



# georgetown market

March 2010

natural foods

Eat Better, Live Well, Feel Your Best

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Sun., 11 AM to 5 PM  
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## *Nothing Better Than the Real Thing!*

Recently, I had a rather contentious discussion with a customer about the relative benefits of synthetic vs. whole food multivitamins. In the end, he asserted that because “most doctors and pharmacists” recommend Centrum, it had to be superior to the whole food multivitamins we offer on our shelves.

If you think there’s no real difference between synthetic and whole food supplements, consider this: Do you think it’s better to get vitamin C by eating an organically grown orange or from swallowing a vitamin C tablet? Or to meet your potassium needs by eating an organic banana? Obviously, our vitamin and mineral needs are best met the way nature intended—through eating whole, organically grown foods. So if you’re going to supplement your diet with a multivitamin, why wouldn’t you take one that is actually *derived from food*?

Mass-marketed supplements rely on synthetic chemicals that may look like the real thing—but your body knows the difference! It has to use its own mineral stores to “complete” a synthetic vitamin that has been isolated from its naturally-occurring cofactors. And when your body no longer has the materials to do this, it has to find ways of ridding your system of the vitamins it can’t use. So instead of providing your body with extra nutrients you’re actually depleting it!

To learn more about the differences between whole food supplements and synthetics follow this link:

[http://www.organicconsumers.org/articles/article\\_3697.cfm#chapter1](http://www.organicconsumers.org/articles/article_3697.cfm#chapter1).

Or ask one of our knowledgeable staff members in Natural Living!

Malka Davis, contributor

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

## **Bioidentical Hormone Replacement Therapy—Is it right for you?**

By Dr. Michele Zormeier, M.D.

Tuesday, March 30, 6:30PM

Hormone imbalance may cause symptoms of depression, obesity, anxiety, low energy, insomnia and more. If these are your symptoms or you have other unresolved symptoms of pre-menopause, menopause or post-menopause, you could be a candidate for BHRT.

As a member of the American Academy of Anti-aging Medicine, Dr. Michele specializes in BHRT and complementary medicine. Her focus is balancing hormones, improving nutrition and creating biochemical balance to improve quality of life in every aspect.

Discussion is free but requires pre-registration. Seating is limited.

Call 317-293-9525



**Save the Date....**  
Spring Into Wellness  
Health Fair and Cook-out  
Saturday, April 24th  
11:00am—3:00pm



## From Rick's Desk...

New Health Tonic!

Back around 1990 a local man came into our store and gave me a research paper he wrote on the health benefits of olive leaf oil. At that time it was an unknown supplement. I read it, was duly impressed, but thought no more of it since there was no product to purchase at the time. Fast forward to 2010 and the myriad health benefits of olive leaf oil is amazing. We have carried olive leaf as a supplement for many years now, and its various health benefits are well established.

We have recently added a new product by Barlean's called Olive Leaf Complex. It is *fresh pressed* and in a highly absorbable liquid form. Not only is it supportive of the immune system but supportive of healthy joints, blood pressure and cardiovascular health, as well as being an anti-fungal, anti-bacterial and anti-viral agent. As an antioxidant, Barlean's Olive Leaf Complex has a higher ORAC value than noni, green tea, acai, and goji juice—just to name a few. The 8-ounce bottle does not require refrigeration. I have personally tried the product and find the taste agreeable—perhaps not great tasting, but not hard to take straight. Each bottle comes with a pamphlet describing the benefits of taking olive leaf. Do not confuse olive leaf with flax or fish oil. It is different in many ways. Look for Barlean's Olive Leaf Complex in our Natural Living department, in the herb aisle!

\*\*\*On March 1, 1973, the Montieth family opened Georgetown Health Foods on Georgetown Road, just north of 38<sup>th</sup> Street. Still a family business today, we are proud to be serving our community in our 37<sup>th</sup> year. Thank you very much for this opportunity and for everyone who has supported us over the years. We are sincerely grateful!

When Sam's not writing and playing music, he's working hard in our grocery and receiving departments. He's also a dedicated vegan, so here they are . . .

### Sam's Top Five Favorite Vegan Eats:

1. **Zucchini Cashew Patty** (from the Eatery cold case)—Good on a bun with all the toppings. A great lunch full of veggies and protein.
2. **Enriched Original Rice Dream**—My favorite milk alternative; affordable, tasty, and healthful
3. **Trilogy Synergy Kombucha**—A great cure for feeling sluggish (as long as you can keep it from exploding!)
4. **Vegan Carrot Muffin** (from our Eatery)—My favorite breakfast before a long day at work.
5. **Barbara's Snackimals** (All varieties)—A delicious dessert or snack made with whole grains and very little sugar.

### Indy Rawvolution

(a raw foods support group)  
Meets March 9 & 23 at 6 p.m.  
For more info, contact Pamela Reilly at  
[pamela@georgetownmarket.com](mailto:pamela@georgetownmarket.com)

*Back by Popular Demand*

### Candida Battle Plan

Thursday, March 18, 6:00pm

Class Fee: \$20

This class will teach you what Candida is, how to recognize the signs of overgrowth, and how to combat it naturally.

*Pre-registration is requested: Call 293-9525*

### Herbs & Healing

Thursday, March 25, 6:00pm

Class fee: \$20

Many people are unaware of the multitude of issues that are often addressed using herbal supplements. This class will cover the things to consider when selecting herbs. Class participants will receive herbal samples in their goody bags!

*Pre-registration is requested: Call 293-9525*

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.