Another Brand New Year in Which to Start Over

By Betsy Bearden

Somebody stick me with a fork, because I am done! Ughgh. Do you remember those egg-shaped chairs that hung from the ceiling back in the ’60s and early ’70s? How about the ones that sat atop a steel pedestal? I am thinking my body shape could meld into one of those right about now, but I am literally afraid for the ceiling, as it may crash in around me, or either the chair would tip over if I lean too far to the right for the potato chips and TV remote. Okay, it’s seriously not that bad, but that is exactly the way I feel after the holiday eating binge I have been on since Halloween! It all started with the chocolate!

Someone tells me, how does one gain 15 pounds from October to January? Maybe it’s all water weight? Ha. I doubt it. Why isn’t that easy to lose 15 pounds from January to March? I know what to do: eat less; exercise more. Now, that’s a novel idea, isn’t it? No pun intended, but I do think I will write a book about it. Oh wait—that’s been done. I think I will write a book on the importance of exercise and proper nutrition. Oh wait—that’s been done; how about counting calories: done; how about…done! Well, now what?

If it were as easy as picking up an exercise book and following it to the letter, there would be no overweight or unhealthy people in the world. There are far more overweight and unhealthy people now, than ever before. The statistics are staggering when you stop to think of the unusual rise in diabetes among young adults, heart disease in women, autoimmune* (covers over 80 different illnesses), high cholesterol, even thyroid disease which pretty much knocks out your metabolism, especially if you have hypothyroidism, such as I do. Why are so many so unhealthy?

Is it just me, or am I the only one asking why we have never heard of many of the illnesses and diseases we hear about today? I have been around for a long time, and so has my mother (who will be 88 this June) and we have this discussion on a regular basis. Mama is convinced that it simply comes down to the kind of food products being manufactured today, and that we have gotten away from eating healthy, fresh fruits and vegetables like her mother fed her, and she fed me, until the fast food chains started popping up on every street corner, beginning with my generation. But it does go beyond that with the hormones and antibiotics we find in non-organic dairy products and other foods, but that can be something to discuss at a later date.

Anyway, I have to agree. I am convinced that it’s from eating too much prepackaged food products with all sorts of unhealthy additives such as high fructose corn syrup, sodium, genetically altered fruits and vegetables, and fast food. These things have escalated since I was a teenager to the point that many people eat three square meals a day at fast food restaurants, or, for convenience sake, stock up on prefab frozen dinners and eat them on a regular basis. Just to be fair, it is possible to eat out, buy frozen dinners, and prepackaged foods as long as we make healthy choices in doing so. Again, if it were really that easy, we would all be doing it, right?

It’s not just bad food choices. Of course, we have to also remember to put that TV remote down, put those potato chips away, and get our bodies moving with the best-suited exercise for us as individuals. For me, I like to walk and I love to dance. Dancing is a great way to work your body, and to lift your mood, as well. Steven and I like to walk and while we walk, we listen to music. I have my favorites programmed in, and being a child of the ’70s, I love anything with ripping guitars and long drum solos. A lot of great musicians have provided us incredible music throughout the years, and I will warn you now: if you are walking next to me when I hear “Play That Funky Music,” “Jingo,” “Oye Como Va,” or “Love Shack,” I will break out and dance right along side you on the track! But I digress—losing weight can get easier once you get your mind set on becoming healthier by making wiser food choices, and taking the extra time to get that body moving in an effort to make it stronger and healthier. This is especially crucial as we age because it increases our coordination, mental status, and bone density.

Speaking of dancing: you may have noticed I have danced all around what the title of this article insinuates: New Year’s Resolutions. I will try (and I know dear Yoda from “Star Wars” said, “There is no try!”) and simply do better. The first step is buying organic and local (Life Grocery carries local whenever possible). Life Grocery also sells pre-packaged and frozen foods, that are actually healthier than those in the regular grocery section. Life Grocery has an organic fruit and produce section and plenty of organic dairy products. Some of the dairy is even vegan (contains no animal products whatsoever!)

All sorts of yummy, delicious, nutritious, organic, and vegan items are freshly prepared daily at Café Life inside Life Grocery. You may order from the menu or chose from the organic raw food/salad bar or grab and go coolers in the store. Fresh organic juices and smoothies are prepared to order in the Café; fresh organic pastries and breads are baked from scratch, as well. Café offerings are sure to fill you up without filling you out.

