

georgetown market

natural foods
Eat Better, Live Well, Feel Your Best

June 2010

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Mon.—Sat., 9 AM to 8 PM
Sun., 11 AM to 5 PM
www.georgetownmarket.com

Secrets of Natural Healing

Wednesday, June 23 at 6:00pm

Burt Goulding, the managing director of Positive Nutrition Institute and President and CEO of Positive Power Nutrition, will be speaking at this must-see seminar. In the past year, Goulding has presented the "Secrets of Natural Healing" to dozens of large audiences across the nation. This seminar will be his first at Georgetown Market.

"The human body is created to be self healing," Goulding said. "My goal is to help people connect the dots on how to allow the body to do its job. This can be achieved by removing roadblocks and then by implementing some basic health steps."

In the seminar, Goulding presents:

- ~The four steps to natural healing
- ~How to measure, achieve, and maintain the proper ph balance
- ~The importance of good health at the cellular level

Attending with Goulding will be Roy Southwick, also of Positive Power Nutrition.

"Burt's presentations are like snow flakes, no two are alike," Southwick said. "Burt really makes an effort to be in tune with the questions and needs of those who attend and molds the presentation to the individual people. In turn, the attendees are excited and leave feeling they have options to improve their health."

Positive Power Nutrition is the home to Cell Power and Super Silica, two natural supplements that assist the body to be self-healing.

This seminar is free with pre-registration
Call 317-293-9525 or send request to
info@georgetownmarket.com to register.

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, June 14th.

TOP SELLERS

Ever wonder what everyone else is buying? What goodies do they know about that you don't? We've listed the top sellers for each department for Jan—May 2010.

Eatery—James Dean Smoothie, Chicken Drumsticks, Veggie quesadilla, Daily soup

Produce—Bananas, Apples, Lemons

Natural Living—Soap Works bar soap, Now B12 Shots, Spry Gum, Georgetown Market brand CoQ10

Grocery—Seven Springs large eggs, Miller's chicken roasters, Organic Valley whole milk

General Merchandise—Reverse Osmosis water refills, Reed's Ginger Chews, Heavenly Organics Honey Mint Patties

Plantfusion

The original Plantfusion is now available in our supplement area. This is a great allergen-free, easy to digest multi source *complete plant protein*. Plantfusion Contains a proprietary enzyme blend to support easy digestion and maximum absorption.

- * No dairy
- * No Soy
- * No Animal
- * Hypoallergenic
- * Great tasting
- * Gluten Free



Present this coupon and receive a Free scoop of
Plant Fusion Protein with your
Market Eatery smoothie or juice

One coupon per customer, not combined with any other discount,
expires 06/30/2010



From Rick's Desk...

Hexane-Free Nutburgers!

According to the Cornucopia Institute, most commercial, non-organic veggie burgers currently on the market contain the chemical hexane, a known neurotoxin. Manufacturers of soy-based veggie burgers submerge the soybeans in hexane to separate the oil from the protein and reduce the amount of fat in the product. It should be pointed out that most of the research on the harmful effects of hexane is on exposure via inhalation. Health effects from eating hexane are basically unknown because the research has not been done.

Products labeled 'organic' are not allowed to contain any hexane-derived ingredients so when shopping for veggie burgers look for brands that use organic soybeans. If it is not labeled organic, look for non-GMO on the label. According to Dr. Mercola, over 91% of soy in the US is GMO. That means they are loaded with pesticides, thanks to Monsanto.

So what is the alternative to hexane laden soy products? Georgetown's own **nutburgers!** We make them in our own kitchen in small batches with the following ingredients: cashews, peanuts, almonds, organic brown rice, arrowroot and organic tamari. That's it! We have made our own nutburgers for over 15 years and they taste great and are easy to serve. You will find our nutburgers in our freezer section, packaged 4 per container. Just heat and serve and no worries about exposure to a neurotoxin.



Be a fan on facebook and follow us on twitter to get exclusive coupons, and info!



Fisher Farms Produce—we are happy to offer locally grown, sustainably farmed produce this season. Levi Fisher, along with two other families, farm a combined 12 acres in Jasper, IN. By creating a natural balanced ecosystem for pest control and using rotation and cover cropping (crops planted to build and maintain soil), Fisher Farms builds a rich balanced soil with animal manure and composting. No chemicals are used for insect control, EVER! If infestation should occur they simply lose the crop rather than treat chemically. All of their natural gardening products are sourced from family owned suppliers that only sell natural items.

Although not certified organic, and in a break with current practices, we are offering this product as a commitment to supporting local agriculture and sustainable farming practices

Georgetown Market stores, prepares and displays natural local produce in a mandated process to maintain and preserve National Organic Standards.

Look for the Fisher Farms sign in our produce section.

WACKY WEDNESDAY COUPONS

Be a fan! Don't miss out! Check out the up-coming coupons available only on facebook and twitter:

- * Country Life, Omega 3's, 100 soft gels, regular price \$14.99—**\$5 with coupon**
- * Penta Water 1 liter case, regular price \$26.99 —**\$19.99 with coupon**
- * Traders Point whole milk 32oz, regular price \$3.49—**\$1.99 with coupon**
- * Nature's Path Pumpkin Flax Granola, 11.5oz, regular price \$5.29—**\$1.29 with coupon**
- * **\$1 off your choice** of juice bar drink from the Market Eatery

Indy Rawvolution

Raw Foods Pitch-in June 12, 12pm, Broad Ripple park, by pool at picnic knoll in center of park. Please bring a raw dish, your own utensils and plates. For more info, contact Pamela Reilly at pamela@georgetownmarket.com.

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.