oriented individuals. Shifts include days, nights, and weekends. Reliable transportation required. Experience and flexible availability a plus. Apply at Life Grocery or call 770-977-9583, ext. 216.

**HEALTH INSURANCE FOR HEALTHY PEOPLE** for catastrophic coverage. Established company; \$3,000 deductible; \$6,000 total out of pocket. Example: 57-year female premium is \$173.00/mo. Agent's contact information from [KayLBird@msn.com](mailto:KayLBird@msn.com).

**HEALTHY HOME PAINTING WITH LOW ODOR PAINT.** Complete interior painting, faux finishing, cabinet refinishing. Complete exterior painting, pressure washing, and mildew control. Khalsa Quality Painting, serving Atlanta since 1978. 770-998-0363.

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*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.*

## Café Life

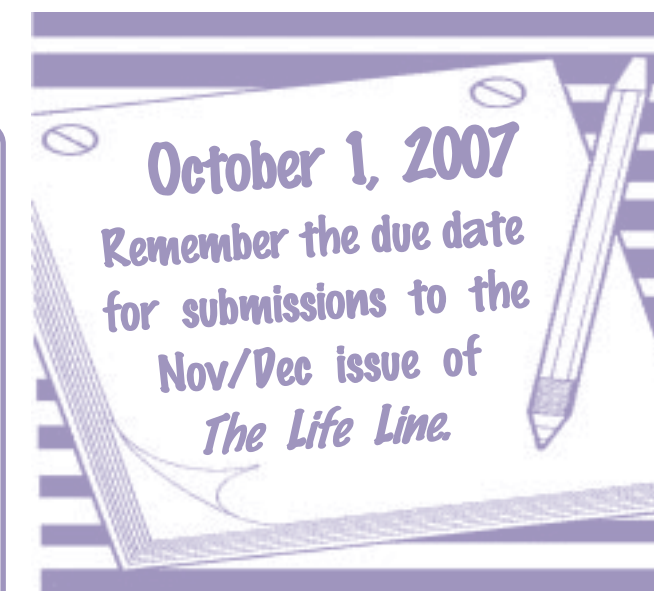
### Your Organic Eatery

*Healthy Wholesome & Healing*

**Monday-Saturday  
11:00 am to 7:30 pm**

*hot bar closes at 7 pm*

**Sunday  
12:00-5:00 pm**



# October is Celiac Awareness Month

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

If you or someone you know is dealing with Celiac Disease or Gluten Intolerance, and you would like to do something to help spread the word, October is the perfect month to do something about it! Celiac is not a dirty word or nasty disease of which to be ashamed. As long as we have access to multiple choices for safe gluten free (and good tasting) food, most of us end up being healthier than the general population. Thank goodness for Life Grocery for providing such an extensive (and growing) selection of great gluten free food choices.

What is Celiac Disease? Celiac is an autoimmune-based digestive disorder. It can appear at any age from infancy to the late eighties or so. The symptoms vary in individuals and no two people ever manifest with the exact same symptoms. This makes Celiac disease very difficult to diagnose (if you are held to Traditional Western Medical Standards). When a person affected by Celiac eats food containing gluten, a common protein found in certain cereal grains, antibodies that are normally used by the body to fight disease, attack the lining of the small intestine and cause damage. This causes the inability of the body to absorb vitamins and nutrients and thus causes malnutrition. As I said before, symptoms vary and can often be misdiagnosed as numerous other ailments.

## How to Diagnose Celiac Disease

If you suspect you or someone you love may have Celiac, you could go see a gastroenterologist and have very specific blood tests for Celiac done. These specific tests are Anti-Gliadin (AGA) IgA, Anti-Gliadin (AGA) IgG, Anti-Endomysial (EMA) IgA, Anti-Tissue Transglutaminase (tTG) IgA, and Total Serum IgA. Depending on the lab that reads the results, as well as many other factors, the blood tests can yield a false negative, but never ever a false positive. So, simply put, if it's positive, it's definitely positive, but if it's negative, it doesn't necessarily mean that it's really negative. If your doctor suspects you have Celiac, he or she may send you off to have a biopsy of the villi of the small intestine. This was (and still is by many) considered to be the Gold Standard of diagnosis. Unfortunately, there is also a chance of a false negative result if the doctor doesn't take enough samples or if the villi are only in the beginning stages of showing damage.