All in all, we have to do what works best for us, and we need to find something we can stick with for the long haul. Doing nothing is just not an option. Now, I will get started on what works best for me right away, but only after I can find a crowbar to pry myself out of this egg-shaped chair…
Jump into a Joyous January

By Dr. Susan Esposito, B.S., D.C., DACNB, FACFN, FABES

January is traditionally regarded as the month of renewal as we once again open the first page of our new year. It’s often chosen, therefore, as the perfect time for the annual dedication to a culinary or health “do-over,” when we once again dedicate ourselves to an austere regimen of exercise and diet in an attempt to reacquire the energy or physical prowess of our youth (or capture it for the first time).

While contemplating foods for inclusion for your annual recommitment to health and vitality, I’d like to suggest some options that will not only improve your physical health, but also elevate your happiness quotient. Rather than experiencing a sense of hope and excitement at the dawning of a new year, some experience a sense of depression. This feeling can be attributed to the fact that we are now mid-winter, with its accompanying shorter days and diminishment of sunshine; with the relative let-down that can be experienced on the heels of a full and exciting holiday season, particularly one that has included feasting and celebrating with its practically obligatory food and beverage choices being less than optimum in respect to health.

Let’s start off 2012 in a happy joyous manner! Foods that we consume have a large effect on our mood by affecting the blood chemistry that determines our brain function and sense of well-being. Erroneously, many people attempt to eat their way to euphoria by eating the “instant joy” foods like ice cream, donuts, cookies, and wine. These sugary treats make us temporarily feel uplifted because it temporarily boosts our mood by affecting the blood chemistry that determines our mood.

Fatty fish such as salmon are the best sources of omega-3 fatty acids (just make sure that they are wild and not farm-raised for high omega-3 content), but you can also find them in flaxseed, walnuts, and soybean oil. Other foods rich in vitamin D include fortified orange juice, fortified milk, sardines, and Swiss cheese. Green tea seems to provide a subtle mood lift without all the problems of typical stimulants. Just make sure you’re getting decaffeinated green tea, and check your source to make sure it doesn’t suffer from fluoride contamination (some green tea products grown in certain countries have been known to carry a lot of fluoride).

Adaptogenic herbs are reported to be good at helping your nervous system handle stress. This can often translate into an easier day and improved moods. Adaptogens include ginseng, ashwaganda, rhodiola, cordyceps mushroom, and many others.

Amino acid tryptophan is well known for helping to stabilize mood and promote healthy, restful sleep. Tryptophan is a precursor to the production of serotonin, which can be derived from the consumption of eggs, nuts, sesame seeds, pumpkin seeds, toba, and fish.

The best way to get your daily dosage of vitamin D is through a combination of food and sun exposure. Dr. Oz recommends looking for vitamin D fortified mushrooms. Other foods rich in vitamin D include fortified orange juice, fortified milk, sardines, and Swiss cheese.

Dr. Mehmet Oz

Dr. Susan Esposito is a nutritional adviser, chiropractor, functional neurologist and mother of three children. If you have a question for Dr. Susan, you may e-mail her at susanesposito@gmail.com. Please remember that not all questions can be answered in this newsletter.

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One of the most common issues people are facing today is with their digestion. They often ask me what they can take for their digestive problems when the symptoms flair up. Some of the most common symptoms include one or more of the following: gas, bloating, diarrhea, constipation, or acid reflux (GERD).

The older we get the less digestive enzymes we produce, so it is vital to eat more raw fruits and vegetables as we get older to replace the enzymes we need to digest our foods. I would suggest that you eat at least one raw food at every meal. That could be a piece of fruit, a salad, or a raw vegetable. Water is vital to the digestive system. I suggest at least eight glasses of pure, high quality water a day. The two best, high quality waters are distilled and reverse osmosis. Any good filtered water will be better than tap water.

Many people think that GERD is a result of too much stomach acid, when the fact of the matter is that they have too little stomach acid. When you have normal amounts of stomach acid, the food you eat is broken down relatively quickly then it passes into your small intestine. When you don’t produce the proper amounts of stomach acid, the food sits in your colon and is not broken down properly. When this happens, it creates several toxins, including lactic acid. Much of what is “refluxed” is lactic acid. By increasing your production of stomach acid, the food will be broken down and digested properly without the reflux.

The other thing I find with those who suffer from GERD, is that their stomach muscle is in spasm and pushing up against their diaphragm. There is an adjustment that I do to pull the stomach away from the diaphragm and massage it to get it to come out of spasm. I also check the nerve supply coming from the spine to the stomach to make sure the brain is telling the stomach how to properly do its job.

