



A Grain of Salt[®]

Information to empower mindful choices toward a healthier life



FALL 2005

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 Four Celtic Drive Arden, NC 28704
 e-mail: info@celtic-seasalt.com
 www.celtic-seasalt.com

I-800-TOP-SALT (800.867.7258)
Sr. Edt. Selina DeLangre
Copy Edt. Carolyn Carnahan
Photographer. Susan Bloom

Committed to the richness of life, The Grain & Salt Society[®] purveys ingredients of uncommon quality and enables customers and employees to realize this commitment through rewarding relationships and honest business practices.

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Mothers & Daughters:

The Bond that Wounds, the Bond that Heals
 Christiane Northrup, M.D.

The mother-daughter relationship is at the headwaters of every woman's health. Our bodies and our beliefs about them were formed in the soil of our mother's emotions, beliefs, and behaviors. Even before birth, our mother provides us with our first experience of nurturing. She is our first and most powerful female role model. It is from her that we learn what it is to be a woman and care for our bodies. Our cells divided and grew to the beat of her heart. Our skin, hair, heart, lungs, and bones were nourished by her blood, blood that was awash with the neurochemicals formed in response to her thoughts, beliefs, and emotions. If she was fearful, anxious, and deeply unhappy about her pregnancy, our bodies knew it. If she felt safe, happy, and fulfilled, we felt that, too...

Our bodies and those of our daughters were created by a seamless web of nature and nurture, of biology informed by consciousness that we can trace back to the beginning of time. Thus, every daughter contains her mother and all the women who came



Dr. Northrup & her daughters

before her. The unrealized dreams of our maternal ancestors are part of our heritage. To become optimally healthy and happy, each of us must get clear about the ways in which our mother's history both influenced and continues to inform our state of health, our beliefs, and how we live our lives. Every woman who heals herself helps heal all the women who came before her and all those who will come after her.

A mother's often unconscious influence on her daughter's health is so profound that years ago I had to accept that my medical skills were only a *mother-daughter cont'd on p9*

Get off the Blood Sugar Rollercoaster!

...and get on the slow boat instead

by Sabrina Marie Thomas



You need sugar to live. Every cell of your body runs on glucose - this is the form of sugar small enough to get inside a cell. Cells need constant energy simply to stay alive. We constantly supply energy to our cells by breathing and eating - taking in substances that will be broken down to provide each cell with specific raw materials. Like a very particular chef who chooses his ingredients with care, our cells only accept nutrients in specific forms. Breathing provides our cells with oxygen, a major raw material in the production of energy. We get the rest of our raw materials- protein, fats, carbohydrates, and micronutrients- from food.

In this article, we will focus specifically on the raw material known to us as carbohydrates, also called starch and sugar. We will discuss the effects of different types of carbohydrates on our bodies. Finally, we will conclude with suggestions for

balanced choices because believe it or not, you can have your cake and eat it too (at least occasionally).

Carbohydrates are found in grains- both whole, as in brown rice and whole wheat; and processed, as in white pasta and biscuits. Carrots, potatoes, beets and other root vegetables contain large amounts of carbohydrates. Fruits and fruit juices, candy of all types, ice cream, potato chips, french fried potatoes, bread, doughnuts, sodas - these are all sources of carbohydrates. From the viewpoint of our cells, all types of carbohydrates provide the same energy- glucose. Glucose is the "gas" that fuels our cells - it is a specific raw material small enough to fit into a cell. Although all carbohydrates provide glucose, different kinds of carbohydrates deliver glucose to the body in very different ways. Complex carbohydrates release glucose into the bloodstream slowly and simple carbohydrates release glucose quickly. Also, complex carbohydrates provide nutrients in addition to glucose. For instance, a carrot provides fiber and smaller amounts of micronutrients such as vitamin A, vitamin C and calcium.

blood sugar cont'd on p6



Letter from Selina

finding purpose: the power of silence

My dearest reader,

After you read this letter, I'd like you to take a moment and do something that has the power to change your life. It's a simple thing that requires almost nothing, except an open spirit. Find a quiet place where you can be alone. Close your eyes and allow the room to fall away- find a place of nothingness. Thoughts turn to messages, unattached to the material world. The day of the week turns to nothing, time turns to nothing. The room you sat down in no longer exists. What is left? Is it nothing? Or is it something?

This place of silence is one that you have been in before- one that you were created from, in fact. God had an intention to bring your soul to this earth on the day you were born. Your birthplace, parents, and family were all first thought of by our creator. In the silence, what is it that God intended for your life? Why were you born, what is your purpose? And why is it important to go back to this place of silence to find it?

What is left when you sit in silence and allow the world to fall away is the power of intention. Are you aware that you have the power to manifest anything- positive or negative- that you desire? If we focus on the tragedies and injustices of the world, we can make it an unlivable place. If we focus on the beauty and joy of existence, we can also manifest that reality. Sitting in silence and reflecting on God's intention for your life, you are able to serve that calling- everything related to it takes care of itself.

In my silent place, I close my eyes and pray to be a channel of God's resources. I ask where God wants me to bless with these resources- I go to a place in my thoughts to connect with the masters of our world and join them in the same intention to fulfill the reflection of our creation. As best as I am able to do in my human body, I approach this intention through ego-less, authentic love.

If you allow yourself to be stripped of this understanding- that through intention you are able to co-create your reality- you create barriers that will keep you from realizing that you are a spiritual being having a human experience, not the other way around! Silence allows us to let the naysayers, influencers, and human egos fall away. In silence, we can stop leading a life numb to the beauty, joy, and awesome power all around and inside of each of us. Find your silent place- where you are able to connect with God, your own amazing power of intention, and the purpose for which you were created.

It's amazing what you're able to accomplish when you allow this to happen. One of my employees and a major contributor to this newsletter for the past four years has been a remarkable young lady named Carolyn. She's been such a strong influence in my life and in this company, and I will miss her deeply- yet I am so excited about what she's doing. Carolyn has given up her life here to work with impoverished farmers in Paraguay, helping them to diversify their income and farm more sustainably. When she described to me the changes she wants to be a part of, I felt honored to have her in my life. In her resignation letter, she wrote that 'my heart just aches when I think of these people, and of what might happen to them (and the environment upon which we all depend), if people weren't willing to step in and help. I have been given so much in my life, and I want to pay it forward.'

Thank you, Carolyn. May you be a portal to a needed area, and may we be able to channel resources through you to those who need them. Please, dear readers, lift her up in your prayers.

Many Blessings- Selina

Bulletin Board:

OUR NEW WEBSITE!

At long last, our beautiful new homepage is up and running! Special thanks to Terri, our webmaster, for all her hard work. The new site features member login, health tips, recipes, and so much more! Check it out at www.celtic-seasalt.com and let us know what you think.



WESTON A PRICE

Don't forget to mark your calendars! The sixth annual *Wise Traditions* conference, an event organized by the Weston A. Price foundation, will take place in Chantilly, Virginia November 11-13. Hear amazing speakers, sample traditional food, and take advantage of this unique opportunity to network with health professionals from around the country. For info, see www.westonaprice.org or call 202-363-4394.



Jordan Rubin, Selina, & Selina's daughters Carla and Letty at a recent tradeshow

Sabrina's Holiday Recipe Box



toasted almond cherry scones with stevia

sabrina's really good fruit muffins

The holidays are probably the most difficult time to stick to our diet and exercise plans- especially when it comes to the sweet tooth! These recipes, by natural foods chef and nursing student Sabrina Marie, offer sweet treats to satisfy your holiday cravings while still honoring the principles of healthy eating. These recipes contain no white sugar or flour, processed salts, or unhealthy fats. And did we mention how great they taste?

For more scrumptious recipes that use alternative sweeteners, healthy oils, and good salt, visit our new website: www.celtic-seasalt.com.

Toasted Almond Cherry Scones with Stevia yields 12

Ghee is wonderful to bake with but is semi-solid at room temperature. In order to make scones, refrigerate the ¾ cup ghee for 4 hours before making this recipe, or use cold butter instead.

- | | |
|--------------------------------------|--------------------------------|
| 1 c dried cherries | 15-30 drops astraya stevia, |
| 2 1/2 c whole wheat pastry flour | depending on sweetness desired |
| 1 Tbsp baking powder | 1/2 c toasted almonds, chopped |
| 1/4 tsp Fine Ground Celtic Sea Salt® | 1 egg, beaten |
| 3/4 c ghee or unsalted butter | 4 Tbsp soy milk or cow milk |

Preheat oven to 400 degrees. Boil one cup of water and pour over cherries. Set aside. In a medium sized bowl, whisk together the flour, baking powder and salt. Using a pastry cutter, cut in the ghee or butter until the mixture resembles coarse meal. Add almonds. Drain cherries and add to the mixture. Mix well. Combine the egg, milk, and stevia, then add. Fifteen drops of stevia produces a very lightly sweet scone, add up to 45 drops for sweeter scones. Stir until dough begins to hold together. Turn out onto lightly floured surface and knead 6-8 times. Roll dough to a thickness of 1 inch. Cut into shapes with a 2-inch cookie or biscuit cutter. Place the scones on the prepared baking sheet and bake for 15 minutes or until just beginning to brown. Transfer to a wire rack to cool.

Sabrina's Really Good Fruit Muffins yields 8

These fruit muffins have a nice maple flavor. You may use the fruits of your choice, apples and bananas are only my suggestions. What else works? Berries of all types, pears, peaches . . . you name it. Also, when no fruit is on hand, you may use dried fruits which have been "plumped" in hot water. You can also increase the amount of fruit to 2 cups, instead of 1 cup, for extra fruity muffins.

- | | |
|----------------------------------|---------------------------------|
| Stir together: | Whisk together wet ingredients: |
| 1 3/4 c whole wheat pastry flour | 1 egg |
| 2 tsp baking powder | 1/2 c soy milk or cow's milk |
| 1/4 tsp baking soda | 1/3 c coconut oil |
| 1/2 tsp cinnamon | 1/2 c maple syrup |
| 1/4 tsp nutmeg | 1 tsp orange zest, chopped |
| 1/4 tsp salt | 1 tsp vanilla extract |
| | Chop fruit: |
| | 1/2 c apple |
| | 1/2 c banana |
| | 1/2 c pecans, toasted |

Preheat your oven to 350°. Make a well in the center of the dry ingredients and pour in the wet ingredients, and the chopped fruit and nuts. Mix together quickly and briefly, do not over mix. Spoon into oiled or papered muffin tins, filling each cup until it is just full and bake in 350° oven for about 17 minutes, until centers hold up beneath a light touch. Let cool at least 10 minutes before eating.

Pumpkin Seed Butter Chocolate Cookies yields 20

A delicious cookie that has a distinctive flavor adults and children will love. Although these cookies are higher in sugar content than some other natural recipes, they also contain pumpkin seed butter which helps to slow down the sugar digestion process.

- | | |
|------------------------------------|---------------------------|
| 2 c whole wheat pastry flour | ¼ + 2 tbsp cocoa |
| 1 tsp baking powder | 1/2 c butter or cold ghee |
| ½ tsp baking soda | ¾ c rapadura sugar |
| ½ tsp Fine Ground Celtic Sea Salt® | ½ c pumpkin seed butter |
| | 1 egg |

Preheat oven to 350°. In a medium sized bowl, combine the flour, baking powder, baking soda, sea salt and cocoa. Stir with a whisk to fluff and combine. In a second bowl, cream butter or ghee, then add sugar and beat until fluffy. Add pumpkin seed butter, beat again, then add egg. Pour dry ingredients into the butter mix and quickly combine.

Spoon batter onto a cookie sheet using a teaspoon. Bake for 12 to 15 minutes until centers of the cookies are firm. Remove from the oven and immediately transfer to a wire rack to cool.

'tis the season

gifts of health show you care



We are very proud to offer you these carefully selected gift collections- designed so that you can feel good about giving. There is something for everyone. You will find a variety of products that are either made with organic ingredients, made using traditional artisan methods, or offer a solution for health, relaxation or enjoyment. Finally, we selected reusable or recyclable packaging. May this holiday season find you healthy and happy. Give gifts that you feel good about. Each gift comes with a handwritten notecard- gift wrapping and express shipping are available. **For full color photographs of these gift packages, visit www.celtic-seasalt.com.**

gifts under \$33



CELTIC SEA SALT® MINI PACK

A beautifully packed gift of 1/4 lb. Flower of the Ocean® and a twist top salt box in a handwoven reusable clutch bag. This is the perfect gift for family, friends and co-workers- an easy, inexpensive way to say 'happy holidays'.

