



georgetown market

natural foods

Eat Better, Live Well, Feel Your Best

April 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

Spring Into Wellness Health Fair & Cook-Out Saturday, April 24th 11:00am to 3:00pm

COOK-OUT

Burgers, Vegetarian
Options, Chips and more!
\$2/plate



MARTIN CENTER

(11am—2pm)

Blood Pressure · Blood sugar
Sickle Cell · Cholesterol (\$6)

VOICE BIO ANALYSIS

25 minute apt. \$20

Call: 317-430-7923 (limited apts. available,
no eating/drinking/gum/mint or smoking 1 hour prior)

OPTIMAL WELLNESS

Nervous System Scan
Foot Detox \$40
(reservation only)
317-870-7220

CHAIR MASSAGE

Plant the seeds now
For Health and Wellness!

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

Georgetown Market will be closed
Easter Sunday, April 4th.

“For the first time in American history, our generation was at risk of having a shorter lifespan than our parents. And it was because of what we ate.”

Those are the words of filmmaker Curt Ellis in the 2007 documentary, **“King Corn.”** Ellis, along with fellow filmmaker and friend, Ian Cheney, discovered that most of the carbon in their bodies comes from corn. This piqued their curiosity about one of the most ubiquitous crops in the world. If you thought **“Food, Inc.”** was informative and eye-opening, you have to check out **“King Corn.”** (It’s available on Netflix.) You’ll never look at a corn field the same way again!

To learn more, go to www.pbs.org/independentlens/kingcorn/film.html

Our own Trudy Cunningham (in the Natural Living Department) will be joining the Peace Corps soon, so she’s been taking stock of some “must-haves” for travel. Here are her Top Five:

1. Green Vibrance Powder—covers the 4 foundations of health: nutrition, digestion, circulation, and immunity.
2. Pure-Go Water Filtration Bottle—’nuf said!
3. Thera Veda Neem Tincture & Oil—a great natural antibiotic
4. New Chapter Zyflamend—open a softgel for quick relief from cold sores
5. Herbs of Light “Parasite”—in the event something is “hitching a ride” in you!



From Rick's Desk...

The Benefits of Systemic Enzymes

You may be familiar with how enzymes aid in digestive health, but did you know there are enzymes that help fight inflammation, relieve pain, improve cardiovascular health, enhance the immune system, speed up recovery from surgeries and injuries, prevent blood clots, and even fight cancer? These are known as systemic enzymes because they work *throughout* the body. One of the best known of these is Wobenzym N, which Georgetown Market has carried since the late 1970's. I can recall my father buying 800 tablet bottles and selling them to customers by the tablet.

At that time, the most common reasons for customers buying systemic enzymes were for inflammation due to injury, and for cancer patients. But systemic enzymes have a number of applications. Consider taking them to prevent blood clots while on long flights; or before surgery to minimize bruising, and for faster healing. Athletes take enzymes to prevent, as well as recover from, injuries.

When you realize that every chemical reaction in the body requires enzymes it is no wonder that systemic enzymes are so beneficial. However, be sure to take them **at least 30 minutes away from food**—otherwise, they will be used to digest your food. Now is a great time to buy Wobenzym N, as they are priced about 35% off the regular price. They come in bottles of 100/200/400 and 800 tablets. For more information, please request a brochure from one of our staff members.

Ask Our Staff for Nutritional Guidance

What separates Georgetown Market from other health food stores is the nutritional guidance we have provided for over 35 years. When you need answers to common health problems and would like guidance from a nutritional point of view, ask a staff member in our Natural Living Department. Our most experienced staff members are Julie, Pamela, Brett, and me. We are more than happy to assist you! Jodi Smith, who has worked as a nutritionist for over thirty years, is another great source of nutritional advice. She may be reached at 466-3636. Or, if you are seeking professional wellness care, talk to Dr. Lauren Montieth, D.C., at 870-7220.



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Calming the Storm: Natural Alternatives for ADD/ADHD, April 29 @ 6 p.m.

This course will provide detailed information about natural ways to address ADD and ADHD. Topics will include:

- * Factors that influence the rising rate of ADD/ADHD diagnoses
- * Simple lifestyle changes that can have a positive influence on ADD/ADHD
- * A comprehensive plan that includes changes to diet and lifestyle
- * A supplement plan that has been used successfully to address ADD/ADHD.

Course fee of \$20 includes all course material and a goody bag. **Pre-registration strongly encouraged.**

Call the Natural Living Department at 317-293-9525

Aromatherapy 101, April 22 @ 6 p.m.

This course provides detailed information about using essential oils for health and wellness. Topics will include:

- * the top ten essential oils for home use
- * how essential oils are made
- * the effects essential oils can have on body and mind
- * important safety tips and various ways essential oils can be used therapeutically

Course fee of \$20 includes all course material and a goody bag. **Pre-registration is strongly encouraged.**

Call the Natural Living Department at 317-293-9525

Indy Rawvolution

(a raw foods support group) Meets April 13 & 27 at 6 p.m. 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.