If you are eating a good diet and are still having digestive problems including improper bowel function, the problem might be with your nervous system. The nerves going from the spine to the digestive system may be pinched. They need to be unpinched so the messages can get from your brain to your digestive system.

Another thing we need to look at is your inability to produce digestive enzymes; we might need to recommend some specific enzymes or other natural remedy to help the digestive process.

Here are a few suggestions for natural digestive relief:

1. Raw-potato juice: Rinse off a potato and toss it, with the peel still on, into a juicer. Drink the juice immediately.
2. Fresh papaya: At the first sign of heartburn, try eating some fresh papaya WITH the seeds. There are enzymes in the tropical fruit that help break down food. You can also keep a bottle of papaya tablets around to accomplish the same thing.
3. Fresh pineapple: Like papaya, pineapple is packed with an enzyme that aids in digestion by helping to break down food.
4. Apple Cider Vinegar: If you know you’re going to overindulge or that a particular food is likely to cause heartburn, fix yourself a vinegar tonic by mixing a tablespoon of raw, organic apple-cider vinegar into a glass of water to sip during your meal.
5. Fennel seed: Grab the fennel seeds off of your spice rack and mix two tablespoons into a cup of boiling water. Let the mixture steep for several minutes to make a tea to sip on.
6. Rhubarb: Slice off a piece of rhubarb stalk and chew on it for a few minutes. It will be sour, but many swear by its ability to soothe the burn.
7. Anise seed: Visit your spice rack again and grab a few anise seeds to chew on.
8. Fresh parsley: Don’t toss out that parsley garnish at the end of the meal. Nibble on the fresh sprig to relieve indigestion.
9. Aloe Vera Juice: You can buy aloe vera juice online or at your local natural-food store. You can even grow the aloe vera plant. If you’re diabetic, however, be careful with aloe vera juice as it may lower your blood-sugar levels.
10. Peppermint: You can grow your own peppermint or pick it up at the grocery store. Chew on the fresh leaves at the first hint of heartburn. Natural peppermint tea works, too.

Dr. Joe Esposito is a chiropractor, the author of “Eating Right For The Health Of It!,” the syndicated radio show host of HEALTH TALK ATLANTA and the director of Health Plus Wellness Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, call 770-427-7387. You can also check out Dr. Joe’s website www.DrJoeEsposito.com. Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!
I have a confession to make. I have a serious addiction to bargain hunting, particularly at Life Grocery. I have been shopping at Life Grocery for just over twelve years. It would have been longer, but there was this little thing called distance between us since I was previously residing in another state. Actually, I still live a bit of a distance away, about 45 minutes at times of light traffic, so to save on both time and gas, I usually only shop one day a week. Thursdays—one of the best days to shop!

Although I am all for getting the best price on just about everything I buy, I do not like to drive any more than I must and I also believe in that old axiom: you get what you pay for. So, just what could be better than having high quality items on sale at one location? Oh, that would be having Life Grocery’s high quality items on sale with coupons and a membership discount on Thursdays and Fridays too. I get a little giddy just thinking about it! I am so into this saving thing that I prepare my shopping list the day before. I look online at Co-op Deals and Natural Connection sales flyers to see what is on sale. If I have the current coupon book, I make sure that I have plenty of coupons for the items I would like to buy, cut them out, and organize them. I bought a small photo album to slide my coupons into so that I not only can see them by flipping the pages, but can easily slide them out too.

Coupon booklets are conveniently placed at the front of the store, but you may be in a bit of a hurry some days and just do not have time to mess with tearing out coupons. It has happened to me one time or two when the new books come out, but then I can hyperventilate at just the thought of spending even one dollar extra. (Hey, these are hard times and I am pinching those pennies so hard that you can see a bit of copper on my fingertips.) Thankfully, Life Grocery has been placing some of those coupons right next to the items they cover on the shelves. How convenient is that? You just have no excuse for missing the opportunity to grab one and save at checkout!

I have another secret too. I find the very best way to save money is to buy in quantity when there is a sale. How convenient is that? You just have no excuse for missing the opportunity to grab one and save at checkout!