BA-MP \$15.00



NUTS & BERRIES PACKAGE

A jar of our famous creamy almond butter packaged with five fruit-sweetened spreads and a taste of our delicious hazelnut-chocolate spread. *diabetic safe*

BA-SPREADS05 \$26.00



CELTIC SEA SALT® SPA PACKAGE

For the spa lover in your life, this package contains 1 lb. of Celtic Sea Salt® bath crystals, a bar of Lavender Celtic Sea Soap, a body brush, and 2 squares of luscious Dagoba chocolate.

BA-SPA05 \$19.00



SOAP SAMPLER

These soaps contain no artificial additives, animal products or synthetic fragrances. This sampler offers a bar of each variety- lavender, tangerine, spearmint, lemon bay, rosemary lemon, peppermint, and cinnamon oatmeal.

BA-SOAP05 \$9.00

LAVENDER SOAP GIFT

A bar of our fragrant, luxurious Lavender Celtic Sea Soap artfully packed in a recycled glass soap dish.



BA-SOAP05 \$9.00



SALT & PEPPER

A customer favorite, this set includes two grinders with powerful ceramic mechanisms filled with Light Grey Celtic Sea Salt® and organic black peppercorns. Health food enthusiasts and gourmets alike will be charmed by this unique little gift. Packed in a stylish, handwoven gift bag.

BA-SET \$45

MEMBERSHIP PACKAGE

Contains a 1/2 lb gift jar of Celtic Light Grey®, 1/2 lb shaker jar of fine ground, 1/4 lb bag of Flower of the Ocean®, and a full year's subscription to A Grain of Salt®, our quarterly education publication, & all the benefits of junior membership (including a 55% discount on Celtic Sea Salt®)! Also includes a twist top salt box and Celtic Sea Salt Herbes de Provence seasoning.

BA-SS-M \$39.99



SELECT GRINDERS WITH SALT, PEPPER & GOLDEN FLAX

Start the new year right by making healthy choices! This set of three Celtic Select® ceramic grinders come filled with whole organic black peppercorns, Light Grey Celtic Sea Salt®, and omega-3 rich golden flax seeds. Includes hang tags that give instructions for use.

BA-GRINDERS05

\$65



ULTIMATE SALT SAMPLER

Share Celtic Sea Salt® with the people you love!

This package contains a 1/4 lb. bag of each variety of Celtic Sea Salt®- Light Grey, Fine Ground & Flower of the Ocean®- as well as a white ceramic salt grinder, a twist top salt box, hazelnut chocolate spread, and luscious Dagoba chocolates.

BA-SALT05 \$49



holiday memories

When we first got married, our tree was 3 feet tall and we barely had the money to decorate it at all. We decorated it in blue and silver and have decorated our trees that way ever since as a reminder of where we began and where we are now. This has become a tradition every year. The amount and variety of decorations have grown over the years, and each year we add something new to our tree. -Michele & Ken



Carla Delangre, age 7

One of my fondest memories is last year when my 6 year old daughter, Brielle, snuck out before everyone woke up and looked at what Santa brought (Santa does not wrap his presents at our house). She then proceeded to jump in our bed and name all the things she "thought" and "believed" that Santa brought her and her siblings. She was so serious and will not admit to peeking, even to this day! -Kirsten

As a child, on Christmas Eve, my family and I would have a quiet evening, sipping hot chocolate and sharing snacks together. My brothers and I were each allowed to choose one gift to open together. To me, the ritual of that exchange was one of the most meaningful parts of the holiday, even more memorable than the ecstatic flurry that would take place the next morning. We each took turns selecting our gift, speculating on its contents, and opening it with care. I was always touched and surprised when someone would choose to open a gift that I had chosen and wrapped with care. It was during these moments that I began to understand the truth of the power of giving. Later, my brothers and I would camp out together on the floors of one of our rooms, curled up with our special book, stuffed animal, or music box, enjoying the warm feelings that went along with the evening, but still excited about the coming morning. -Catherine

My favorite Christmas memory would be one year, after my parents seperated, my dad invited me to his house for dinner. Out of guilt, I went with my sister and brother. I hated leaving mom for Christmas but she was very understanding. The dinner and christmas party at my dad's house didn't go as well as hoped and we were all dissapointed. By the time we got home the next night my mom had prepared the most beautiful dinner and decorated the house with candles and christmas decorations. She wanted us to have some sort of special night together for christmas. She even baked desserts and had presents under the tree. I will never forget that christmas. It could have been one of the hardest ones, but my mom made it the most special. -Carla



Carla & Selina today

for more holiday memories, go to www.celtic-seasalt.com

CARBOHYDRATE DIGESTION

Just how do our bodies get glucose out of the carbohydrate food and into the cell? It is a step-by-step process complete with checks and balances. When we eat a carbohydrate food, for instance a generous plate of pasta with red sauce, our body begins to take apart the carbohydrate as soon as we start to chew. Complex carbohydrates are long chains of sugars. Through digestion, carbohydrates are broken into smaller and smaller pieces until the sugar is finally glucose. Digestion of carbohydrates begins in the mouth with enzymes present in our saliva.

From the mouth, the bite of pasta is swallowed and travels slowly down the esophagus to the stomach. Not much happens to carbohydrates in the stomach, but the body is still busy. Protein foods are being broken into small pieces by the high acid content and protein enzymes of the stomach. Also in the stomach, the food is mixed together and made into liquid. From the stomach, the food travels to the small intestine. Here, more digestive enzymes complete the process of carbohydrate digestion started in the mouth. Enzymes in the small intestine break down carbohydrate chains into progressively smaller pieces until they pass through the wall of the intestine and enter the bloodstream.

HOW DOES THE SUGAR GET IN THE CELL?

Once in the bloodstream, the carbohydrates, which are now glucose units, float around looking for needy cells. A glucose unit may come across some cells, hoping to be let in, but the glucose finds the cells locked. It keeps floating around. Meanwhile, more and more glucose units are being brought into the bloodstream from the small intestine. Soon enough, the hormonal system

receives the message that there is glucose in the blood stream. It signals the pancreas to release a hormone called insulin. Insulin enters the bloodstream like a hotel bellboy holding the key. Insulin attaches to cells and unlocks them so that glucose can get in. Once inside the cell, the glucose is used to produce energy.

Let's imagine that the pasta on our imaginary plate of food is whole-wheat pasta. It contains more fiber than refined white pastas. Fiber naturally occurs in all foods high in complex carbohydrates, like carrots, wheat, and corn. Fiber surrounds the carbohydrate granules, forming a physical barrier that actually protects them from the action of enzymes. This slows down the digestion process, slowing the release of glucose units into the bloodstream and lowering the amount of insulin that will be released into the bloodstream. This "slowing down" is a very good thing.

PROCESSED VS. WHOLE

If instead of eating pasta, you choose a candy bar or an order of french fries, the picture would look very different. These are simple carbohydrates- processed foods that contain very little or even no fiber. Since simple carbohydrates are shorter chains, the body hardly has to do any work to get the sugar into small glucose units. There is no fiber to slow down the process. A large amount of glucose will enter the bloodstream in a surge. The pancreas responds by releasing a large supply of insulin to place the glucose into the appropriate cells. However, there is more glucose than is needed. One of the body's golden rules is to get rid of sugar in the bloodstream as quickly as possible. When we consume more glucose than our cells need, the extra glucose is converted into a storage form of glucose (called glycogen). If the body already has enough stored energy, extra glucose is converted into fat.

Eating simple, processed carbohydrates instead of complex, whole carbohydrates will provide your body with too much energy too quickly. Energy that is not burned or stored results in weight gain. Simple carbohydrates are double trouble because not only do they provide too much energy at once, but they also do not provide any necessary micronutrients naturally packaged with carbohydrates. Furthermore, simple sugars incite a large insulin response that quickly disposes of all the sugar in the blood (to cells or to storage). The result is that an hour or so after eating a simple carbohydrate, you find yourself craving more.

This gloomy picture doesn't end here. When a person has gained a certain amount of weight, it becomes harder for insulin to do its job. If blood sugar levels are high and insulin is having trouble, the pancreas simply sends out more insulin. If large amounts of insulin are habitually released into the bloodstream, over time, tissue cells can become "insulin resistant"- the cells have a decreased ability to respond to insulin. Insulin, the bellboy, comes up to the cell, wanting to unlock the door, but the key doesn't work; or at least it doesn't work quickly. The pancreas produces more insulin to get the job done. Over time, the pancreas simply cannot produce enough insulin, blood sugar levels rise, and a condition known as Insulin Resistance or Metabolic Syndrome can develop.

The bottom line about carbohydrate consumption and its effects: while our cells may not differentiate between the types carbohydrate foods we eat, it is very important that we do. The more processed the carbohydrate is, the more quickly it enters the bloodstream, the more insulin is released to take the glucose to the cells. That seemingly innocent sugar "pick me up" you yearn for

cont'd on next page

THE GLYCEMIC INDEX: A HELPFUL TOOL

How do you know if a food is a complex or simple carbohydrate? One way to tell is the level of sweetness. However, many foods do not seem to be sweet, but their effect on blood sugar is high. A helpful reference tool is the Glycemic Index. Twenty years ago, the glycemic index was developed by Dr. David Jenkins and a team of researchers in Canada. By testing how quickly a food increased blood sugar levels, they developed a rating system for a variety of different foods. Foods are assigned numbers relative to their blood sugar effects- the lower the number, the less the effect on blood sugar. Table sugar has a Glycemic Index (G.I.) of 92; spinach and many other vegetables have a G.I. of less than 10. One of the highest sugars on the index is maltose at 150. Maltose is the sugar in beer. A glycemic index rating of 40 or less is considered a low number.

The Glycemic Index can be helpful and interesting to look over and refer to when trying to lower the amount of simple carbs that you eat. You can find a copy on the web at www.celtic-seasalt.com. However, keep in mind that the actual effect on blood sugar is determined by all the food you eat at the same time. Simply spreading almond butter on a piece of bread will lower the total effect on blood sugar. Also, the amount of fiber in a food will slow the breakdown of sugars, a fact which the glycemic index doesn't take into account.

today can cause serious biological effects in years to come. Opting for unprocessed, whole carbohydrates will ensure that you are providing high quality, slow burning fuel (see the sugar scale for more info).

A WORD ABOUT WHITE SUGAR

A store bought cookie will contain almost no micro-nutrients. Eating it will deliver the carbohydrates without the nutrients. That's why sugar-sweetened treats are referred to as empty calories. The emptiest calories of them all are those provided by white sugar. White sugar is not just processed, it is only one step away from being glucose. Three feet of sugar cane are processed to produce one teaspoon of sugar. This means that it can enter the bloodstream extremely quickly. Furthermore, white sugar has been implicated in a wide range of other adverse effects. Dental cavities and candida (yeast overgrowth in the intestines) can occur because certain bacteria and yeast love sugar and happily grow rapidly when provided with an excess amount. White sugar can inhibit the immune system for as long as five hours after it has been consumed. It can also rob your body of minerals. And finally, many parents have noticed that white sugar negatively affects their children's behavior. This last effect is often debated in scientific circles, but not among the parents that I know.

CHOOSING HEALTH: WHOLE GRAINS

If you feel I've painted a gloomy picture, please keep reading- now the fun begins! If you are interested in maintaining optimal health, in providing yourself and your family with the best sources of energy, and in preventing future sugar-related disease, then prepare to enjoy the best gifts of nature in their unblemished forms! Explore a variety of complex carbohydrates, especially whole grains like brown rice, barley, and quinoa. In addition to whole grains, most root vegetables are complex carbs, with the exception of white potatoes. Perhaps the simplest way to assure that you're not eating too many simple carbs is simply to cook whole foods from scratch. Although many people feel that they are too busy to prepare meals using whole grains, relying on processed "quick" foods will cost time in the end! Whole grains can be soaked overnight to shorten their cooking time. When you cook barley or other whole grain, make a double portion for later in the week. Cooking foods from scratch also gives you the opportunity to increase the fiber and other micronutrient content of your food by using a wide range of vegetables, spices and oils.