So, if those very specific tests can yield false negative results what else can you do? If you still suspect

that you have Celiac, you can simply remove ALL gluten from your diet for several weeks and monitor your symptoms to see if they improve. After a while, if you want, you can slowly reintroduce gluten into your diet, one food at a time, and see if you have any reactions.

If you are gluten intolerant, you should start to see improvement in your symptoms on a gluten free diet within several weeks, but if the damage is severe, it may take several years on a gluten free diet to truly get your health back. I suggest that if you are considering changing your diet without a firm diagnosis, at least consult with a registered dietitian to make sure you are getting all the nutrition your body needs to heal.

How can we spread awareness for Celiac? There are many ways. Call food manufacturers and ask them about the gluten free status of their products. Call restaurants and ask them if they provide a gluten free menu. If they don't, offer to put them in contact with the local Celiac Support Groups in order to work toward providing safe menu choices for gluten intolerant individuals. There are so many ways to spread awareness to ensure that Celiac is no longer considered to be rare and that there are more safe food options out there. I'm doing my part by writing these articles; what can you do to raise awareness for Celiac?

## Artichoke Salsa

*A unique twist on traditional salsa*

1 6.5 ounce jar of marinated mushrooms, drained and chopped  
3 fresh tomatoes, chopped  
2 T red onions, chopped  
¼ c black olives, chopped  
1 T fresh garlic, chopped  
2 T fresh basil, chopped  
salt and pepper to taste

- In a medium bowl, mix the artichoke hearts, tomatoes, onion, olives, garlic, salt, and pepper.
- Serve chilled or at room temperature with tortilla chips.

## Baked Chicken Supreme

1 frying chicken (about 1½ lbs), skinned  
1 green pepper, cut into strips  
1 clove garlic, pressed  
¼ c scallions, chopped

1 c gluten free chicken stock  
1 t tarragon  
½ c margarine or butter  
2 tomatoes, cut into wedges  
1 t paprika  
1 t salt

- In ¼ cup of butter, brown chicken on both sides with garlic and paprika. Remove from pan.
- Add rest of butter and sauté mushrooms, onions, and green peppers.
- Return chicken to pan. Add chicken stock, tarragon, tomatoes, and salt.
- Simmer for one hour or until chicken is tender.
- Serve over rice.

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

## Cafe Life Caters

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

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

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

**Save Money with a Life Grocery Membership Only \$5 per year per adult!**

**Seniors (62 and over with appropriate ID) and College Students (with appropriate ID) receive 10% off all Store and Café purchases on Mondays, Tuesdays, and Wednesdays.**

**All members receive 5% off all Store and Café purchases on Thursdays and Fridays.**

## Almond Update

The new federal regulation requiring all almonds grown in California to be sterilized with various "pasteurization" techniques, went into effect on September 1, 2007. The rule requires all almonds to undergo a sterilization process that includes chemical and/or high-temperature treatments. The only exemption to these new regulations will be organic "raw" almonds that will not be fumigated, but will undergo the steam-heat treatment. The new rule also creates deceptive labeling. Almonds that have been roasted or blanched will be labeled "raw," despite having undergone sterilization treatments. Consumers who purchase "raw" almonds may think that those almonds are natural and unprocessed.

Be assured that Life Grocery will not label almonds that have been exposed to heat as "raw." We have identified new sources outside of California that will supply us with raw almonds that have not been treated with steam, heat, or chemicals.

## Café Revitalization

We are in the process of revitalizing our café and would love your input as to what would increase your enjoyment of our food and patronage of the café.