In August, large jars of peanut butter had a combined savings of $3.90 for each, a savings of 42%, having heard the warnings about peanut butter prices being likely to rise due to poor crops this year and knowing how my family loves the stuff, I bought a lot. I like baking my own cookies, but mini-sandwich cookies are nice to have on hand for visiting children, so I got some at $2.00 off with the combined savings. November is the month of copper on my fingertips. (Thankfully, Life Grocery has been placing some of those coupons right next to the items they cover on the shelves. How convenient is that? You just have no excuse for missing the opportunity to grab one and save at checkout!)

In March, I found some varieties of soup for just $1.49 per can and some others at less than $1.00 per can with the combined savings. Wow! In February, frozen French fries were $1.50 per bag. One favorite pasta sauce was $1.50 per jar—that was 70% off—with the combined savings. Now I could make my own pasta sauce, but what a price!

In January, I found my daughter’s favorite soup priced then at $4.09 for just $1.39 a can with the combined savings. Lemonade was under $1.00 quart! Now I eagerly look each week at the list of Life Savers Members Only Specials that are really great deals also. There were many other very good deals in the past year, but I wanted to just share my best buys to show that you can save like this too!

As I look back on my journal of best bargains in 2011, I feel very good about the choices I have made. Not only have we saved money, but we have enough food in storage for an emergency situation, and that is always a good practice. I am thinking that I will save all my Life Grocery receipts in a special place and tally up how much I have saved through this year. Then maybe I will be writing an article next year about my 2012 total savings.

Linda Townsend is a freelance writer of health-related issues and can be contacted at celia@bellsouth.net.

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In May, I bought canned beans for nearly half-off.

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By Linda Townsend
Fighting Pain — The Smart Way

By Terry Lemerond

Let’s say you’re in pain after going for a 5-mile run, or working in the yard, or even just pulling a muscle reaching for a book on the tallest shelf. If you’re like most people, you’ll probably take an aspirin or an ibuprofen or some other over-the-counter painkiller. Even if you’ve heard that they can be bad for your stomach lining, and possibly cause serious damage to your heart or liver, you might wonder, “What else am I supposed to do?”

Well, I can tell you that there is a smarter way of relieving pain that doesn’t put your health at risk. One of the things to remember is that nature usually has an answer for many of our needs.

And if you want to deal with pain and inflammation, one of the best natural compounds you can use is curcumin from turmeric (Curcuma longa). Curcumin has been long recognized (think Ayurvedic medicine) as a valuable component of turmeric. If you grew up with curry as a big part of your diet, you probably got plenty of curcumin in your system. Over time, it protected your brain cells, prevented free-radical damage, and reduced inflammation. But that curcumin was not very concentrated, because it is very difficult for the body to absorb. Nonetheless, curcumin has always attracted natural practitioners as a potential therapeutic nutrient. In more recent times, there have been many attempts to make this component of turmeric easier to use.

Many manufacturers standardize their extracts to 95% curcumin, but unfortunately, that alone isn’t very effective. Other extracts that blend curcumin with piperine—it interacts poorly with most medications and can have very negative effects on the liver—should be avoided. Instead, go with a micronized curcumin extract that is re-blended with the essential oil of turmeric for up to 10 times the absorption and blood retention of standard 95% curcumin extracts. Then, combine it with a boswellia (Boswellia serrata) extract that screens out much of the beta-boswellic acid, which can potentially promote, rather than block, inflammatory compounds. Plus, make sure this boswellia includes acetyl-11-keto-beta-boswellic acid (AKBA)—to really boost the effectiveness of the extract.

Don’t just reduce pain—feel better, too!

Along with those botanical powerhouses, effective pain relief requires an amino acid combination called DLPA (L-phenylalanine). The "D" form inhibits the breakdown of enkephalins which are related to endorphins and are associated with positive mood, plus it relieves muscle pain. The "L" form improves mood-elevating chemicals in the brain, such as dopamine, serotonin, and norepinephrine. So it helps reduce pain and improves mood—which is just as important to well-being and healing. Last, but certainly not least, include nattokinase in the mix. This enzyme extract from soy helps promote blood flow so that other compounds that are carried in the bloodstream (such as curcumin, boswellia, and pain-killing endorphins) can reach the areas where they are needed the most. It supports balanced fibrinogen too, a compound associated with muscle damage and muscle fiber stiffness. Curcumin, a very effective formula for pain and inflammation, contains all of these ingredients and is sold at Life Grocery.

Don’t keep reaching for the same old over-the-counter remedy that may give you more than you bargained for. Get relief naturally, safely, and effectively, with natural ingredients that stop the pain fast!