SWEET TREATS

Even cookies can be made to have a less immediate effect on blood sugar by using

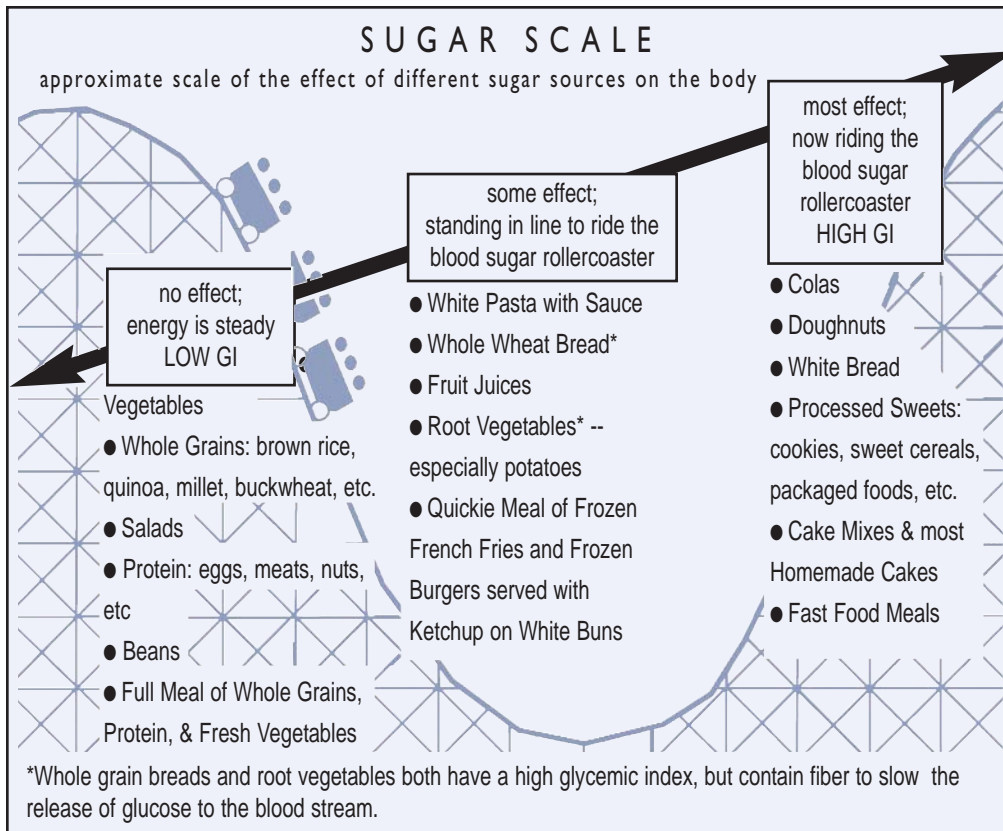
100% whole wheat pastry flour, and adding in nuts and seeds and other high fiber, nutritionally rich foods. Maple syrup, rapadura sugar, and molasses are good "whole" sweeteners that supply nutrients such as B vitamins and calcium along with the sugar. However, they are still highly processed and are quickly converted to glucose. Also, try investigating the alternative sweeteners that are now available.

Two natural sweeteners new to the market both have a low glycemic index, a delicious taste, and can be easily substituted for the liquid sweetener in any recipe. Agave nectar is made from the juice of the agave fruit. Agave nectar is actually 42% sweeter than table sugar and has a low Glycemic Index of 11 which makes it safe for diabetics and other sugar-sensitive people. Yacon syrup is made from yacon, a root vegetable that is similar to the sweet potato and from South America. Yacon syrup is a mineral rich, delicious sweetener that has a rich taste similar to maple syrup. Interestingly, both agave nectar and yacon syrup contain FOS (fructo-oligosaccharide)- a fiber that enhances the growth of beneficial bacteria. These natural sweeteners do supply glucose - just very slowly. In this way, they differ from chemical sweeteners that provide a sweet taste but no glucose (see sidebar).

Additionally, don't overlook fruit, which contain a high amount of fiber which slows their breakdown. Also fruit sugar is fructose and must be chemically converted into glucose before it can be used by our cells. Both of these factors slow the effect that fruit has on blood sugar. A final benefit of fruit is its high concentration of phytochemicals and antioxidants. However, fruit and fruit juice are not the same. Because fruit juice is without fiber, its sugar content can be quickly absorbed. If you often drink fruit juice, try cutting it with water and adding a squeeze of lemon or lime to heighten the flavor.

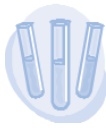
By learning about the carbohydrates you eat, choosing a wide variety of whole grains and complex carbohydrates, cooking your own foods, and enjoying the healthy sweetness of life, you can maintain your health - and enjoy it too!

for recipes using healthy sweeteners, see our website: www.celtic-seasalt.com



Artificial Sweeteners

Sucralose and aspartame, the two most commonly used artificial sweeteners, are popular and widely used. But are they safe?



Sucralose: (Splenda®) is created by chemically altering sugar molecules. To make sucralose, chemists replace hydrogen and oxygen atoms on sugar molecules with chlorine atoms. The result is a chemical substance 600 times sweeter than sugar. Sucralose works as a non-calorie sweetener because the body does not recognize it. The idea is that sucralose will pass through the body unaltered and unabsorbed. However, the company does assert that 2% of sucralose can be "biotransformed into toxicologically insignificant components that are rapidly excreted in urine." According to *Environmental Nutrition*, who reported on sucralose in their October 2002 issue, critics of sucralose are concerned that these "toxicologically insignificant components" can be absorbed and may have ill effect. On the other hand, sucralose has been approved by the FDA and was studied over the course of 20 years in more than 100 studies (most of which were conducted by the manufacturer). There have been no long term (12 - 24 months) human studies of sucralose's effects.

Aspartame: Approved by the FDA in 1981 aspartame (sold as Nutrasweet® or Equal®) is made of 2 amino acids (the building blocks of protein): aspartic acid and phenylalanine. Over 100 studies, the majority funded by industry, were reviewed by the FDA in its investigation of the safety of aspartame. Most of the

available literature claims that aspartame is a safe substance for the majority of the population. Some people have discovered that they are allergic to aspartame and should definitely avoid it. People who have a genetic disposition called phenylketonuria (PKU) cannot metabolize the amino acid phenylalanine and therefore need to avoid it. Not all health professionals accept the safety of aspartame. In his book, *Excitotoxins: the Taste that Kills*, Russell Blalock M.D. dubs aspartame an "excitotoxin." Excitotoxins cause nervous system cells (called neurons) to become extremely excited and may play a role in many nervous system disorders, such as Parkinsons and Lou Gehrig's Disease (ALS). Another M.D., H.J. Roberts has written a book called *Aspartame Disease, an Ignored Epidemic*. According to Dr. Roberts, aspartame can trigger the development of tumors, as well as seizures. The problem that aspartame presents, according to both Blalock and Roberts, is that it is a combination of two pure amino acids. Normally, when we consume amino acids, they are within a matrix of other ingredients, other amino acids, fiber, fatty acids, etc. Consuming the pure form of amino acids, particularly aspartic acid, may cause problems to some people.

Sucralose and aspartame are found in sweets, candies, sodas, ice creams and energy bars. These foods are not typically the healthiest foods available and may contain additional questionable ingredients. Natural sweeteners offer healthy, wholesome goodness from the earth, not from a laboratory. They are time-tested and safe, with an abundance of variety to please any palate. Ditch the chemicals- go natural!

sweet specials



RAPADURA SUGAR

Deliciously rich, rapadura sugar can be substituted measure for measure with white sugar. It is unrefined and contains B-vitamins, but is similar to white sugar in glycemic index & blood sugar effects.

F-150 1.5 lbs \$6.55 **members save 20% \$5.24**

XYLITOL

Xylitol is a naturally occurring sweetener that is crystalline in form and looks and tastes like sugar. In fact, it can be used measure-for-measure in recipes that call for sugar. Glycemic index is a low 7!

F-142 3 lb bag \$20.95 **members save 10% \$18.86**

F-144 100 packets \$8.99 **members save 10% \$8.09**

CHEMICAL-FREE MAPLE SYRUP

Wonderful in muffin recipes in place of white sugar- this maple syrup contains no artificial additives, and has a higher concentration of vitamins & minerals than other syrups. Glycemic index ~50.

MS-100 1 pint \$7.99 **members save 10% \$7.19**

MS-110 1 quart \$13.49 **members save 10% \$12.14**

MS-120 1 gallon \$50.79 **members save 10% \$45.71**

AGAVE NECTAR

Agave nectar is a product of cactus fruit that has a low glycemic index and a rich molasses-like flavor. Great for sweetening coffee, tea, and using in place of maple syrup or honey. Glycemic index of 11.

F-110 8 oz \$6.99 **members save 10% \$6.29**

REALLY RAW HONEY

Packed with propolis & enzymes, this honey is never heated or strained.

F-002 16 oz \$9.10 **members save 10% \$8.19**

YACON SYRUP

Yacon is the product of a root vegetable similar to a sweet potato. It has an extremely low glycemic index (similar to agave) with a deep flavor & a consistency reminiscent of honey.

F-310 6.6 oz \$10.99

ASTRAYA STEVIA

Hundreds of times sweeter than sugar, stevia is an herb native to Paraguay that has no blood sugar effect. It can be used safely by diabetics and by those who have candida. Glycemic index of 0.

F-106 liquid 1.69 oz \$12.95 **members save 20% \$10.36**

F-108 powder .88 oz \$20.95 **members save 20% \$16.76**

Discounts valid through Jan 26, 2005 for current members.

cont'd from p1

drop in the bucket compared to the unexamined and ongoing influence of her mother. If a woman's relationship with her mother was supportive and healthy, and if her mother had given her positive messages about her female body and how to care for it, my job as a physician was easy. Her body, mind, and spirit were already programmed for optimal health and healing. If, on the other hand, her mother's influence was problematic, or if there was a history of neglect, abuse, alcoholism, or mental illness, then I knew that my best efforts would likely fall short. Real long-term health solutions would become possible only when my patient realized the impact of her background and then took steps to change this influence. Though healthcare modalities such as dietary improvement, exercise, drugs, surgery, breast exams, and Pap smears all have their place, not one of them can get to the part of a woman's consciousness that's creating her state of health in the first place.

Before birth, consciousness literally directs the creation of our bodies. It's also constantly being shaped by our life's experiences, most especially those of childhood. No other childhood experience is as compelling as a young girl's relationship with her mother. Each of us takes in at the cellular level how our mother feels about being female, what she believes about her body, how she takes care of her health, and what she believes is possible in life. Her beliefs and behaviors set the tone for how well we learn to care for ourselves as adults. We then pass this information either consciously or unconsciously on to the next generation.

Though I acknowledge that the culture at large plays a significant role in our views of ourselves as women, ultimately the beliefs and behavior of our individual mothers exert a far stronger influence. In most cases, she's the first to teach us the dictates of the larger culture. And if her beliefs are at odds with the dominant culture, our mother's influence almost always wins.

Raising children in general and daughters in particular, or healing our own relationship with our mother and learning how to nurture ourselves, requires that each of us bring back out instinctual knowledge—the parts of our biology that have been systematically routed out by our culture for thousands of years. This energy is symbolized by the Mother Bear in many traditional cultures.

What is the most dangerous beast in a forest? A mother bear who is protecting her young. There is no more ferocious or dangerous creature. She knows what it takes to keep her young safe. And they are her first concern. Period. But she also knows what to teach them so that when the time is right, they can live without her.

The only way to raise a healthy, proud daughter or heal our own relationship with our mothers is to enter bear territory. The only way to become the mother you always wished you had is to enter bear territory. Listening to your instinctive maternal wisdom and allowing it to rise up through you and guide your mothering of yourself or someone else requires that you become ferocious and receptive simultaneously. We are each born with some Mother-Bear energy in us. The processes surrounding the birth of a baby—gestation, labor, delivery, and the postpartum period—are designed to saturate us with the hormones and emotions we need to access this energy. But there are precious few truly ferocious Mother Bears guarding their young these days.

