



**Feeling Stressed? How Moderate Exercise Helps Reduce Anxiety** (from *The New York Times* online)

Researchers and medical professionals have long advocated exercise as an antidote to stress and anxiety, without fully understanding how or why it works—until recently.

In their experiments on rats, researchers at Princeton University have discovered that new brain cells (neurons) created by exercise function as a buffer from stressful experiences. Gretchen Reynolds of *The New York Times* writes, “The rats had created, through running, a brain that seemed biochemically, molecularly, calm.”

Although this further supports the benefits of regular exercise, the researchers cautioned it is by no means a “quick fix.” They estimate it could take as long as six weeks of regular, moderate exercise before a formerly-sedentary person experiences any anxiety-reducing benefits. All the more reason to start an exercise routine and *stick with it!*

**“Green” & Healthful Gift Ideas**

Looking for unique gift-giving ideas this holiday season? Try these on for size:

- **Pangea Organics** skin care products are packaged with zero waste, from 100% post-consumer newsprint. What’s more, you can plant them and grow a tree!
- Create your own **one-of-a-kind gift basket**: organic fruits and veggies, wheat-free/gluten-free goodies, an herbal tea collection, etc.
- A **Georgetown Market gift certificate** fits any budget and weighs a lot less than a fruit-cake!
- Expand your circle of giving and make a **charitable donation** in your recipient’s name. Check out [Treehugger.com](http://Treehugger.com) for various “green” organizations.

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, December 8th

**Holiday Business Hours:**  
 Christmas Eve, Thursday, December 24—close at 5 p.m.

Christmas day, Friday, December 25—closed

New Year’s Eve, Thursday, December 31—close at our regular time (8 p.m.).

New Year’s Day, Friday, January 1—closed.  
 Reopen at our regular time January 2.



Lisa Patterson, our general manager, has been anxious to share her own top five favorite Georgetown Market products:

1. Burt’s Bees beeswax lip balm with Vit. E & peppermint
2. Brown Cow cream-top yogurt – Maple! Creamy and not too sweet
3. Emergen-C Super orange, 1000 mg of C—great orange flavor
4. Nativa yerba mate—with just a bit of honey
5. Indy Car Driver (an Eatery smoothie): carrot, celery, parsley, beet, spinach & spirulina. A real pick-me-up!

**Congratulations to our 36th Anniversary Grand Prize winner!**

Njideka Karmo was this year’s winner of our \$300 grocery giveaway, sponsored by Tree of Life! Congratulations, Njideka!



## From Rick's Desk...

### How to Support Breast, Prostate, and Immune Health

Eating cruciferous vegetables such as cauliflower, cabbage, broccoli, kale, Brussels sprouts, and turnips may reduce your risk of prostate and breast cancer, as well as enhance your immune system. In a study at the Fred Hutchinson Cancer Research Institute in Seattle, men who ate three servings per week of cruciferous vegetables had a 41% lessened risk of getting prostate cancer.

This type of vegetable contains a compound called *di-indolymethane* (DIM), which has been found to metabolize the 'bad' estrogen as well as 'bad' testosterone. According to Dr. Jonathan Wright, it also modifies the testosterone-to-estrogen ratio. It is important for men to know, especially as they near the age of 50, that they have estrogen, too. As estrogen levels go up, the risk of both prostate enlargement and prostate cancer goes up, as well. And what is a common cause of excess estrogen in both men and women? Synthetic environmental sources such as plastics, chemicals, and pesticides (xeno-estrogens) are known to raise estrogen levels. Accumulation of abdominal fat may be due in part to excess estrogen levels.

Eating cruciferous vegetables is recommended, but they should be eaten raw--not cooked or steamed--to get the benefit of the DIM compound. An excellent alternative is taking DIM in supplement form, 60 mg three times daily. There is a test available for the good/bad estrogen called 2/16-alpha-hydroxyestrone ratio. Another test can check the testosterone-to-estrogen ratio. Your health care professional can order these tests. Remember, DIM is vital for women in lowering the risk of breast cancer and is important for men to lower the risk of prostate cancer, prostate enlargement and enhances the immune system for both men and women.



Georgetown Market is pleased to offer a natural health speaker for your next event or health fair.

Contact General Manager, Lisa Patterson, or Pamela Reilly for more information:  
317.293.9525

#### Clase en español:

#### Cómo Elevar su Sistema Inmunológico:

Aprende cómo ampliar su sistema inmunológico usando cosas naturales. Esta clase, enseñada por Pamela Reilly, Licenciada Naturopática, le enseñará cosas naturales que su puede usar para guardar la salud.

**Fecha: 10 de diciembre, 6:30 pm.**

**Cuesta: \$5. Llame al 317.293.9525 para registrarse.**

#### Answers to Adrenal Fatigue

- Constantly tired or feeling run down but don't know why?
- Feel stressed and irritable?
- Have dark circles under your eyes?

*Then you may be suffering from Adrenal Fatigue!*

Join Naturopath, Pamela Reilly, to find out more about a condition that affects a growing number of Americans.

**December 3, 6:30 p.m.**

Georgetown Market Community Room

Course fee: \$20 with pre-registration

**317.293.9525**

**Indy Rawvolution** (a raw foods support group)

will have a Festive Pitch-In

December 15 @ 6 p.m. in the Market Eatery.

This will be our only meeting in December.

The information provided in this newsletter has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. It is not a substitute for the advice of a qualified health care practitioner.