References:
Terry Lemerond is a natural health pioneer with over 40 years of experience. He has owned health food stores, founded dietary supplement companies, and formulated over 400 products. Terry was the first to introduce glucosamine sulfate, IP-6, standardized Ginkgo biloba, and the concept of botanical standardization to the U.S. health food market. Terry is a published author and appears on radio, television, and is a frequent guest speaker. Find out more at www.terrytalksnutrition.com.
Dental Care

By Dr. Kimberly Strickland, ND

So what do you do when you go to the dentist and your child has a cavity? You don’t feed your child sugar or juice. The dentist finds that hard to believe. What kind of toothpaste do you use they ask? I see you have not had the fluoride treatment. That must be the problem and you have not had the molars sealed. The tooth with a cavity is not a molar that would have been sealed anyway. The dentist tells you it needs to be filled and there are no more options.

Is that really true? It is possible for the body to heal itself of cancer, create seabs, grow new hair and fingernails, heal bronchitis, the flu, and the chicken pox but not to heal a tooth? Really? I have another perspective on this. I believe that it is possible for the body to create healthy enamel given some help. First, the bacteria that create cavities must be removed from the mouth. How do you do that?

1. Be Positive. Every thought you think and every word you speak manifests something in your life. You create everything in and around you with your thoughts.

2. Learn which foods are best for good health. Make wise decisions and eat for real nourishment. Organic raw and living (sprouted) foods are full of living enzymes, vitamins, and minerals, without chemicals, additives, or preservatives. These foods cleanse, rebuild, restore, energize, and heal. Eating raw and living food gives you optimum nutrition. Learn about the exact foods for your specific health goals. Don’t accept a one size fits all or a cookie cutter approach. You are an individual and your nutrition should be as individual as you are.

3. Stay hydrated with pure filtered water! Don’t substitute other beverages for water. Your body needs water to make blood and lymphatic fluid. Drink a minimum of one ounce for every two pounds you weigh. Alkaline water will help bring alkalinity back to an acidic body and an alkaline body is a healthy body.

4. Get off the couch and exercise every day! Dance, bike, walk, run, swim, practice yoga, stretch, lift weights, or any exercise you like. Exercise burns calories and energizes you! It is a proven fact that exercise actually increases your energy level.

5. Cleanse your colon with enemas and colonics. Remove the impacted waste, mucoid plaque, worms, and parasites so your colon can work properly. Good health is linked to a clean colon. Implant wheatgrass juice in your colon to help cleanse and heal it. If you have Candida yeast, worms, parasites, or heavy metals do a specific cleanse for those things. Yeast attaches to mercury, as an example, so if you are trying to get rid of yeast and you don’t get rid of the mercury, then you will never be able to eliminate the yeast.

6. Take time to just be. We’re always running from one place to the other. Between jobs, family, and participating in life, we don’t always take the time to relax. Read a good book or sit under a tree and look at the sky. It sounds simple but many times it is challenging to do. Take more time for relaxation.

7. Close your eyes. Slow your breathing. Go within and be silent. Rarely do we take the time to quiet our busy brains. We’re always thinking about something. Clear your mind and allow your spirit to receive the blessings from being quiet. Meditation is a wonderful way for you to achieve a higher state of consciousness, as well as many other benefits.

Make a real effort to eat well and take good care of yourself. Your health is your greatest asset and no one can make it happen but you. Every decision you make has a consequence. Make wise decisions about what you eat, think, and do. You’ll reap the benefits for years to come.

Broccoli Date Salad
2 cloves chopped garlic
1 raw tahini
3 chickpeas miso
3 T lemon juice
filtered water, for desired consistency
3 c chopped broccoli
1 c chopped carrots
½ c pitted chopped medjool dates
½ c chopped green onions

- Combine the garlic, tahini, miso, lemon juice and water into a dressing.
- Toss with the dates and veggies until well coated.
- Serve on a bed of mixed baby greens and enjoy!

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Healing Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing, Relaxing Therapies. For more information, visit www.livingfoods institute.com or call 404-524-4488.

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To receive periodic emails that include store events, store sales, Café Life info, action alerts, announcements, and special event reminders send an email to: joinmylife@lifegrocery.com

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- Combine the garlic, tahini, miso, lemon juice and water into a dressing.
- Toss with the dates and veggies until well coated.
- Serve on a bed of mixed baby greens and enjoy!

Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Healing Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing, Relaxing Therapies. For more information, visit www.livingfoods institute.com or call 404-524-4488.