"We carry in our own bodies not only our own pain but that of our mothers and grandmothers—however unconsciously."

Where has the Mother-Bear energy in humans gone, and how can each of us get it back? For too long, our womanly instincts have been belittled, ignored, or degraded by the culture, leaving most women more than a little ambivalent about what we know deep within. We don't talk about this much because we don't want to appear too foolish, unsophisticated, or unscientific. And of course, we also want everyone to love us, including our daughters, our husbands, our friends, or our lovers.

How is it that so powerful an instinct has gone underground or become so distorted? What is the full expression of this naturally? How can each of us remember it and apply it as needed to our own lives? Don't get me wrong. Unconscious biologic instinct and biologic instinct that is honed and refined by consciousness and choice are two different things. Remembering our instinctual wisdom doesn't mean negating our intellect or the contributions of science. It means using our intellect in partnership with our instinctive, or natural, wisdom.

Opening yourself to the power of your Mother-Bear instinct will open you to depths of feeling that you never knew you possessed—and to the most heart-melting love you can imagine. At the end of my first book, *Women's Bodies, Women's Wisdom* (Bantam, 1994), I wrote, "We carry in our own bodies not only our own pain but that of our mothers and grandmothers—however unconsciously." In writing *Mother-Daughter Wisdom*, I've felt the truth of that statement more acutely than ever. I hope that you'll feel it too, because when you do, you'll soon find that the feeling place is the gateway through which you must walk if you are to create a truly joyous, creative, and full life for yourself and your daughters.

Christiane Northrup, M.D. is a board-certified OB/GYN physician who helps empower women to tune in to their inner wisdom and take charge of their health. She is also the host of a PBS special on the same topic. In addition to this, Dr. Northrup is the author of two New York Times best-selling books, Women's Bodies, Women's Wisdom (Bantam 1998) and The Wisdom of Menopause (Bantam, 2001). Her work has been featured on the Oprah Winfrey Show, the Today Show, NBC Nightly News with Tom Brokaw, The View, and Good Morning America. She and her family live in Maine.



MOTHER-DAUGHTER WISDOM

Dr. Christiane Northrup discusses the familial bonds shaping our well being. She introduces a new map of development, built around the powerful metaphor of life as a house with many rooms. Written with warmth and insight, this is a book that will change lives and become essential reading for all women. It's for every woman who's had a mother—whether or not she has children of her own, and even if her house is filled with boys.

members save 10%
\$25.20

BK-MDW \$28

Discounts valid through Jan 26, 2005 for current members.

THE GRAIN & SALT SOCIETY®

It all started with health! And a man with a passion to help people. When Jacques DeLangre learned about the profound importance of grains and real whole, living salt, he dedicated his life to researching and teaching good health. Jacques founded both Celtic Ocean International™ and The Grain & Salt Society® to share information, ideas, good recipes and Celtic Sea Salt®.

Today, at The Grain & Salt Society®, we strive to continue Jacques' legacy: we publish *A Grain of Salt*® four times a year, reporting on issues of health and good food.

Anyone can order from The Grain & Salt Society®, but members receive 55% off most salt prices and a subscription to *A Grain of Salt*®.

CELTIC SEA SALT® — THE LIVING SALT!

The vibrancy of the ocean infuses Celtic Sea Salt® with exquisite taste, vital minerals and trace elements. Sun-dried, hand-harvested and totally unprocessed, this great tasting "whole salt" will transform your cooking!

CELTIC SEA SALT® BAGS

			Member Price
S-GREY-1/2	½ lb Light Grey Celtic®	\$5.50	\$2.48
S-GREY-1	1 lb Light Grey Celtic®	\$10.00	\$4.50
S-GREY-5	5 lbs Light Grey Celtic®	\$45.00	\$20.25
S-GREY-22	22 lbs Light Grey Celtic®	N/A	\$79.20
S-GREY-S	50 packets Light Grey Celtic®	\$8.00	\$8.00
S-FINE-1/2	½ lb Fine Ground Celtic®	\$11.50	\$5.18
S-FINE-1	1 lb Fine Ground Celtic®	\$22.00	\$9.90
S-FINE-5	5 lbs Fine Ground Celtic®	\$99.00	\$44.55
S-FINE-22	22 lbs Fine Ground Celtic®	N/A	\$173.70
S-FINE-S	50 packets Fine Ground Celtic®	\$9.75	\$9.75
S-FLOW-1/2	½ lb Flower of the Ocean®	\$28.50	\$12.83
S-FLOW-1	1 lb Flower of the Ocean®	\$56.00	\$25.20
S-FLOWER-5#	5 lbs Flower of the Ocean®	N/A	\$121.50
S-FLOW-11	11 lbs Flower of the Ocean®	N/A	\$220.50
S-FLOW-S	50 packets Flower of the Ocean®	\$10.20	\$10.20
S-AGSALT	5 lbs Pet Salt	\$9.00	\$9.00
S-AGSALT-22	22lbs Pet Salt	\$28.00	\$28.00

CELTIC SEA SALT® SHAKERS JARS

SJ-010	8oz Light Grey Celtic® Shaker	\$9.50	\$4.28
SJ-020	8oz Fine Ground Celtic® Shaker	\$18.00	\$8.10
SJ-030	8oz Flower of the Ocean® Shaker	\$34.00	\$15.30

CELTIC SEA SALT® SEASONING BLENDS 2.9 oz each

H-100	Celtic Sea Salt® Herbs de Provence	\$4.99
H-102	Celtic Sea Salt® Seafood Blend	\$4.99
H-106	Celtic Sea Salt® Salad Blend	\$4.99
H-104	Celtic Sea Salt® Oriental Blend	\$4.99
H-108	Celtic Sea Salt® Curry Blend	\$4.99
P-SPICE	Celtic Sea Salt® Blend Set (1 of each)	\$19.96

JUNIOR MEMBERSHIP

55% discount on all varieties of Celtic Sea Salt®, a subscription to *A Grain of Salt*®, our quarterly publication and numerous "members only" specials.

1 Year Junior Membership	\$15.00
2 Year Junior Membership	\$25.00
5 Year Junior Membership	\$50.00

CHARTER MEMBERSHIP

55% discount on all varieties of Celtic Sea Salt®, 10% discount on most other products we offer, a subscription to *A Grain of Salt*®, valuable bonus gift, our quarterly publication and numerous "members only" specials.

1 Year Charter Membership	\$30.00
2 Year Charter Membership	\$50.00
5 Year Charter Membership	\$100.00

gift memberships are also available!

Discounts in this issue available until January 26, 2005 for current members.

CELTIC SEA SALT® FOR THE BATH

			Member Price
S-BATH-1	1 lb Natural Bath Crystals	\$8.00	\$3.60
S-BATH-5	5 lbs Natural Bath Crystals	\$36.00	\$16.20
S-BATH-22	22 lbs Natural Bath Crystals	N/A	\$63.90
P-023	3.5 lb Jar Natural Bath Crystals	\$26.34	\$26.34
SP-550	Shea Butter Salt Scrub	\$33.00	
SP-800	Cinnamon Oatmeal Celtic Sea Soap®	\$4.95	
SP-806	Lavender Celtic Sea Soap®	\$4.95	
SP-804	Peppermint Celtic Sea Soap®	\$4.95	
SP-808	Lemon Bay Celtic Sea Soap®	\$4.95	
SP-802	Rosemary Lemon Celtic Sea Soap®	\$4.95	
SP-816	Spearmint Celtic Sea Soap®	\$4.95	
SP-814	Tangerine Celtic Sea Soap®	\$4.95	
SP-810	Soap Sampler (1 each of 7 varieties)	\$33.00	

CELTIC SEA SALT®

available in poly- bags, stand-up pouches & shaker jars



Light Grey, Fine Ground,
Flower of the Ocean®,
Seasoning Blends,
Bath Crystals,
Handmade Soaps
and select products
made with Celtic Sea Salt®!

TOOLS FOR STORING AND USING CELTIC SEA SALT®

Celtic Sea Salt® is a moist salt. It is a living salt and we believe it is best stored in wood, glass or ceramic containers or used at the table in shakers or ceramic grinders.

GRINDERS & ACCESSORIES

SG-GRINDER	Celtic Mariner® Grinder Black	\$24.99
SG-GRINDER-WC	Celtic Mariner® Grinder White	\$24.99
SG-100-WH	Celtic Select® Grinder White (fine)	\$18.00
SG-100-BK	Celtic Select® Grinder Black (fine)	\$18.00
SG-102	Celtic Select® Grinder Yellow (coarse)	\$18.00
SG-200	Mini Salt & Pepper Mills	\$24.99
SB-TWIST	Twist Top Salt Box	\$9.95
SB-210	Teak Pocket Salt Box	\$11.90

SHAKERS & STORAGE TOOLS

SJ-050	1/2 Gallon Glass Jar w/ glass Lid	\$12.49
SJ-100	1 Gallon Glass Jar w/ glass Lid	\$17.25
SJ-200	2 Gallon Glass Jar w/ glass Lid	\$25.89

MADE WITH CELTIC SEA SALT®

also see pantry and snack sections for more items made with Celtic Sea Salt® (marked with "-CSS-")

OLIVES FROM ADAM'S RANCH Made with Celtic Sea Salt®

F-301	Dilled Kosher Olives 10oz	\$5.95	-CSS-
F-302	Home Cured Olives 10oz	\$7.29	-CSS-
F-303	Queen Olives 10oz	\$6.15	-CSS-
F-304	Garlic Stuffed Olives 9oz	\$10.89	-CSS-
F-305	Spiced Pimento Stuffed Olives 9oz	\$10.89	-CSS-
F-306	Sicilian Spiced Olives 10oz	\$6.15	-CSS-

VACUUM-PACKED RAW CULTURED VEGETABLES

made with Celtic Sea Salt®

F-700	Raw Cultured Beets 24/7oz packs	\$95.76	-CSS-
F-702	Raw Cultured Shredded Carrots 24/7oz packs	\$95.76	-CSS-
F-704	Raw Cultured Spiced Carrots 24/7oz packs	\$95.76	-CSS-
F-706	Raw Cultured Red Cabbage 24/7oz packs	\$95.76	-CSS-
F-708	Raw Cultured Sauerkraut 12/14oz packs	\$71.88	-CSS-
F-710	Raw Cultured Daikon & Ginger 24/7oz packs	\$102.96	-CSS-
F-712	Raw Cultured Onion & Miso 24/7oz packs	\$102.96	-CSS-
F-714	Raw Cultured Black Radish 24/7oz packs	\$102.96	-CSS-
P-CULTVEG	Sampler Pack, 1 of each flavor	\$34.82	-CSS-

Above prices are per case, please call for 1/2 case pricing. Because of the perishable nature of these products, additional expedited shipping charges are required. Please call for shipping charges or order information (800.867.7258).