Please take a few moments to fill out the questionnaire that is available in the store and café. To show our appreciation, when you return the completed questionnaire to customer service (in the store), you will receive a \$3.00 coupon that can be used towards any café purchase. (Limited to one per customer.)

We are committed to making our customer experience better and will carefully review and consider all the information and feedback you are willing to give us. THANKS!



# LIFE GROCERY

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*Sept/Oct 2007*

*Two Months of Super Savings*

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Aged Garlic Extract™

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*Power Sours . . . . . \$9.99*

*Omegalicious . . . . . \$16.99*

*30 single serve packets*

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**Organic Soymilk**

- Unsweetened
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32 oz **\$1.79**

**Glenny's** **Glenny's Organic Crisps**

- White Cheddar
- Creamy Ranch
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3.5 oz **\$1.99**

**Z sweet**

**Organic Sweetener**

21 oz **\$17.49**

**Wisdom of Ancients Herbal Teas**

**Instant Tea**

2.82-4 oz . . . **\$5.99**

**Bagged Tea**

25 bags . . . . . **\$3.99**

**FRENCH MEADOW BAKERY**

**Rye Bread YF, SF 16 oz**

. . . . . **\$2.89**

**Hemp Rolls 16 oz . . \$3.69**

**Cheese Cake 30 oz . \$11.29**

**natracare healthier by nature**

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50 ct **\$4.79**

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assorted flavors

8.3 oz **79¢**

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**Gluten Free Vanilla Cake Mix**

21 oz . . . . . **\$4.69**

**Frosting**

12-13 oz . . . . . **\$3.99**

**ZENSOY**

**Pudding Packs**

assorted flavors

4/4 oz **\$2.99**

**Black Licorice Bar**

**Natural Licorice Chews**

- Black
- Black with Herbs
- Raspberry

7 oz **\$1.99**

# TWINLAB

- **Daily One with Iron**  
90 caps ..... \$18.99
- **Stress B Complex**  
100 caps ..... \$13.99
- **Quercetin + C**  
100 caps ..... \$21.99

# EnzymaticTherapy<sup>®</sup>

NATURAL MEDICINES<sup>®</sup>

- **Esberitox**  
100 tabs ..... \$12.99
- **Esberitox**  
200 tabs ..... \$21.99
- **Acidophilus Pearls**  
30's ..... \$11.99
- **Acidophilus Pearls**  
90's ..... \$28.99

# RENEW LIFE

The Digestive Care Company

- **First Cleanse**  
kit ..... \$18.99
- **CleanseSmart**  
kit ..... \$24.99
- **Candigone**  
kit ..... \$25.99

# HEALTH FROM THE SUN

- **Sprouted FiProFlax**  
16 oz ..... \$9.99
- **Flax Oil Lignan Gold**  
16 oz ..... \$12.99
- **Total EFA**  
16 oz ..... \$17.99

# Jarrow FORMULAS

- **Rice Protein**  
1 lb ..... \$9.99
- **Pain Relief**  
60 caps ..... \$18.99
- **Jarro-Dophilus EPS**  
60 vcaps ..... \$13.99
- **Jarro-Dophilus EPS**  
120 vcaps. ... \$27.99

# NEW CHAPTER

- Bone Strength Take Care**  
Whole Food Living Calcium Supplement
- 30 tabs ..... \$14.99
  - 60 tabs ..... \$26.99
  - 120 tabs ..... \$44.99



**All Ribbon Nutrition Products**  
**25% off**



**All Green Vibrance Products**  
**15% off**



**All Source Naturals Products**  
**30% off**



**All Stevia Products**  
**20% off**



# Goji 100

32 oz

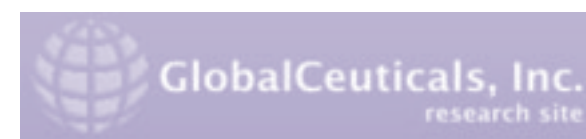
**\$29.99**



# Omega 3

120 softgels

**\$19.99**



# Master Detox

**\$25.99**



# All Oral Care Products

**20% off**



# All Aubrey Products

**15% off**