

georgetown market

natural foods

Eat Better, Live Well, Feel Your Best

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

January 2009

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, January 12th

Join us . . .

Tuesday, January 20th at 6:00p.m.
Georgetown Market Community Room
Cost: \$5/person

“Simply Raw: Reversing Diabetes in 30 Days” is an independent documentary film that follows six Americans with diabetes as they make radical changes in their diets and eventually take themselves off of insulin. It chronicles their struggles as well as triumphs as they seek to overcome what is considered an incurable disease.



The movie lasts one hour and 30 minutes. Afterwards, Natural Living staff member Pamela Reilly, CNHP, CPH will lead an open discussion on the film and answer questions. As a diabetic for more than forty years, Pamela has experienced for herself the benefits of a raw diet in controlling this disease.

And on...

Wednesday, January 28th at 6:30p.m.

“Cooking Raw” Our very own Eatery chef, Silvia Potter, will lead this class on preparing raw food recipes. Learn the basics of this growing trend and dynamic lifestyle change. There will be plenty of sampling and recipe ideas. Sign up for both the movie and cooking class and save...

Cost for cooking class: \$20.00

Bring your movie receipt to the class and receive a \$5 rebate!

Seating is limited, so call today to reserve your place!
(317)293-9525

Congratulations to Ken Crispin on winning our anniversary grand prize, courtesy of Tree of Life!

Creating Wellness Program Comes to Indy!

For another great way to ring in a healthier New Year, join Dr. Lauren on Tuesday, January 6 at 6 p.m. to learn about the exciting Creating Wellness Program. Take advantage of one of the most comprehensive and advanced wellness assessments. At the end of the assessment you'll receive a phenomenal report that includes your personal Wellness Quotient and recommendations on how to reach a higher level of well-being.

Space is limited and seats have been filling up quickly. This event is free for those who pre-register (\$20 at the door). Please sign up in the Natural Living department, or call 293-9525 to reserve your seat!

In today's economy many of us are looking at ways to stretch our food budget. I've always found one-dish recipes to be healthful, easy to prepare, and economical. Here's one from CheapCooking.com™ that can be adapted for special dietary needs:

Chili Cheese Casserole

1 cup sour cream
1/2 cup ricotta cheese
3 oz. cream cheese

3 cups cooked chicken, chopped
3 cups cooked rice, preferably brown/whole grain
1 1/2 cups shredded Monterey Jack
15 oz. can chopped tomatoes
15 oz. can black beans, drained
1/2 cup onion, chopped and sautéed
4 oz. diced green chilies
1 clove minced garlic

1 cup crushed tortilla chips

Mix together the sour cream, ricotta, and cream cheese. Add remaining ingredients, except tortilla chips, and blend together. Pour into ungreased 9 X 13 pan. Top with tortilla chips. Bake at 350 for 30 minutes.

Visit CheapCooking.com™ for other food preparation and grocery buying tips.



From Rick's Desk...

FDA Approves Stevia Extract As Sweetener

The FDA recently stated it has no objection to an extract of the natural sweetener Stevia, known by its trade name rebiana, or Reb-A. Rebiana is now generally regarded as safe sweetener for foods and beverages. Why did the FDA approve rebiana as a sweetener when for many years it sought to keep Stevia out of the U.S. marketplace? Political pressure from big business. Although approval of this substance benefits consumers, it only came about because of intense pressure from powerful companies like Coca-Cola and Pepsi. Why would these corporations want rebiana to be approved as a sweetener? Because it will largely replace NutraSweet (aka aspartame), an artificial chemical sweetener linked to numerous neurological disorders.

Get ready for an avalanche of rebiana-sweetened products. This will be good news for diabetics because Stevia, a plant native to Paraguay, does not present adverse reactions to blood sugar levels and is much safer than aspartame and other artificial sweeteners. Stevia is also a zero-calorie sweetener, which is why Coca-Cola and Pepsi will soon fill U.S. shelves with drinks sweetened with their own versions of the extract. Coca-Cola has partnered with Cargill to develop a brand called Truvia, while Pepsi and their partner PureCircle will introduce their brand as PureVia.

Expect to see rebiana in drinks and then spread to food products. It's all about the dollars, because while the consumer benefits, the FDA did not make this decision to help consumers. It was motivated by corporate profits.

Skin Care from the Ground Up

Thursday, February 12 at 6 p.m.

\$20 with pre-registration

\$25 night of seminar

Fee includes all materials

Join Pamela Reilly for a delightful course where you'll learn how to naturally care for your skin, which cosmetic ingredients are safe, and how to make your own completely natural skin care products at home.

This course includes hands-on exercises in making a simple but very healing cream, and a sugar or salt scrub to take home and enjoy!

Please wear old clothing or bring a covering to protect your clothing from oil stains, and come ready to have FUN!!

Pre-register by calling
Natural Living at 317.293.9525

Mat Pilates at Georgetown with Julie Seward

Monday nights at 6p.m. starting January 12

Wednesday nights at 6p.m. starting January 14

Cost: \$8/class with pre-registration

\$12/class walk-in

Classes run for six weeks and are limited to 10 participants per class, so reserve your spot early!

Call 430-7923 today!

Hmmm . . . What's Missing?

Yes, this is where the postal address box used to be. As we announced last month, we will no longer be sending the newsletter via regular postal mail.

You are welcome to sign up for an email copy by visiting our website at www.georgetownmarket.com or sign up on our mailing list inside the store. As always, printed copies will be available at the registers.

Are you taking an immune builder to stay well this winter? New Chapter's Immunity Take Care provides 175 mg of a proprietary Elderberry extract in a convenient and tasty lozenge. Look for it in Natural Living!