BREADS Made w/ Celtic Sea Salt®

G-202	Azure Standard Muffin Mix (fresh-ground)	\$4.99	-CSS-
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FRENCH MEADOW BAKERY- naturally leavened

B-100*	Healthseed Spelt Bread 24 oz wheat-free	\$5.95	-CSS-
B-110*	Spelt Bread 24 oz wheat-free	\$5.19	-CSS-
B-120*	Spelt Cinnamon Raisin Bread 24 oz wheat-free	\$5.95	-CSS-
B-130*	Kamut Bread 24 oz wheat-free	\$4.65	-CSS-
B-150*	Brown Rice Bread 22 oz	\$4.49	-CSS-
B-160*	Women's Bread 24 oz	\$5.79	-CSS-
B-170*	Flax & Sunflower Bread 24 oz	\$4.65	-CSS-
B-180*	Healthy Hemp Bread 24 oz	\$5.95	-CSS-
B-200*	Sprouted Whole Wheat Bread 24 oz	\$4.09	-CSS-
B-220*	Summer Bread 20 oz	\$4.09	-CSS-
B-300*	European Rye Bread 16 oz wheat-free	\$2.95	-CSS-

B-310*	Salt-free Rye Bread 16 oz wheat-free	\$2.95	
B-320*	Rye w/ Sunflower Seeds Bread 16 oz wheat-free	\$2.95	-CSS-
B-330*	Rye w/ Whole Grain Bread 16 oz wheat-free	\$2.95	-CSS-
B-340*	Rye w/ Flax Bread 16 oz wheat-free	\$2.95	-CSS-
B-400*	Spelt Bagels 17 oz/5 per pack wheat-free	\$4.49	-CSS-
B-410*	Plain Sourdough Bagels 17 oz/5 per pack	\$4.09	-CSS-
B-420*	Sprouted Ezekiel Bagels 17 oz/5 per pack	\$4.49	-CSS-
B-430*	Wheat Cinnamon Raisin Bagels 17 oz/5 per pack	\$4.49	-CSS-
B-450*	Spelt Pizza Crust 14 oz	\$5.19	-CSS-
B-460*	Peasant Rolls 18 oz/6 per pack	\$3.59	-CSS-

*6 loaf minimum, pizza crusts, peasant rolls and bagels count as 1/2 of a loaf. Breads ship once weekly. Expedited shipping charges apply, call for details.

NATURAL BRIDGE BAKERY

Natural Bridge does not bake in June- order before 7/28 for bread to ship 8/3

B-WHOLE*	Whole Wheat Desem	\$4.40	-CSS-
B-SEA*	Sesame Wheat Desem	\$4.50	-CSS-
B-WALNUT*	Walnut Desem	\$4.40	-CSS-
B-WALRAIS*	Walnut & Raisin Desem	\$4.40	-CSS-
B-WHITE*	Rustic White Desem	\$4.40	-CSS-
B-ROSEMARY*	Rosemary Desem	\$4.40	-CSS-
B-KAMUT*	Kamut Desem	\$4.60	-CSS-
B-SPELT*	Spelt Desem	\$4.94	-CSS-
B-ALLRYE*	100% All-Rye Desem	\$4.40	-CSS-

*Breads ship once monthly. Expedited shipping charges, call for amount.

AGNES' VERY VERY BAGELS

B-600*	Plain Bakem Bagels 4 per pack	\$4.00	-CSS-
B-602*	Cinnamon Raisin Bakem Bagels 4 per pack	\$4.00	-CSS-
B-604*	Whole Wheat Bakem Bagels 4 per pack	\$4.00	-CSS-
B-610*	Everything Seed Bagel Topping 4oz	\$7.95	-CSS-
B-612*	Poppy Seeds Bagel Topping 4oz	\$7.95	-CSS-
B-614*	Sesame Seeds Bagel Topping 4oz	\$7.95	-CSS-
B-620*	Salmon Red Onion Cream Cheese 8oz	\$7.95	
B-622*	Artichoke Red Pepper Cream Cheese 8oz	\$7.95	
B-638*	Artichoke Blue cheese Cream Cheese 8oz	\$7.95	
B-624*	Basil Pesto Cream Cheese 8oz	\$7.95	
B-626*	Zorba's Feta and Olive Cream Cheese 8oz	\$7.95	
B-628*	Orange Dk Choc Cream Cheese 8oz	\$7.95	
B-630*	Blueberry Cream Cheese 8oz	\$7.95	
B-632*	Raspberry, Toasted Pecan Cream Cheese 8oz	\$7.95	
B-634*	Pear, Toasted Walnut Cream Cheese 8oz	\$7.95	
B-636*	Cherry, Dk Choc Cream Cheese 8oz	\$7.95	

*Special Shipping- call for details

PANTRY (CC= Chi Cuisine)

J-016	CC Organic Mansan Tamari 10oz	\$6.25
CSS		
J-038	Organic Apple Cider Vinegar 12oz	\$4.99
HS-706	Rawmesan 4oz	\$4.90
HS-500	Organic White Mustard 6.5oz	\$2.50
HS-502	Organic Jalapeno White Mustard 6.5oz	\$2.50
HS-506	Organic Garlic Onion Mustard 6.5oz	\$2.50
HS-508	Organic Smoked Green Chiles Mustard 6.5oz	\$2.50
HS-510	Organic Hot Peppers/Garlic Mustard 6.5oz	\$2.50
HS-512	Organic Dijon White Mustard 6.5oz	\$2.50
HS-514	Organic Horseradish White Mustard 6.5oz	\$2.50
HS-516	Organic Honey White Mustard 6.5oz	\$2.50
HS-518	Organic Sweet & Spicy White Mustard 6.5oz	\$2.50
O-060	Tohum Stoneground Sesame Tahini 10oz	\$6.29
G-055	Tohum Sun-Dried Mulberries 8oz	\$3.89
J-090	Yuzu (juice of rare, prized citrus fruit)	\$8.95
H-202	Ground Black Pepper 2.3 oz	\$3.69
H-204	Ground Turmeric 2.3 oz	\$3.69
J-092	Nama Shoyu	\$5.95

SWEETENERS (CC = Chi Cuisine)

MS-130	CC Chemical free Maple Syrup sample	\$2.65
MS-100	CC Chemical free Maple Syrup 1pint	\$7.99
MS-110	CC Chemical free Maple Syrup 1quart	\$13.49
MS-120	CC Chemical free Maple Syrup 1gallon	\$50.79
F-150	Org Rapadura Sugar 1.5lbs	\$6.55
F-152	Org Rapadura Sugar 5lbs	\$18.39
F-106	Astraya Stevia clear liquid 1.69oz	\$12.95
F-108	Astraya Stevia powdered .88oz	\$20.95
F-110	Agave Nectar 8oz	\$6.99
F-002	Really Raw Honey 16oz	\$9.10
F-310	Yacon Syrup	\$10.99
F-142	Xylitol 3 lbs	\$20.95
F-144	Xylitol Packets 100/box	\$8.99

OILS

F-600	Austria's Finest Pumpkin Seed Oil	\$17.99
O-008	Mission Olive Oil 25.4 fl oz	\$30.69
O-001	Organic Ghee, Purity Farms 7.5oz	\$6.59
O-002	Organic Ghee, Purity Farms 13oz	\$10.59
O-003	Organic Flax Oil 12oz	\$11.19
O-015	Flax Seed Oil 32 oz	\$27.89
O-017	Essential Balance Blend 12oz	\$11.99
O-007	Org Omega Nutrition Coconut Oil 16oz	\$8.99
O-011	Org Omega Nutrition Coconut Oil 32 oz	\$13.30
O-052	Org Trop. Trad. Coconut Oil 16oz	\$19.99
O-054	Org Trop. Trad. Coconut Oil 32 oz	\$30.00
O-009	Garlic Chili Flax Oil	\$12.95
O-010	Orange Flax Oil Blend	\$12.95

ORGANIC FRUIT SPREADS

HS-310	Apricot Fruit Spread	\$5.39
HS-312	Cherry Fruit Spread	\$5.39
HS-314	Cranberry Fruit Spread	\$5.39
HS-316	Peach Fruit Spread	\$5.39
HS-318	Plum Fruit Spread	\$5.39
HS-320	Raspberry Fruit Spread	\$5.39
HS-322	Orange Fruit Spread	\$5.39
HS-324	Strawberry Fruit Spread	\$5.39
HS-326	Wild Berries Fruit Spread	\$5.39
HS-328	Wild Blueberry Fruit Spread	\$5.39

NUT BUTTERS, NUTS and SEEDS

HS-030	Organic Chunky Almond Butter 1 lb	\$12.99	CSS
HS-032	Organic Creamy Almond Butter 1 lb	\$12.99	CSS
HS-034	Organic Almond Hazelnut Butter 1 lb	\$12.99	CSS
HS-010	Organic Roasted Almonds 1/2 lb	\$7.00	CSS
HS-012	Organic Roasted Almonds 1 lb	\$11.95	CSS
HS-016	Organic Raw Almonds 1/2 lb	\$6.00	
HS-018	Organic Raw Almonds 1 lb	\$10.95	
O-150	CC Organic Golden Flax Seeds 1lb	\$2.75	
O-152	CC Organic Golden Flax Seeds 5 lb	\$9.39	
HS-036	Pumpkin Butter 12oz	\$8.99	CSS
HS-038	Pumpkin Butter 20oz	\$13.99	CSS
HS-330	Organic Nocciolata Spread	\$5.39	
G-040	Roasted Sesame Seeds 8 oz	\$4.99	
O-160	Chia Seeds 1lb	\$8.99	
O-160-5	Chia Seeds 5lb	\$39.99	
O-600	Pumpkin Seeds 4.4oz	\$3.99	

SNACKS

HS-040	Organic Biodynamic Raisins 1lb	\$4.99	
HS-210	Purple Power Veggie Crackers 4/1.3oz	\$9.79	CSS
HS-052	Sesame Spelt Sticks 1lb	\$6.29	
HS-200	Kelp Crunch 1oz Bar	\$1.35	
HS-200-5	Kelp Crunch 5/1oz Bars	\$5.99	
HS-850	Apple Pie Larabar 1.7oz	\$1.99	
HS-852	Banana Cookie Dough Larabar 1.7oz	\$1.99	
HS-854	Cashew Cookie Larabar 1.7oz	\$1.99	
HS-856	Cherry Pie Larabar 1.7oz	\$1.99	
HS-858	Chocolate Coconut Larabar 1.7oz	\$1.99	
HS-851	Gingersnap Larabar 1.7oz	\$1.99	
HS-853	Cocomole Larabar 1.7oz	\$1.99	
HS-860	Larabar Sampler (1 of each)	\$12.95	
HS-400	Xylitol Peppermint Gum	\$12.99	
HS-402	Xylitol Fruit Gum	\$12.99	
HS-404	Xylitol Spearmint Gum	\$12.99	
HS-405	Xylitol Cinnamon Gum	\$12.99	
HS-406	Xylitol Lemon Mints	\$12.99	
HS-408	Xylitol Peppermints	\$12.99	
HS-410	Xylitol Berry Mints	\$12.99	
HS-906	Organic Pork Jerky Stick	\$7.99	
HS-900	Beef Jerky-Chipotle	\$4.25	
HS-902	Beef Jerky-Spicy Hickory	\$4.25	
HS-904	Salmon Jerky	\$4.99	
CA-400	Chimes Original 2 oz tin	\$2.29	
CA-402	Chines Original 5 oz bag	\$3.29	
CA-404	Peanut Butter Chimes 2 oz tin	\$2.29	
CA-406	Peanut Butter Chimes 5 oz bag	\$3.29	
CA-408	Peppermint Chimes 2 oz tin	\$2.29	
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HS-344	Mrs. May's Pumpkin snack 5.5 oz	\$3.59	
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K-456	Ohsawa Stoneware Pot large	\$62.95	
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A-292	Colloidal Silver 17.25oz	\$39.95
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A-770	Cleansesmart 30 day supply	\$29.95
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A-790	Renew Life Parazyme 30 day supply	\$21.99

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A-320-C	Pure Coconut Water 24/11 oz	\$42.96
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A-324-C	Coconut Water w/ Pineapple case 24/11 oz	\$21.48
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THE CHRISTMAS PICKLE by bill hettig

You've heard of dill pickles, kosher pickles, and sweet pickles- but have you ever heard of a Christmas pickle? The story goes that in old world Germany, families hid a pickle deep in the boughs of the Christmas tree. On Christmas morning, the observant child who found the pickle first was blessed with good luck for the rest of the coming year. Today many people carry on this "tradition" using glass pickle ornaments, available in holiday and specialty shops across America.

Although it sounds just quirky enough to be true, the legend of the Christmas pickle is probably a fabrication. Few people in Germany have ever heard of it. More than likely, the Christmas pickle story was invented as a means to market

glass pickles (which otherwise would be quite a tough sell!). However, there is some truth to this story- pickles are magic! Adding probiotic-rich homemade pickles to your diet will bring you more than luck-they can boost immunity, optimize digestive health, and improve the body's absorption of vitamins & minerals. What's more, they are delicious, easy to make, and fun to experiment with. I've been inventing pickle recipes for a long time, and I still haven't run out of ideas!

