



September 2010

4375 Georgetown Rd.
Indianapolis, IN 46254

317.293.9525
fax: 317.216.7479

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

Did you know—Your Georgetown Market Rewards Card can be used for savings at our “Partner Rewards?” Show your rewards card at the following businesses for real savings!!

- Dr. Michael Gossweiler DDS**, 10% off limited or comprehensive new patient exam (some restrictions apply). **Optimal Wellness**—discount on chiropractic services, foot detox, massage, yoga and more!
- Georgetown Animal Hospital**—5% off services for your pet.
- A Natural Way to Recovery**—full body massage only \$40.
- Good Works Wellness**—\$5 off nutritional consultation
- Gold’s Gym**—Pay no enrollment fee (monthly fee applies).
- Living Through Wellness**—5% off naturopathic Consultation, voice bio analysis, pilates, and more!
- Dr. Michele Zormeier MD**—Free Bioidentical Hormone Replacement consultation, Discounts on cosmetic surgery (some restrictions apply)!

Visit www.georgetownmarket.com for more information. More businesses added soon!

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, September 13th

Something’s Fishy

The problem of mercury in fish has been a part of my consciousness for several years, but I was shocked to learn recently that one of my favorite varieties—albacore tuna—contains *three times the mercury* of light tuna! After further investigation, I learned that someone of my weight (120 pounds) should eat no more than one 6-ounce can of albacore tuna *every eleven days*. The current guidelines for children and pregnant women or women of child-bearing age are even more stringent.

Fortunately, the Natural Resources Defense Council website <http://www.nrdc.org/health/effects/mercury/guide.asp> provides a comprehensive list of commercially caught and sold fish containing the least, moderate, high, and highest mercury levels to help you choose more wisely. After all, fish has too many health benefits to eliminate it completely from our diets: an excellent source of omega-3 fatty acids, B vitamins and heart-healthy protein. For the least amount of mercury, consider fish lower on the food chain, such as anchovies, perch, sardines, and herring.

After reducing your consumption of high-mercury fish, your blood mercury level will begin to drop. However, it could take several months. If you are especially concerned about mercury and other heavy metal toxins in your system, consider Heavy Metal Cleanse, formulated by Renew Life. Talk to one of our Natural Living staff members for more information and guidance on how to safely and effectively rid your body of excess heavy metals.

Malka Davis, Contributor

VENDOR REWARDS Earn Extra Points—

Purchase from these well known brands using your Georgetown Market rewards card and earn double points!

Georgetown Market Brand
Enzymatic Therapy
Nordic Naturals
Enzymedica
Garden of Life
Nature’s Way
Mega Food
Jarrow





From Rick's Desk...

High Omega-3, 100% Natural Milk

Looking for an affordable and nutritious source of milk? Georgetown Market is proud to bring you **Nature's Farm** 100% natural milk. Nature's Farm is located at the Purdue Research Park in West Lafayette, IN. They work with small, family-owned dairy farms in Indiana to produce milk with superior taste and nutrition. Their milk is free of growth hormones and additives, rich in omega-3 fatty acids and CLA, and certified kosher. Cows are fed a 100% vegetarian diet that contains non-GMO grains and no artificial ingredients. The omega-3 content is naturally-occurring from their diet, *not* from added fish oil.

In a large market research study, a taste test was performed with over 500 consumers who regularly buy premium milk. Each consumer was given two cups—one containing Nature's Farm milk, the other a competitive brand. Of the three brands used (two of which were organic), Nature's Farm was preferred by at least a 2:1 ratio!

Nature's Farm milk comes in 64-ounce containers and has a refrigerated shelf life of approximately 60 days. Please note, this milk is pasteurized as required by Indiana law and is *not* certified organic. Look for Nature's Farm natural milk and, for a limited time, money-saving coupons in our dairy case.

Urgent Food Freedom Legislation

The food safety bill was defeated in the Senate last November but may be back again in September, so it is imperative that your senator is told to keep the "Hold" on Senate Bill S510. To learn more about this extremely important legislation, please follow this link: http://salsa.democracyinaction.org/o/568/p/dia/action/public/?action_KEY=4613

Don't be misled by the name of the Senate bill, which is called the "Food SAFETY Bill." If passed, this bill would have an adverse effect on independent and organic farmers, community gardens and markets—and make our food *less* safe. Please contact your senator today and tell him/her to keep the "Hold" on Senate Bill S510, and to support our freedom of choice.



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



Smart & Fit Weight Loss Program

Saturdays, September 11—October 9, 10am

Join others seeking to get fit and lose weight in a 5-week program that will help you lose weight in a manner that's smart and that improves your health.

\$75 (may be paid in 5 class payments of \$15)

The Raw Truth

Foundations for the Raw Food Lifestyle

Saturday, September 25, 3pm

The raw food lifestyle is hailed as "the answer" for reversing aging and many common health issues. This class provides detailed information about all facets of the raw food lifestyle.

Class fee \$25.00

Class instructor is Pamela Reilly

Naturopath and life coach.

Call 317-293-9525 or send request to pamela@georgetownmarket.com

Facebook and Twitter

Wacky Wednesday

\$3 off any Aubrey Lotion

Regular Price \$12.29—\$15.49

Free Biochem "100" Calorie Bar

1 per customer—all flavors

Cliff Bar 79¢—all flavors

Regular Price \$1.49

Westbrae Beans 15oz \$1.19—all varieties

Regular Price \$2.39

Indy Rawvolution

Raw Food Support group,

September 14th and 28th, 6:00pm,

Georgetown Market Community Room

Contact: 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.