

georgetown market

February 2010

natural foods

Eat Better, Live Well, Feel Your Best

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

Frangipani means "Peaceful, Natural Skincare"

And that's exactly what you'll find in every Frangipani product! Created by Tracy Land, the complete Frangipani line is made exclusively from plant-based ingredients, without any chemical or synthetic additives, so your skin feels as fresh and clean as the product itself!

Choose a regimen that best fits *your* skin type: Balanced, Environment Based, Hormone Based, Mature, or Stress Based. To learn more, visit www.frangipanibodyproducts.com

My skin is definitely Hormone Based, so I took a "test drive" of the four products packaged for that skin type. Right from the start, I could feel the Frangipani difference. It's amazing how much mileage you get from a product that is concentrated with pure ingredients you can practically eat! Just a few drops of the Refreshing Face Wash and my skin was squeaky clean without feeling dried-out.

Along with being an exceptionally clean product, Frangipani is also "home grown"—based right here in Indianapolis. Ask a Natural Living associate about this exciting new skin care line!

Enjoy our new everyday low prices on **Brown Cow** and **Cascade Fresh** yogurts!
Cascade Fresh, now only .79 and a terrific new flavor: **Green Apple Pie**

Brown Cow, now only .89
New varieties: **Chocolate Raspberry**, **Pomegranate Passionfruit**, and **Maple Brown Sugar**

- Senior Citizen Discount 10% off almost everything—Every Tuesday
- Self-Serve Water 25¢ a gallon, Monday, February 8

You are invited . . . to Dr. Lauren Montieth's OPEN HOUSE EVENT at OPTIMAL WELLNESS CHIROPRACTIC

When? Friday, February 26, noon to 7p.m.

Where? 4545 Northwestern Drive, Suite A in Zionsville (106th and Michigan Rd).

Enjoy free food and refreshments, foot scans, stress evaluations, body fat analysis, chair massages, cooking demos...*and more!*

Wheatgrass Happy Hour

Double shot for the price of one!

Tuesday, February 16th

4:00pm—6:00pm

While quantities last.

\$1.75
shot



Looking for something sweet (and unique) for your sweetheart this month?

Our Market Eatery has you covered:
Queen Bee Gardens Chocolate Valentine Gift Sets!

Check It Out: Video of the Georgetown Tastecasting Event!

Please watch this 2-minute video of a food tasting event that took place in our store last month. Six independent tasters loved the food made in our Eatery!

http://www.youtube.com/watch?v=FSamkG5boWw&videos=VNnaPNexN4s&playnext_from=TL&playnext=1



From Rick's Desk...

Is Our Food Supply In Peril?

If you watched the movie *Food, Inc.* at our store last month or in the movie theatre, you know our food supply is controlled by a few corporate conglomerates and, according to some experts, is in danger of collapsing. How is this possible? Through the near-complete demise of the family farm. Due to common industrial farming practices our health has never been at greater risk.

In addition to the heavy use of chemical fertilizers and pesticides, meat and dairy products are routinely laced with cancer-causing hormones; slaughterhouse waste is ground up and fed back to animals that we eat; cows are primarily fed grains instead of grass, raising the risk of E. coli infection.

Dr. Shiv Chopra, a former senior scientific advisor for Health Canada (similar to our FDA), advocates the removal from our food system of antibiotics, hormones, GMO's, pesticides and slaughterhouse waste. Take these factors out of the equation and food becomes natural again! The solution to creating safer foods lies in returning farming to a small-scale enterprise. You can do your part by buying food from a source you know and trust. Think local!

To learn more about our food supply, go to <http://articles.mercola.com/sites/articles/archive/2010/01/23/Looming-Before-Us-Corporate-Threats-to-Your-Food-Supply.aspx>

Candida Battle Plan

February 11, 6:00 pm

Experts estimate that 80% of people in the US suffer from Candida overgrowth.

This class will teach you what Candida is, how to recognize the signs of overgrowth, and how to combat it naturally.

Class fee: \$20

Pre-registration requested: Call 293-9525

Nutritional Building Blocks

February 4, 6:00 pm

From one day to the next, we are inundated with conflicting information about what makes a "healthy" diet.

This class will teach you what foods you should be eating, how to make sense of food labels, and how to ensure you are eating foods that provide *complete* nutrition.

Class fee: \$20

Pre-registration requested: Call 293-9525

Clases en Español:

Elevar Su Sistema Inmunológico Naturalmente

February 18, 6:30 p.m.

Cuesta: \$5

Nutrición Básica

February 25, 6:30 p.m.

Cuesta: \$20

Para Registrar, Llame: 293-9525

Indy Rawvolution

(a raw foods support group)

Meets February 9 & 23

A pitch-in will be held on 2/23

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.