Creating your own recipe for making pickles is a lot like any other hobby. First, you need to learn the basics, practice with established recipes, and then begin adjusting those recipes to make them your own. If you know your

way around the kitchen and have some experience using herbs and spices, brewing new recipes is a cinch. When I am in a creative mood, I sometimes think of a salad I enjoyed, and then try to pickle the vegetable combination along with the herbs & spices that made the salad tasty.



*get your own Christmas pickle at
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PICKLING: THE BASICS

let your culinary imagination run wild!

The first and most important step is making the brine. The strength does not vary; for low-salt fermentation (as found in the Perfect Pickler), use a ratio of 1 tablespoon Light Grey Celtic Sea Salt® for every 2 cups of spring or filtered water. This is the one hard and fast rule of pickling. Salt pickled vegetables have a deeper, more complex flavor and greater health benefits than vinegar-based pickles.

After I make the brine, I begin selecting seasonal fresh vegetables. There is a misconception that you pickle the overripe harvest, but not for these type of pickles! I usually feature one vegetable, and marry it with onions, celery, or whatever is fresh and in season. One of the vegetables I don't work with is red bell peppers; in my experience, they turn mushy and don't work well. You can use green and other colored peppers, but add them last-to the top part of the pickler-that way you're sure to eat them first, before they have the chance to lose their texture. Snap beans, on the other hand, need to be blanched for about 5 minutes. They are just too tough to pickle raw.

As for herbs and spices, choose fresh herbs and whole spices whenever possible.

Lightly pound the herbs to break the cell walls and hasten the flavor transfer. Spices should be cracked for the same reason. Avoid powdered spices and dried herbs that have very tiny leaves, like dill weed. They will cloud and coat the pickles. I put the spices in the jar at the beginning so they flavor but don't mingle with the vegetables. Standard pickling spices are a combination of herbs & spices- usually mustard seed, bay leaves, cinnamon, pepper, allspice, ginger, turmeric, and cardamom. I like to create my own by combining my favorites.

Sometimes I like to add one small, raw, diced beet to the bottom of the pickler. During the first four days, the pickler begins to glow red at the bottom and slowly, like a tequila sunrise cocktail, it turns the vegetables a luscious crimson. Any white vegetables, such as young turnips, daikon radish, and onions eventually become a brilliant fuschia; perfect as a bright addition to any meal.

Do not forsake your experiment if you are not happy with the taste! You can alter the flavors by tweaking the results. If the pickles taste too salty, pour off some of the brine and refill with spring or filtered water. Alternatively, if they're not salty enough, add some salt and stir. If you want more of a garlic flavor, add more, but with caution! The garlic flavor intensifies over

time. I like a garlic flavor, but if it's too strong, you can remove some or all of the garlic. Likewise, for other flavors, add more herbs, or dilute the flavor with water.



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Coconut Flour: A Low-Carb, Gluten-Free Alternative to Wheat

By Bruce Fife, ND

I love wheat and all the things that are made from it-cakes, cookies, pies, pizza, pasta, pancakes, muffins- the list goes on and on. Wheat products are the most popular foods in our American diet. Wheat, in one form or another, is a part of just about every meal. Some people, however, are allergic to wheat or cannot tolerate gluten-the protein in many grains. Others avoid wheat and grains to cut down on their carbohydrate intake to improve their health or lose excess weight. For whatever reason, planning meals without wheat is a challenging task.

Lately, I've been investigating coconut flour as a solution to the challenge of living the wheat-free lifestyle. Coconut is naturally low in digestible carbohydrate, contains no gluten, is cheaper than most other nut flours, is loaded with health promoting fiber and important nutrients, and tastes terrific. Coconut flour is made from finely ground coconut meat with most of the moisture and fat removed. This flour can be used much like wheat flour to make a multitude of delicious breads, pies, cookies, cakes, snacks, and desserts as well as main dishes. Coconut flour contains less carbohydrate than soy or other nut flours. While coconut flour does not contain gluten-the type of protein found in many grains, it does contain protein; more than enriched white flour, rye flour, or cornmeal, and about as much as whole wheat flour.

THE FIBER ADVANTAGE

Coconut has another advantage- fiber. Fiber is a type of carbohydrate that is non-digestible. This means that it passes through the digestive tract without being broken down or absorbed, and is then passed out of the body essentially unaltered. Fiber acts like a broom, sweeping the intestinal contents through the digestive tract. Parasites, toxins, and carcinogens are swept along with the fiber, leading to their timely expulsion from the body. Nutritionists recommend that we get between 20 to 35 grams of fiber a day. This is 2 to 3 times higher than the average intake, which is about 10-14 grams a day.

One cup of shredded fresh coconut (80 grams) contains a mere 3 grams of digestible carbohydrate (sugars & starch) and 9 grams of fiber. Although a piece of fresh coconut may taste sweet, its digestible carbohydrate content is lower, and its fiber content higher than most fruits and vegetables. In comparison, a similar volume of green beans contains 7 grams of digestible carbohydrate and only 3 grams of fiber. A carrot has 8 grams of digestible carbohydrate and only 4 grams of fiber. Since you cannot digest dietary fiber, you do not derive any calories from it. Fiber absorbs water like a sponge. For this reason, it aids in filling the stomach and producing a feeling of fullness. It provides bulk without supplying fat-promoting calories. Fiber also slows down the emptying of the stomach, thus maintaining the feeling of fullness longer than low-fiber foods.

The fiber content in coconut provides another important benefit- it slows the release of glucose in the body. The glycemic index is a measure of how foods affect blood sugar levels. When coconut is added to foods, including those high in starch and sugar, it lowers the glycemic index of these foods. This was shown by T. P. Trinidad and colleagues in a study published in the British Journal of Nutrition in 2003. What a benefit!

COCONUT FIBER VS. COCONUT FLOUR

Adding coconut flour to your diet can help decrease the amount of wheat in the diet, and can significantly improve your daily fiber intake. Coconut flour is sold as a grocery item like other flours. If you don't cook often, you can still get the benefit of coconut flour through coconut fiber, which is sold as a dietary supplement. Both coconut dietary fiber and coconut flour are made from ground coconut. The difference between them is subtle, however, they may differ slightly in particle size and nutrient content.

Since coconut flour lacks gluten and is highly absorbent it cannot be substituted entirely for wheat flour in standard recipes, and is most often combined with wheat, rye, or oat flour. When making quick breads, you can generally replace up to 25 percent of the wheat flour with coconut flour, but 10 to 20 percent is better. This still increases the fiber content considerably.

If you are allergic to wheat or sensitive to gluten you won't want to use standard bread recipes. In that case, my new book *Cooking with Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative to Wheat* will be of great value to you. All of the recipes in this book are completely wheat free, using only coconut flour. No other flours are needed. Recipes include breads, muffins, cakes, cookies, crackers, pies, and even main dishes like chicken pot pie and chicken and dumpling stew. You will love the German chocolate cake and the blueberry muffins. If you're concerned about sugar you don't need to worry, all sweet recipes include low sugar versions. These foods taste so good you would never know they are made with coconut flour rather than wheat. Bon appetit!

cuckoo for coco-nuts!

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BY STEFAN KUPROWSKY,
N.D. director of EcoMed Clinic in
Nanaimo, BC and the EcoMed
Health Institute on Gabriola Island.
www.ecomedspa.com

One of the main problems we face as we age is the inevitable build-up of acidic waste products in our bodies. We have an elegant system for getting rid of acidic waste products through the liver and kidneys, the lungs and the out-breath, the stomach acid, and the bicarbonate buffering system in the pancreas and blood. However, an unhealthy lifestyle can overwhelm the body's ability to eliminate acids and they start to accumulate. This acidification of body tissues is the root cause of most health problems seen today. Acidic waste products are also the cause of premature aging. Acid wastes build up in the body in the form of cholesterol, gallstones, kidney stones, and calcium deposits in the joints, arterial plaque, heartburn and acid reflux, to name a few.

Acids become out of balance in the body when there is over-consumption of acidic foods and protein, excessive use of prescription and recreational drugs, including coffee and alcohol, dehydration, digestive problems resulting in incomplete food breakdown, and excess stress resulting in the release of acidic stress hormones. When the amount of acid entering the body surpasses the body's ability to neutralize and eliminate excess acid, a condition known as latent acidosis begins. Latent acidosis is the preliminary step to the development of most chronic diseases.

The most fundamental step you can take to cure or reverse a health problem is to begin to eliminate the excess acids that have accumulated in your body. If you truly want to deal with your health problem at the source, then you have to eliminate excess acids from your system.

DECREASE ACIDIC FOODS

The most obvious strategy is, first of all, to stop taking in excess acids through your diet. The most common source of excess acids in the North American diet is excess protein intake. While some vegetarians eat too little protein, too much protein is, by far, the more common problem. Since proteins are made up of amino acids, this is where the excess acids come from.

The most acidic foods are junk foods, sugar, coffee and alcohol. If you look at some people's diets, you will see that nearly everything they consume is acidic. Now you know why there is an epidemic of chronic disease in our society. These are the people most likely to depend on chemical drug solutions for the symptoms of latent acidosis. The irony is that the medication they take for their acidic symptoms is also highly acidic and, more than likely, will worsen the situation in the long run. Acidic food intake should not be more than 25 percent of your total diet.

INCREASE ALKALINE FOODS

As you reduce acidic foods, you should eat more alkaline foods, which are fruits and vegetables. There are so many reasons to emphasize these foods in your diet, but most important is that they help to make the body more alkaline and less acidic. The fact that fruits and vegetables are also the highest sources of vitamins,

minerals, enzymes, phytonutrients, antioxidants, water and fiber is a bonus. Alkaline foods should compose 75 percent of your diet.

ALKALINE WATER

Spring and mineral water is slightly alkaline from the dissolved minerals in the water. Long-lived populations, who consistently live to be over 100 years old, have been found to depend on glacial sources of water, which are naturally alkaline from the high amounts of minerals found in the water. Water that has been taken from surface sources, or heavily purified, tends to be acidic and devoid of minerals. Try to find a source of spring or mineral water that is naturally alkaline. If this is not available, the next best source of pure alkaline water is to use a kitchen counter water purifier-ionizer that will make alkaline water. These are made in Japan and Korea and remove chlorine and other harmful substances in tap water, while also making it more alkaline through an ionization process. (go to www.ionizer.org for more information).

EXTRA ORGANIC MINERALS

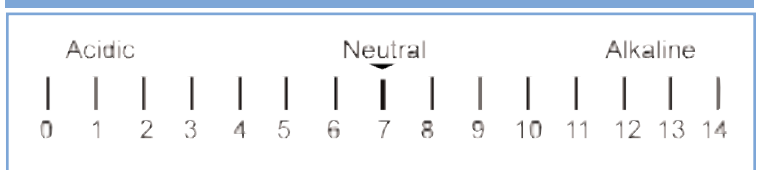
The best source of minerals, of course, is fruits and vegetables. However, our soils have become mineral-depleted, as modern agriculture only adds phosphorus, nitrogen, and potassium and ignores the rest. Organic foods are the best choice, as they are usually grown with an abundant mineral supply. Minerals act as buffers of acids in the body. Sodium, potassium, magnesium, calcium and chloride are depleted by overly acidic foods, such as proteins. I prefer organic sources of minerals, from real food, as opposed to inorganic sources most commonly found in mineral supplements. Sometimes you have to take the mineral supplement to get enough critical minerals, but the best source is from your food and not from a pill. Other excellent sources of minerals are from the sea. Celtic Sea Salt® is an excellent natural salt that contains many trace minerals. I also recommend seaweeds such as kelp, dulse, nori, and hijiki. This can be an acquired taste, but they provide an excellent source of sea minerals. (go to www.celtic-seasalt.com for recipes using sea vegetables).

The habit of taking large amounts of calcium to prevent or treat osteoporosis is a misguided attempt at treating an underlying acid problem. Osteoporosis is usually caused by the over-consumption of acidic foods, which leads to calcium loss. Calcium is pulled from the bones in the body's attempt to neutralize the excess acids. The ultimate solution to osteoporosis is decreasing the acidic condition of the body, not taking massive amounts of calcium supplements, which are hard to absorb.

