

georgetown market

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

March 2009

natural foods

Eat Better, Live Well, Feel Your Best

More Food For Thought

A recent article in *The New York Times* focused on the issue of food allergies and the problem of misdiagnosis. According to the article by Tara Parker-Pope, over 11 million Americans suffer from food allergies, 3 million of those are children.

Allergy or Intolerance?

A **food allergy** is the body's immune response to an ingredient it mistakes as harmful. Symptoms can vary, from itchy skin to shortness of breath and chest pain. Although it shares some symptoms with allergies, a **food intolerance** is a digestive system response. A person may have an intolerance to gluten or lactose because his digestive system is unable to properly break down those compounds.



Although the prevalence of food allergies has grown in the past few years, experts believe misdiagnoses have grown as well. A simple blood test is not always reliable, sometimes resulting in a false positive. As a consequence, many children may not be meeting their basic nutritional needs due to unwarranted avoidance of various kinds of foods.

The best way to determine whether or not an allergy exists is by eating a particular food and seeing if you react to it. But it is important to do this through a systematic process. The **elimination diet** and **food challenge test** are typically performed under the guidance and supervision of an allergist or nutritionist.

Jodi Smith, a recognized expert in the field of nutrition, has over 25 years of experience helping individuals with a variety of nutritional challenges, including allergies and intolerances. To set up a consultation, call her at (317) 466-3636.

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

Common Allergen Substitutions

(Courtesy of Jodi Smith)

Milk:

- Water
- Rice milk
- Almond milk
- Fruit juice

Eggs:

- Commercial egg replacement, ex.: Ener-G Egg Replacer
- Tofu
- 1 banana= 1 egg in cakes
- 2 tbsp. arrowroot powder=1 egg

Corn:

- 1/2 cup honey (not derived from corn)= 1/2 cup light corn syrup
- Arrowroot powder = cornstarch
- Tapioca powder = cornstarch

Packs-a-Punch Raspberry-Almond Smoothie

(Courtesy of Blue Diamond Almonds)

Ingredients:

- 2 C. Almond Breeze Original
- 1– 12 oz. package frozen raspberries
- 2 medium bananas, cut into chunks
- 2-3 T. honey
- 1/2 t. almond extract
- 12 fresh raspberries (optional)
- 8 whole blanched almonds (optional)

Directions:

Combine first five ingredients in blender; whirl until smooth. Pour into 4 tall glasses and garnish with fresh raspberries and whole almonds if desired.

This month, all varieties of Blue Diamond Almond Breeze is on sale \$1.99!



From Rick's Desk...

The Six Essentials For Life

As part of his Dynamic Health system, Dr. Ted Morter, Jr. established the six essentials for life: what you eat, what you drink, how you exercise, how you rest, what you breathe, and what you think.

Makes sense, right? Of these six, which one do you think is most important in achieving optimal health? The food we eat, or air we breathe? Dr. Morter states that without a doubt **what you think** far outweighs the others in importance: "Your thinking establishes your beliefs, thus it controls your actions, attitudes, personality, and even affects your physical condition. In order to change your life, you must change the way you think."

In my experience, the thought process is the last area a person wants to address. But if your "thinking is stinking" then your health is not going to be optimal! There are a number of good books on how to improve your thought process. One I would recommend is Feelings Buried Alive Never Die by Karol K. Truman. For more on Dr. Morter's mind/body system, check out Dynamic Health: Using Your Own Beliefs, Thoughts and Memory to Create a Healthy Body.

Wanted: One Volunteer For Better Energy

I am looking for one person who wants to improve their energy level. I have a bottle of Pure Essence Labs **Energy Plus** which is a supplement designed to safely, gradually, increase your level of energy and stamina. The bottle will cost you nothing but I prefer it goes to an adult person who is in relatively good health, who eats well and is physically active but is experiencing fatigue. If you are selected to receive this free bottle of Energy Plus you will be asked to take two tablets per day for one month and provide a written report of your results. Sound interesting? Contact me in writing at rick@georgetownmarket.com and tell me why you should receive a free bottle of Energy Plus.

A Good Stretch!

If you're like me, you were taught in gym class that 10 minutes of stretching is good preparation for exercise. Well, it's time to reassess that ages-old advice! In recent months, exercise physiologists have discovered that **static stretching**—holding a stretch for 20-30 seconds—actually **weakens** muscles!

To avoid injury and get the most from your workout, experts advise a simple warm-up routine to increase blood flow to muscles and tendons. An **aerobic warm-up** such as light jogging 5 or 10 minutes prior to activity—even if it's relatively low impact—is a perfect way to prepare muscles.

Or try **dynamic stretching**, which involves **movement** and is most effective when it targets muscle groups that are specific to your sport. To get an idea what dynamic stretching looks like, go to YouTube and search for videos under "dynamic stretching." As always, consult your physician or health care practitioner before embarking on any exercise regimen.

Malka Davis

Staff Contributor

DON'T MISS IT . . .

THE RAW TRUTH: FOUNDATIONS OF THE RAW FOOD LIFESTYLE

Thursday, March 19 @ 6 pm
Georgetown Market Community Room
Course Fee: \$20; advance registration required

This course will cover the benefits of raw foods, how to transition to the raw food lifestyle, how to ensure complete nutrition, tips for handling social situations, how to set up a raw kitchen, and the basics of sprouting and dehydrating.

To register, call 317-293-9525

Please register early, as space is limited and classes fill up quickly!

Course will be presented by our own Pamela Reilly, Naturopath & Raw Food Life Coach, CNHP, CPH.

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.