To receive periodic emails that include store events, store sales, Café Life info, action alerts, announcements, and special event reminders send an email to: joinmylife@lifegrocery.com

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Herbs that Heal From the Inside Out

By Traci Sellers

Herbal actions are different in many ways from drug actions. The language of herbal medicine exposes its healing potential, but it is a language that almost needs an interpreter in order to understand it these days as the vernacular has shifted in favor of drug-based medicine. In reality, herbal medicine can handle more than 99% of all our health needs, usually faster and better than drug medicines can, but it requires some understanding. One type of herbal operation is communicated in the idea of the herb going “deep” into the tissues. This is what happens when an herb gets into certain organs and glandular and causes regeneration at the sub-cellular level. This regeneration gradually presents itself after many months or years. In this way, tissues that have failed or are on the brink of failing can be turned around and healed.

One herb that goes as deep as any herb can go is a relative of ginseng, green brier, and ground ivy called eleuthero (eleutherococcus senticosus). This herb was investigated by a team of Russian scientists who were looking for a substitute for the very expensive and rare ginseng. They started searching the same family and found eleuthero, which at first they called Siberian ginseng. After extensive research, they determined that they had found a replacement for ginseng in many areas. One study was conducted with thousands of participants where the herb was given daily over five years. It was determined that after these months it worked better than at the first and after three years it worked better than at five months and after five years it worked better than at three years.

The phenomenon of the herb “working better” after years of use may not be entirely accurate. Herbs that go “deep” into the tissues and work from the inside out are gradually rebuilding the deepest structures of the cell, the particles that make up the cell membrane, the DNA and the organelles. Thus, it is not so much that they work better after longer as it is that they gradually rebuild tissues deep down. These tissues gradually express better and better health as a consequence.

Actually, the long term use of most herbs without rotating them with something else is probably unwise. Some herbs, however, will get better and better with time as stated above. These herbs also have an initial medicinal action. This action will shift your body somewhat, but then your body will adapt and stop accepting that change, but the deep building action will continue.

A class of herbs called adaptogens is good for this purpose. Not all adaptogens are created equal. They have very different energies and actions. Even though they will build tissue from deep within, it is still important to match the right herb with the right person.

Eleuthero, for example, is not particularly warming or energizing, while Panax ginseng is both very warming and very energizing. Astragalus creates deep, persistent energy without any sensation at all, but it is something you notice at the end of the day. Astragalus, however, is warming also and can give some people a headache. Schisandra berries are another great adaptogen. They do not warm you excessively; they create a great deal of tone. They are mildly energizing, but work more by focusing your energy and preventing loss.

All adaptogens nourish blood and find yin organs, like the liver, kidneys, spleen, adrenal glands, etc. They all work differently and are appropriate for different people. There are many adaptogens that I discuss in my classes and use in my practice. The above is a short list.

For the next couple paragraphs, the focus is on the one that I believe goes the deepest into the tissues and is therefore the best choice for very long term use. This is eleuthero. This plant works as both root and leaf. It is abundant and it is responsible to use it freely, though not much is needed. It boosts sexual energy, nourishes and regulates all yin organs, and deep down rebuilds the liver. It is good for a mildly weak person or a strong person who lacks follow-through (which is from a lack of deep strength in the tissues more often than it is a character flaw). For really weak people it can be combined with adangoga to build more immediate strength.

I have found eleuthero to be very non-threatening to use, meaning that anyone can use it for long term with no apparent negative effects. Its action on the deep structures of any body tissue (sub-cellular-building-blocks) apparently makes it very useful for protecting against radiation and toxic exposure of any kind. It seems to inhibit sub-cellular damage and mutation.

Eleuthero is sometimes used for insomnia, but this probably has more to do with its ability to protect the body from stress-induced physical dysfunction than with its ability to relax. I have not found eleuthero to be particularly relaxing, though it is certainly less stimulating than its cousin, ginseng. Some people with insomnia may have hypersensitivity to toxic exposure, radiation, and electromagnetic pollution. If this is the case, then eleuthero may give both short and long-term results. Insomnia, however, is truly another discussion and does not fit here.

We have discussed the meaning of herbs that go deep into tissues to nourish sub-cellular building blocks; a few adaptogens and some of their differences; the herb that may go deepest of all, eleuthero; and several of its uses and its efficacy versus risk of use. It is my opinion that some deep-acting or protectant formulas that utilize eleuthero are very appropriate in modern living.