ALKALINE SALTS

A therapeutic method of reducing excess acidity is to take a combination of alkaline mineral salts. These are often called "tri-salts," as they contain the bicarbonates of sodium, potassium and magnesium. Taking tri-salts between meals will add alkalinity to the system and absorb and eliminate excess acids through the urine. It is important not to take them around meals, as this will interfere with digestion. Other names for alkaline mineral salts include

THE PH SCALE: BASIC (ALKALINE) FOOD HAVE A PH ABOVE 7, WHILE ACIDIC FOODS HAVE A PH BELOW 7.



Alkala and Basic Powder. If you cannot get these, you could use baking soda, which is sodium bicarbonate. This is not as good as the mixture, as it lacks the two important minerals, magnesium and potassium. Take one teaspoon of the alkaline salts or baking soda, between meals, two to three times daily. Alkaline salts work much better than antacids at eliminating acidity. Obviously, heartburn is a common symptom of acid excess. Antacids are swallowed by the bushel, but they only get rid of the acidic symptoms. They do not help the body to eliminate acids. If you suffer from heartburn, try switching from antacids to alkaline salts, and following the other suggestions I've given, to reduce the overall acidity in your body.

DRAINAGE REMEDIES

It is important to keep the channels of acid elimination open while you are on an acid-reducing program. The two main organs involved in acid elimination are the kidneys and the liver. By taking drainage remedies, you increase the flow of excretion through the liver and kidneys. Dandelion root is one of the best drainage herbs as it works on both the liver and the kidneys. Other herbs specifically for the kidneys are horsetail, nettles, golden rod, corn silk, juniper berries, parsley, asparagus, uva ursi and buchu. You do not have to take all these herbs at once. Try using only one or two at a time, either as a tea or a tincture diluted in alkaline water. Chelidonium, yellow dock, artichoke, dandelion, berberis and echinacea are good for the liver and work as drainage remedies. Milk thistle is a great liver antioxidant and detoxifier, but it does not function well as a drainage remedy.

LYMPHATIC DRAINAGE

The lymph is one of the most ignored detoxification systems in the body. The lymphatics are open channels between the cells that carry waste products and metabolic acids back to the blood and liver. They are like open ditches that carry waste away from the cells to the central waste-processing center, which is the liver. Physical movement of the body is needed to move the lymph. It is a passive system, unlike the circulatory system, which has the heart to pump

the blood. Exercise is needed to move the lymphatic fluid through the body. Other passive movement such as massage will also help to move the lymph fluid. One of the best exercises for the lymph is the re-bouncer, a mini-trampoline. The gentle bouncing achieved on a re-bouncer is a highly effective way of moving the lymph.

Sweating is another way to help the lymph to eliminate toxins and acid wastes. This helps to bypass the liver and kidneys and moves the wastes directly from the lymph to the external skin in the form of sweat. I especially recommend the newer type of low temperature saunas that use infrared heating coils as the best method of heat detoxification.

DEEP BREATHING

Increased oxygenation of the body through deep breathing is an excellent method of eliminating the weak acids of the body through CO₂. Deep breathing can be achieved through aerobic exercise. Just keep in mind that exercise, while eliminating weak acids, will also create new acids in the muscles in the form of lactic acid. Deep breathing can also be achieved through various breathing techniques associated with yoga and meditation practices.

STRESS RELEASE

Use any and all methods to release stress. Stress is one of the main causes of excess acidity. It is insidious and can turn the most diet-conscious vegetarian into a highly acidic being. Be sure to keep a balanced perspective on life. Laugh, walk lightly, and don't sweat the small stuff.

I have just discussed nine methods to reduce overall acidity of the body. By beginning to incorporate a few of these steps, you will begin the long process of de-acidification. Remember, it took years to build up the acids in your body. It will take at least a year to fully de-acidify your body by using the steps outlined above. De-acidification will result in the prevention of chronic disease and premature aging, and it will add an increased energy and vitality to your whole life.

alkalizing tools

LYMPHOLINE

Your lymph system is the key to keeping your immune system healthy. Jumping on a Lympholine is one of the best ways to keep the lymph fluid moving. The Lympholine is a mini-trampoline with a difference—it has a suspension system designed to benefit the lymph system and be easy on the body. Bouncing just a few minutes a day on the lympholine keeps the lymphatic system unblocked, the immune system strengthened, and overall energy increased. Special shipping applies.

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herbs & tri-salts



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A natural alternative to antacids. The bicarbonates in this formula serve as unique buffering agents and neutralize acidity in the body. This buffering compound contains nutritionally significant amounts of the essential macrominerals calcium, magnesium, and potassium without sodium or other salts. Mix 1/2 tsp with water or another cool beverage for acid relief.

A-220 200 G \$8.95

Discounts in this issue available until Jan 26, 2005 for current members.

NAUSEA: THE ROAD TO RELIEF

Sometimes, what goes down, just wants to come up. The cause might be a greasy meal at a fast food joint or a boat trip on rough seas, but no matter how you look at it, the discomfort of nausea is no fun.



Nausea is an uneasiness of the stomach, often accompanied by weakness, fatigue and dizziness, as well as appetite loss. A person suffering from nausea will often experience discomfort that comes in waves, each cycle peaking with the urge to vomit. Nausea can result from a variety of sources: motion sickness, viral infections, overeating and stress. Just the things the fast approaching holiday season offers in abundance; busy schedules, family trips, festive parties can all be occasion for nausea to come knocking.

BLAST FROM THE PAST? Although never a pleasant experience, researchers believe nausea may play an important role in our health and well-being. "Nausea is nature's way of suppressing your appetite," according to Dr. Ronald Hoffman of the Hoffman Center for Holistic Medicine. "And that keeps you from putting anything else in stomach and further irritating it," Hoffman stated. This view is supported by the research of evolutionary biologists, who believe that nausea and vomiting are evolutionary adaptations that developed in order to ensure our survival. The mechanism responsible for nausea is located in the brain and these researchers believe that this part of the brain was and is responsible for the early detection and removal of harmful toxins.

This is especially true regarding one of the most common causes of nausea, morning sickness. According to Margie Profet, author of *Protecting Your Baby-To-Be*, the nausea that often occurs during the first trimester of pregnancy is a protective mechanism that prevents women from eating things that might harm the fetus.

MY NAUSEA IS NOT YOUR NAUSEA Technically, nausea is a grouping of symptoms, not a specific condition, and therefore can mean different things to different people. According to researchers at Penn State, there are 17 different descriptors that can specifically define the condition of nausea, grouped into 3 categories: body

distress, gastrointestinal distress and emotional distress.

There are, of course, symptoms common to all; the differentiating factors appear to be the cause, as well as the dominant symptoms. For example, gastrointestinal distress can be caused by food poisoning, viral infections, etc., with the predominant symptoms being a sick or upset stomach, and the urge to vomit.

Motion sickness is a prime example of body distress. The inner ear's balance center maintains our sense of equilibrium. When this is disrupted, our sense of spatial orientation is disrupted, resulting in feelings of fatigue, weaknesses and lightheadedness.

Emotional distress is a surprisingly common cause of nausea. A study by Norwegian researchers pointed to a link between nausea and depression & anxiety. The research indicated that four out of 10 people suffering from major nausea experience anxiety or depression, with anxiety being the stronger risk factor.

WHAT TO DO?

Now for the good news: whatever the cause, most occurrences of nausea can be remedied by pretty much the same things. For example there are a number of common sense diet and lifestyle steps you can take to reduce the misery of nausea:

- Eat slowly, but frequently
- Consume bland foods at room temperature or cooler
- Eat more protein and less fat.
- Avoid strong smells
- Rest after eating with your head elevated 12" above your feet.
- For morning nausea, keep crackers by your bed.
- Stay on top of stress; breathe deeply & often
- Try meditation
- When traveling, don't read in a moving vehicle & remember to look forward at fixed points in the distance, not moving scenery.

For those times when your world just won't stop spinning, there are a number of natural therapies that have proven effective in addressing nausea. In traditional herbal medicine, both ginger and peppermint have a long history of relieving nausea. Peppermint contains compounds that stimulate the production of digestive fluids and is also a mild anesthetic, which soothes the sensitive lining of the stomach.

cont'd on next page

save on nausea relief

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Peppermint is a staple of traditional herbal medicine. A cool refreshing beverage to soothe the stomach.

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RED ROOIBOS TEA

When your tummy aches, there's nothing more refreshing than a warm cup in your hand. Delicious hot or cold, this beverage is revered for its nausea-relieving properties.

TEA-218	6.9 oz	\$9.99
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KING BIO MORNING SICKNESS FORMULA

Not just for morning sickness; contains nuxvomica and ipecacuanha, commonly prescribed by homeopaths for nausea. Each bottle contains approximately 180 doses, making the cost around 7 cents per dose.

KB-035	2 oz	\$11.95
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PEPPERMINT- GINGER CHEWS

Contains the two most effective herbal remedies for nausea. Medicine never tasted so good!

CA-408	2 oz tin	\$2.29
CA-410	5 oz bag	\$3.29

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COCONUT WATER

Soothing & delicious!

A-320-C	Plain (24/11.2 oz)	\$21.48
A-324-C	Pineapple (24/11.2 oz)	\$21.48
A-322-C	Passion Fruit (24/11.2 oz)	\$21.48



Ginger, however, is the undisputed herbal king of nausea relief. Ginger's soothing effects on the digestive system have been revered by many systems of folk medicine for centuries. Recently, medical research has confirmed what practical experience already knew: Several studies have proven that ginger is a safe and effective remedy for nausea; in fact it is more effective than the commonly used OTC products without any drowsiness or other side effects. And remarkably, the effectiveness of ginger is not limited to a specific type of nausea. These studies have proven ginger's effective in relieving symptoms caused by seasickness, morning sickness and post surgery nausea.

Many people turn to homeopathy for relief from nausea. Traditionally, two very popular homeopathic remedies for treating nausea are ipecacuanha and nux vomica, with both being effective in addressing a wide range of nausea related symptoms. The traditional Chinese arts of Acupuncture & Acupressure are also renowned as safe, effective therapies for nausea. More than 3 dozen controlled studies have demonstrated the effectiveness of acupuncture and acupressure in relieving nausea. Normally, these treatments focus on the P 5 meridian (located on the wrist). There are several devices sold that target this pressure point with bands; one even stimulates the meridian with electrical currents.

Children are a special concern when it comes to nausea, since they have lower nausea tolerance and are more likely to vomit. If nausea does result in vomiting, please remember to rehydrate with a beverage naturally high in electrolytes, such as coconut water. Although less common, nausea can be an indication of a more serious condition, such as a concussion, encephalitis, meningitis, colitis or a brain tumor. However, with these conditions, the nausea is usually accompanied by pain and other symptoms. Please note: a doctor should be consulted if nausea last more than one week or is accompanied by severe headache or stiff neck, lethargy, confusion, decreased awareness, vomiting with fever over 101 degrees F, or blood in the vomit.

So the next time you overindulge in rich foods or find yourself speeding along a curvy mountain road, hopefully these recommendations will help you cut nausea off at the pass.

Is anxiety making you sick?

Often, nausea is associated with stress and anxiety- two things many people experience during the holiday season. Other symptoms associated with stress and anxiety include headaches, sleeping problems, poor memory, weight gain or loss, back or neck pain, and immune suppression (more colds, flu, etc.). Inability to control the physiological and emotional responses to difficult life situations can be crippling- this may be why we are currently seeing a skyrocketing increase in the number of people seeking relief through prescription medications.

Many people find relief in holy basil. Holy basil is an herb native to India, where it is revered for its uplifting, calming properties. Holy Basil, known as *Ocimum sanctum* in Latin, has for thousands of years been revered as "Tulsi" in Ayurvedic medicine. "Tulsi" means "The Incomparable One," which is the reality of this majestic herb. Although primarily promoted for stress & anxiety relief, some evidence suggests that holy basil may also help to regulate blood sugar, and that it can act as a COX-2 inhibitor (regulating inflammation).

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Treating ADHD:

G&S interviews Dr. Demaria



Dr. DeMaria holds a chiropractic degree, a bachelor's in human biology, diplomat status in chiropractic orthopedics and a Fellowship in applied Spinal Biomechanical Engineering. He is pictured with Debbie, his wife of 29 years.

