



August 2010

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Back to school—Already?? Don't worry, we've got you covered. Check out the *back to school* display in our grocery department. We've gathered lots of healthy, tasty, convenient snacks to make packing your child's lunch a snap. So, relax and shop!

Try these super healthy lunch choices...

- * Spread white bean dip on a whole wheat or spinach tortilla wrap, layer with lettuce, tomato, cheese and thinly sliced pickle or cucumber. Roll up in a tortilla and cut into 1 inch rolls. Add a banana and chocolate milk for a colorful nutritious lunch.
- * Instead of lunch meat, cut up chicken from last night's dinner and pack a *cubed lunch* with meat, veggies, cheese, and brownies.
- * How about some hummus with carrot sticks, whole wheat crackers and a fruit roll-up.
- * Make a mini sub on a whole wheat hot dog bun with sliced meat, cheese and your child's favorite condiment, add fresh strawberries or grapes and a fruit drink pouch.

For more healthy ideas check out: parenting.com
familyfun.go.com

Fact or Fiction

- Fact:** *Apple Cider Vinegar will help heartburn!* But only if it is caused by a low amount of stomach acid. Too much stomach acid and it may hurt!
- Fact:** *Flax seeds are a good source of fiber!* But if you're taking flax for the Omega oils they need to be ground up or liquid, for absorption.
- Fiction:** *If your urine is neon yellow you are not absorbing your B vitamins.* This actually is a sign that you are absorbing the vitamins, especially B2, riboflavin.
- Fiction:** *Sea salt has less sodium than regular table salt.* Sea salt has the same amount of sodium but due to the mineral content is less likely to increase your blood pressure.

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, August 9th.

Public Enemy #1: The Sun?

When my sons were little, I made sure they were secured in the proper car seat, given a helmet with their first bicycle, and slathered with sunscreen anytime we spent more than an hour outdoors—all reasonable precautions against injury. However, the last precaution—the use of sunscreen—has lately undergone more scrutiny. Why? Because sunscreens block the ultraviolet rays of the sun—our bodies' main means of manufacturing vitamin D.

The spotlight (or rather *sunlight*) on vitamin D continues to grow as more studies demonstrate a link between low serum levels of vitamin D and such diseases as cancer, osteoporosis, diabetes and multiple sclerosis. A recent study in the *Journal of the American Medical Association* shows a direct correlation between low serum levels of vitamin D and an increased risk of acquiring MS. By contrast, populations along the equator have nearly no incidence of the disease.

So how do we balance the need for this crucial nutrient with the need to protect our skin from over-exposure to the sun? First of all, some studies suggest that even when people use sunscreen, they don't always use it properly and, consequently, end up getting enough exposure to make a sufficient amount of vitamin D. According to the National Institutes of Health, getting about thirty minutes of sunlight (without sunscreen) a couple of times a week is adequate.

If you don't want to take chances with the sun, or have difficulty getting enough exposure, at least make sure you are meeting your vitamin D requirements through diet and supplementation. Speak to a Natural Living associate today for more guidance on your vitamin D needs!

Malka Davis, contributor



From Rick's Desk...

Hayfever Relief!

Tired of suffering hay fever symptoms? Now is the time to prepare for hayfever season—and I am talking about the no-drug approach. Your choice is to address the symptoms (the band-aid approach) or go with a solution that addresses the problem. To avoid experiencing hayfever symptoms it is imperative to start now to build up your immune system. I have talked in the past about using the B vitamins, pantothenic acid and niacinamide, to build your immunity. Consider starting with 250mg of each. Add a quality vitamin C or other antioxidants, reduce or eliminate your intake of refined sugar, and you should be in much better shape to deal with high pollen counts.

If you want to address the symptoms without using over the counter meds my suggestion is to try **Allergy Relief** (formerly known as *Polinosan*) by A. Vogel. This is a homeopathic product. No side effects! I've had good feedback for many years from users of this product. It is best to start *before* the allergy season. You will experience relief from sneezing, watery eyes, nasal congestion and sniffing.

Other considerations are *AllerFree* by Pure Essence, *Allerase* by Enzymedica or a combination of quercetin and bromelain. You can take these hourly for acute cases.

Stop suffering and feel better with safe, effective products! Need guidance? Ask us!

...thank you for supporting and buying **local** food products. Have you tried our fresh produce from **Fisher Farms** or the great products from **Hidden Pond Farm**? All locally grown and owned. Hidden Pond Farm offers kombucha that is high quality and is currently our only source of kombucha drinks. We offer other locally grown/made products too. Just ask!



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Rewards Changes

Your rewards emails are changing!



You will now be able to set-up and view your account online.

Beginning in August, your first email reward will walk you through the steps to open and view your account and retrieve your reward coupon. Do you receive your rewards by postal mail? Visit our website and click on the rewards card on our home page.

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- * Natures Path Toaster Pastries—**\$1.99**
Regular price \$4.19
- * Country Life CoQ10 30mg, 50soft gels,
Buy One Get One Free

Indy Rawvolution

Raw Food Support group,
August 10th and 24th , 6:00pm,
Georgetown Market Community Room
Contact: pamela@georgetownmarket.com

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