Food Sensitivities and Allergies Part 2

In the previous issue of The Life Line, we discussed how it seems that nowadays, just about everyone is avoiding some food or another because they have developed sensitivity to it. Just last night, preparing a buffet-style dinner for a natural health class, the author found in a group of five people, there was a person with a gluten intolerance, another with a dairy allergy, another with a sensitivity to apples, baking soda and chocolate, and the menu needed to be entirely vegan. Working within those limitations was extremely challenging!

How are all these sensitivities developing? What makes people sensitive? Basically there are three ways that sensitivities can develop. The first one is over consumption in an unwholesome form, the second is contextual consumption, and the third is systemic toxicity. Since over consumption in an unwholesome form can be easily understood, let’s examine the other two ways that food sensitivities can develop.

Scenario 1: Contextual Consumption—What if the food you are allergic to is in its wholesome form, such as a fruit or vegetable? I know an increasing number of people who react to potatoes, but these are a wholesome food provided by nature

Food Sensitivities and Allergies Part 2

If a food is eaten in a context where it cannot digest completely, its whole proteins can enter the bloodstream too. In chapter 2 of Traci’s Transformational Health Principles, a free download on www.herbsfodist.com, the issue of eating fruit alone on an empty stomach is discussed. The reason for this is because when fruit comes in contact with proteins it tends to rot, and with starches it will ferment (hash browns and orange juice). If a food is rotting or fermenting, it is not breaking down for digestion, and foreign proteins enter the bloodstream, causing an immune reaction (a.k.a. allergy). When starches and proteins are combined (meat and potatoes) digestion is slow and incomplete, causing again, the foreign proteins to enter the bloodstream. Cue the immune reaction! Proper food combining is very important if you want to avoid contextually triggered allergies.

Scenario 2: Systemic Toxicity—This takes place when, over a lifetime, a person has just consumed a tremendous amount of highly constipating foods (processed, refined, chemical laden, unnatural) and is accumulating toxins in their system that have no way out. Then, when they consume or touch something that facilitates elimination, such as a

strawberry, it starts drawing the heavy toxins to the surface in the mouth, throat, or digestive tract.

What about children who are born with allergies? All of the above scenarios can happen to a baby’s mother, and while she may or may not ever need to be totally: eliminated, it can be exterminated in her baby because it was “built-in” during the formative months in utero.

Understanding that food allergies stem from what we eat and how we eat it makes it seem a whole lot more manageable than just having to avoid that food for a lifetime. Heal yourself of disease and allergies by transitioning yourself to a wholesome eating program.

Squashed Potatoes

My sister in law shared this recipe with me when I was first starting the program and needed ideas badly. It was so simple, and so good. My husband, who didn’t really “care for squashed” commented after eating these that the “squash just blesses these potatoes!”

continued on page 8
Baby Steps...

So many times when I am counseling someone on transitioning to a gluten free lifestyle, I get all kinds of resistance from them, especially if they aren’t quite convinced that they are gluten intolerant and so much of what they currently eat is dependent on gluten. Trust me, I’ve been there! Before I was officially diagnosed with Celiac Disease, friends kept telling me that the source of my health problems was coming from all the gluten I was consuming and I just did not want to believe it.

Now, I know there is some controversy over whether you should even try a gluten free diet without an official diagnosis, but personal experience and new research is showing that many more people would benefit from a gluten free diet than just those diagnosed with Celiac. Recent studies have shown that not only is the incidence of undiagnosed Celiac much higher than previously thought, but that many other health conditions are also being linked to gluten intolerance. Everything from irritable bowel syndrome to arthritis, diabetes, even depression and anxiety disorders are linked to gluten intolerance.

What you have to understand is this: gluten is inflammatory to just about everyone to some degree or another. I am not advising that everyone go gluten free, but if you suspect that it might be causing some of your health concerns, why not try eliminating gluten for a few weeks and see if your symptoms improve? It’s not like you are going to starve. I know how that feels. I thought I was going to have absolutely nothing to eat, and I was going to waste away to nothing. Anyway, at the time I could afford to lose some pounds!

For those of you who are new to my articles, when I was first diagnosed with Celiac Disease, almost nine years ago (wow, has it been that long?) I was morbidly obese and taking a ton of medications to treat a variety of ailments. The truth is, once I went gluten free I had plenty to eat. I did not starve, and, in fact, I probably eat more now than I did back then! I’ve lost over 120 pounds and have gotten off all of the medications. Now, this wasn’t just from giving up gluten. I really had to change my lifestyle and rethink what constitutes a meal, but it’s been a long process of learning to get healthy.