G&S: Welcome, Dr. Demaria. First, what is ADHD?

RD: ADHD is a name placed on a set of body signals that occur when someone (both children and adults) have challenges on focusing, finishing projects, and completing tasks. Children have the added issue of not being able to sit still. There are an estimated 5 million children with one of several emotional issues including ADHD, ADD, Hyperactivity. In 1999, it was estimated 8 million adults had ADHD. Few are treated.

G&S: In your book, you establish a link between learning disabilities like ADD and eating the wrong kinds of fats. Can you explain this observation?

RD: We need fat in our body- this is an important point that has been often overlooked amidst our society's "low fat" craze. I could write volumes on the importance of fat in the body, but I'll focus on mental health specifically. Our brains send messages on fat. When we eat high quality fats, such as Omega 3 fatty acids, our bodies are able to synthesize another kind of fat called DHA. DHA is the primary building block of the brain and retina of the eye, and is associated with optimal memory function, visual activity, and maintaining a positive mental state. In my practice, patients with learning disabilities such as ADD have a poor diet low in high quality fats. Subsequently, they are unable to synthesize DHA and their neurological function suffers.

G&S: Why aren't they able to synthesize DHA?

RD: Most fats eaten today are detrimental to health- hydrogenated oils, trans-fats, and other man-made

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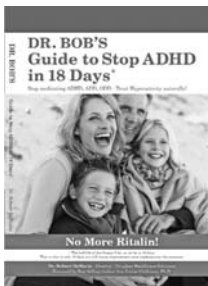
substances have replaced healthy, traditional fats like butter, flax, and coconut oil. We don't eat enough Omega 3 essential fatty acid, and we eat too much Omega 6 essential fatty acids- our bodies don't have the raw materials to make good, high quality brain fat. Additionally, we're eating too much sugar. Sugar robs our bodies of the minerals required to process all the poor quality fats we're eating.

G&S: And you believe that this is the sole cause of their learning and attention problems?

RD: Well, it's a big part but not the whole shebang. There are other recurring problems in patients I see, too- for instance, parasites, subluxation (misaligned spine, causing poor communication between the brain and the body), and a lack of exercise are also major factors.

G&S: Where can a person go for more information?

RD: My new book *Dr. Bob's Guide to Stop ADD in 18 Days*, outlines the protocol for treatment I use in my practice, which is completely holistic and does not include drugs such as Ritalin®. I included recipes for healthy foods, and personal stories to inspire you. This book was written for children and adults alike.



DR. BOB'S GUIDE TO STOP ADD

Dr. Demaria believes there are ways to control learning disabilities without the use of pharmaceuticals. This book provides a nutritional & lifestyle cure that is the key to long-term behavior control & lasting good health.

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"This user-friendly book has the potential of setting families free from the nightmare of ADD, ADHD and ODD. Using drugs on our kids isn't solving the problem. Follow Dr. DeMaria's directions and witness the change it can bring to you and your loved ones."

-Bruce West, D.C., Publisher of *Health Alert*

DHA: The Fat That Makes You Smarter

Here's some food for thought: fats make up 60% of your brain. Hard to believe, but true. And, perhaps more surprising, there is a fat that can give you a cradle-to-grave mental boost.

Docosahexaenoic acid (DHA) is an omega-3 fatty acid that is vital for the proper development of the brain & nervous system in infants and maintaining normal brain functions in adults. Found throughout the brain, DHA plays a crucial role in the brain's communication system and also helps transport nutrients into the cell membranes. Researchers have found that deficient levels of DHA can contribute to a variety of physical and psychological disorders, including depression, aggression, Alzheimer's disease, schizophrenia and Multiple Sclerosis. DHA also supports joint health & optimal inflammation response.

DHA is an essential fatty acid (EFA), which means little, if any, can be manufactured by the body; it must be supplied through diet and supplementation. DHA is a highly unsaturated fat, which makes it susceptible to free radical oxidation. Once neutralized by a free radical, the DHA becomes inactive, losing its biological value. This requires that the body's supply must be constantly replenished to sustain health-promoting levels.

And while adequate levels of DHA are important for everyone, the special needs of expecting mothers, infants and older individuals require greater levels of DHA. DHA is found in cold water fatty fish, with eggs and some meats also providing lower levels. What's the lesson for today? Better fats = a better brain!

NEW CHAPTER DHA

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TAKE DR. DEMARIA'S ADULT A.D.D. SELF QUIZ	Never	Rarely	Sometimes	Often	Very Often
How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?					
How often do you have difficulty getting things in order when you have to do a task that requires organization?					
How often do you have problems remembering appointments or obligations?					
When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
How often do you feel overly active and compelled to do things, like you were driven by a motor?					

Add the number of checkmarks that appear in the darkly shaded area. Four or more checkmarks indicate that your symptoms may be consistent with Adult ADHD. It may be beneficial for you to talk with your healthcare provider about an evaluation.

enzymes: a key to health



If you owned a large pet snake, you would have to purchase live mice from the pet store to feed it. This may repulse you, but the snake wouldn't live very long if you didn't! Snakes don't like to eat dead mice. But why not? Furthermore, if you don't have a pet snake yourself, why should you care? The truth is, the snake instinctually understands a concept many of us have forgotten, and with disastrous implications for our health and longevity.

You've probably heard the word 'enzyme' thrown around a lot, but chances are you don't actually know what enzymes are or what they do for you. Enzymes are the essential biochemical units of life. They play a part in every action and reaction in your body—they are like the fuel in your gas tank. When you run out of enzymes, you cease to function, just like when your car runs out of gas. Enzymes are found in abundance in fresh fruits and vegetables, raw dairy and meat, and fermented foods. Nowadays, they can be found in supplement form as well. Although enzymes are found abundantly in nature, they are delicate and easily destroyed by heat and processing. Eating large amounts of enzyme-depleted cooked, refined, and processed foods drains your personal gas tank at an alarming rate. When this occurs, the body becomes enzyme deficient, leading to some of today's most common illnesses and diseases. Metabolic activities that sustain us can become compromised. Dr. Edward Howell, an authority on enzyme science, stated that, "the length of life is held to be inversely proportional to the rate of energy expenditure." Energy represents enzymes—this means that the faster we use up our enzymes, the shorter our lifespan. This primordial understanding can be readily observed in the animal kingdom.

Let's go back to your imaginary pet snake. By preferring live mice over dead ones, the snake is actually exhibiting a preference for enzyme-rich food over enzyme-depleted food. The snake instinctively knows that it depletes too much of its own enzyme resources in attempting to digest dead food. Its delicate metabolism requires nourishment from an enzyme-rich source, one that won't drain its own life force. There are other benefits as well. When enzymes are utilized for digestion, their availability to assist with metabolic activities is sacrificed. Animals don't want to be too slow to escape predation or to protect themselves, so they instinctively choose the food sources where digestion is most efficient. When we supplement with enzymes, or consume a diet rich in enzymes, digestion can occur at a much faster rate than when there is a deficiency. This will free up enzymes for other functions. In a natural environment, a snake is always concerned about the danger of predators. By eating enzyme-rich foods, the

snake can get the energy it needs to stay alive and keep out of harm's way at the same time.

When valuable and exotic animals such as lions and tigers are held in captivity, their mortality rates are at their highest when they are fed a diet consisting of white bread, boiled potatoes, and cooked meat. Not only were their life spans drastically shortened with this enzyme-deficient diet, they were also unable to reproduce successfully. These animals were being forced to disregard their instincts and drain their enzymatic "gas tank" much more rapidly than the rate at which this would occur in nature. When this diet is altered to contain predominantly raw foods, the death rate, reproductive rate, and overall health of these animals dramatically improves. The animals live longer, and their ability to reproduce and rear healthy offspring in captivity increases.

Remember the children's tale Goldilocks and the Three Bears? In this popular story, a young girl indulges in some enzyme-deficient porridge she found in a home, inhabited by a family of bears. As a result of her feasting, she needs to find a bed and take a nap. (We now recognize this phenomenon as "carb coma".) Her body required so many enzymes to digest the refined food, that the other functions that enzymes are normally responsible for were sacrificed. She couldn't continue her journey because her body needed a nap. **BUT BEARS DON'T EAT PORRIDGE!** The author of this story apparently did not understand enzymes. Bears love raw fish. You find them grabbing salmon right from the stream. This is similar to someone choosing to eat sushi or sashimi—more and more people are now realizing the enzymatic benefit of consuming raw foods. Bears instinctively know the value of a diet rich in enzymes from raw or living food versus that in which the enzymes were absent or destroyed.

Although we may like to put ourselves on an evolutionary pedestal, humans are animals, too. Our basic needs aren't much different than that of a snake. Though we may choose to ignore them, our instincts aren't much different, either! Think of the difference in how you feel after eating a fresh green salad, raw vegetables, or fruit compared with a meal of meat and potatoes. How many people do you know who choose diets almost completely devoid of enzymes, and spend their lives walking around tired, sluggish and in need of energy? We must learn to feed our body by incorporating enzymes and living foods into our diets. We must learn to appreciate the vital role of enzymes in our lives. And finally, in leading to a long, happy, and healthy life, we must learn to trust our instincts...just like the snake, the lions and tigers, and bears...oh my.

Editor's note: enzymes are a complex subject. For more information and another perspective on this idea, go to www.celtic-seasalt.com.

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Honey-Almond Butter Balls yields 2 dozen

You can make this recipe gluten free by choosing gluten-free brown rice cereal. This recipe also works with peanut butter, or any of the other nut butters you can find at the health food store. Also you can vary the sweetness as you like by adding more or less honey.

2 c brown rice cereal, crushed	½ c sunflower seeds, pulse in blender to form a coarse meal
½ c raisins, plumped in hot water	¼ c coconut flakes, pulse in blender to form a coarse meal
1 c almond butter	
1/4 c honey	

Stir all ingredients together in a large bowl. Let your child help you roll the mixture into small, walnut sized balls. Enjoy!

Since you're already on the path to better health...

It just makes sense to be a member of The Grain & Salt Society®. The Grain & Salt Society® connects people with products and information to empower mindful choices toward a healthier life. We also endeavor to introduce customers to uncommon artisan products from around the globe that are unique both in the benefits they impart and the opportunities they create.

A Grain of Salt®, is a benefit of membership with The Grain & Salt Society®. In *A Grain of Salt*®, we report on a diversity of topics, from foundational health principles to the latest cutting-edge health information of interest to the health-conscious individual.

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Inflammation? Try Zyflamend!

We often associate inflammation with the aches and pains of arthritis and other joint conditions. But researchers now recognize that inflammation affects every aspect of our health, including the cardiovascular and immune systems, as well as the brain. New Chapter's Zyflamend represents a scientific breakthrough in promoting a healthy inflammation response, which is vital for proper joint function, long-term mental clarity, the cellular integrity of many organ systems and even healthy blood sugar metabolism. Studied at Columbia University and endorsed by Dr. Andrew Weil, Zyflamend is a combination of 10 herbs, selected for their ability to modulate the inflammation response, promote healthy joint function and increase healthy cell growth.

Zyflamend contains the following herbal extracts: Holy Basil, Turmeric, Ginger, Green Tea, Rosemary, Hu Zhang, Chinese Goldthread and Barberry, Oregano, Baikal Skullcap. Revered for thousands of years, these herbs were selected primarily for their ability to inhibit the COX-2 enzyme, a major factor in inflammation. But unlike conventional pharmaceuticals like Vioxx®, which target just the COX-2 pathway, the herbs in Zyflamend have shown a broad range of inflammation modulation.

In order to ensure maximum purity and potency, New Chapter uses an innovative Supercritical extraction process to gently extract the herbs without the use of harsh chemical solvents. Condensed carbon dioxide gas, warmed to its superfluid state is used to dissolve and extract the active constituents, resulting in a broad-spectrum formulation that is super pure and super potent.



NEW CHAPTER ZYFLAMEND

Powerful arthritis & inflammation support to promote healthy joints, cell growth & optimal inflammation response.

NC-100 60 softgels \$27.95

members save 20% \$26.96

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