This is where “baby steps” come in. One thing at a time… you won’t be successful if you radically change your diet all at once. Most people just don’t operate that way. Our brains have to adapt to a completely new way of thinking about food if we want to get healthy. This is what worked for me, and I hope that you can apply at least some of the tips and tricks to make your transition to a healthier gluten free lifestyle more successful.

First, give up absolutely all gluten, make sure everything that you eat is gluten free. This is a lot easier to do than it sounds. If your diet currently consists of a lot of bread, pasta, cookies, cakes, pretzels, and crackers, you will simply replace all of your gluten filled foods with gluten free versions. This is step one, because you don’t want to feel like you are depriving yourself of your favorite foods. But this is expensive, you say to me… yes, this part is. But guess what, Life Grocery is your Mecca of gluten free goodness, with just about every gluten free goodie imaginable to replace what you are used to eating. Companies like Udi’s, Pamela’s, French Meadow Bakery, Glutino, Enjoy Life, Tinkyada, Ian’s, and many more are all available at Life Grocery and watch for coupons and sales to save a buck or two. If you aren’t already a member, get your membership so that you can get a discount on store and cafe purchases on Thursdays and Fridays (and on quarterly Life Fest days), as well as Life Savers Members Only Specials.

Second step, learn new recipes and try new foods that are naturally gluten free. Many ethnic foods are either corn based or rice based, so there are a lot of choices there when it comes to broadening your horizons. My daughter and I love to make Mexican foods on a regular basis, and many Asian recipes are naturally gluten free (just be careful of the soy sauce). There are many restaurants that now have gluten free menus or are aware of the issue and can safely serve a delicious gluten free meal. You just have to do your research before going out.

The third step is a little more difficult, because at this point, you need to start replacing all of the gluten filled foods with gluten free foods, and only use the gluten free goodies as occasional snacks and treats instead of depending on them for your entire diet. This is where you start eating more fresh, organic, fruits and vegetables, clean organic meats (if you eat meat), and snack on raw organic nuts and seeds. And no, I am not nuts! You will survive without breads, cookies, cakes, donuts, pretzels, and pasta! If you must have grains, try the healthier naturally gluten free grains like quinoa and brown rice. If you must have a cookie or cake or pasta or bread, that’s okay, just make sure you stick to the gluten free versions. I just don’t want you to depend on them for every meal.

I tell people all the time, this is a journey, not a destination. (I borrowed that one from my mentor, Dr. Joe Esposito). You decide how far you want to take this. From time to time, even after almost nine years into this, I still want to have a treat or snack on some gluten free pretzels, or crackers; but, it’s so much more infrequent these days! Baby steps, one foot in front of the other and you will find out it’s actually a lot easier than you think.

Nadia Whetstone is a Gluten Free Lifestyle Coach in private practice. She also works closely with Dr. Joe Esposito and facilitates a monthly gluten free support group at his office on the third Tuesday of every month, at 6 pm. For more information call 770-653-6017 or e-mail magickhand@gmail.com.

Food Sensitivities and Allergies

- 4 large russet baking potatoes, baked and cooled slightly
- 4 cups cubed winter squash, butternut, Hubbard or banana
- 1 T cumin
- ½ – 1 T olive oil
- 1 onion powder
- ½ t garlic powder
- sea salt to taste
- paprika for garnish

- Bake potatoes (if you rub them with oil first, the peels will hold together better) and allow to cool until you can handle them easily.
- Steam squash cubes in steamer basket until very soft.
- Cut potatoes in half lengthwise and gently scrape pulp from skin, being careful not to tear skin.
- Combine squash, potato pulp, cumin, olive oil, onion powder and garlic powder.
- Mash with potato masher and whip with electric mixer until very smooth.

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

Spring Life Fest and Member Appreciation Day

Saturday, 3/24/12
12:00-4:00 pm

10% off all in-stock purchases 9 am-8 pm

Traci Sellers became interested in healthful food preparation in 1997, when her first pregnancy nearly took her life, and a healthful plant based diet saved it. She spent over ten years in the trenches of her kitchen concocting delicious comfort foods with impeccable health standards, and taught them in food preparation and nutrition classes. She maintains www.BestFoodList.com and www.TracisTransformationalKitchen.com to help others on their journey to health.
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Buy a Multivitamin, a Probiotic, and an Omega 3 together & Save $25!

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