

NATURAL NEWSLETTER

Store Hours: Monday-Saturday 8am-9pm & Sunday 10am-6pm
900 JEFFERSON RD ROCHESTER, NY 14623 - 585.424.2323

February is Healthy Heart Month

February 2012

VEGAN Vitamin D3

by Ken Bristol



There is now an alternative for those folks looking for a Vitamin D3 supplement not sourced from either fish liver oil or wool oil

(lanolin). Nature's Plus Source of Life Garden Vitamin D3 is a truly vegan D3 derived from mushrooms and algae. One capsule provides 2,500 IU of Vitamin D3. Vegan, organic, whole-food, gluten-free! Check it out in aisle 6, here at Lori's.

Many mushrooms contain ergosterol, which can be converted to ergocalciferol (Vitamin D2) upon exposure to ultraviolet light. Wild mushrooms usually do not produce significant amounts of Vitamin D2 because they grow in dark, shaded places. Commercially cultivated mushrooms can be subjected to the sun or to artificial UV light. Indeed, supplemental Vitamin D2 comes primarily from yeast or fungi.

It also turns out that mushrooms, when fed cholesterol and exposed to UV light, can produce cholecalciferol (Vitamin D3). The biochemistry is a little more complex, but in essence. . .

Ergosterol + UV light = ergocalciferol (Vitamin D2), and Cholesterol + UV light = cholecalciferol (Vitamin D3).

I used to believe that cholesterol was found only in animals. However, some species of algae, notably red and brown algae, do produce cholesterol. Nature's Plus collects algal cholesterol and feeds it to mushrooms. The end result is animal free Vitamin D3.

Sources: Natural Organics Laboratories, Inc. (Nature's Plus), Amityville, NY www.vitamin-dcouncil.org

Healthy Mouth, Healthy Heart

Practicing sound oral hygiene is not only good for the mouth, teeth, and gums—it's a key component of cardiovascular health. Recent studies have shown that bacteria found in and around the periodontal spaces in your mouth are also found in the heart and other organs. Many researchers consider periodontal disease to be a red flag for core problems and, as such, a significant cardiac risk factor.

Periodontal diseases are serious infections that, left untreated, can result in tooth and bone loss. One study actually looked at the condition of the mouth, teeth, and oral cavities of people with known heart disease who were studied with coronary arteriography. As expected, the presence of periodontal disease was highly correlated with cardiovascular disease, indicating the proposed connection to be all too real. Since good oral hygiene is the best way to prevent periodontal disease, it's also a good practice if you want to prevent cardiovascular disease.

Periodontal literally means "around the tooth" and the disease affects both the gum and the bone that support the tooth. The amount of bacterial plaque that insidiously and continuously forms on your teeth can inflame the gums. Over time, the gums redden, swell, and bleed quite easily on contact with food or while brushing your teeth. This is called gingivitis. It can lead to more serious periodontitis as more plaque and bacteria spread and infiltrate below the gum line.



Because your mouth and heart are relatively close, bacteria in your mouth can be transported by your blood to the heart valves and coronary vessels, leading to a silent inflammatory response that can undermine the immune system and trigger inflammatory mediators—such as cytokines and white blood cells—into action. The connection to oral hygiene is even more striking if you have valvular heart disease. Many with mitral valve prolapse know the precautions you must take whenever you have dental work: start prophylactic antibiotic therapy before any dental work.

Physicians, dentists, and researchers are well acquainted with this connection. Cardiologists call this "infective endocarditis," and I've seen my share of such cases, some of them fatal. Researchers have also found a relationship between periodontal disease and heart attack.

So, it behooves us to practice good oral hygiene and lower the number of bacteria in our mouths to help prevent it from traveling to the heart via the bloodstream. Consider oral hygiene as part of cardiovascular care.

Choosing a Brush

The best type of toothbrush is one without "hard" bristles. They can tear and injure your delicate gums. Medium and soft bristles massage gum (gingival) tissue and help improve the local circulation along the gum line. Even better are the rotary and electric toothbrushes, which provide more high-powered tooth cleaning.

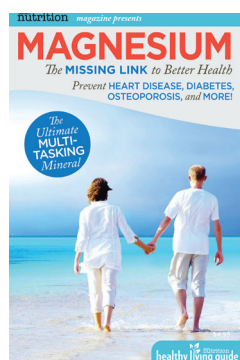
Flossing is also of paramount importance as well, since the hardest bacteria to reach are the ones between your teeth. Dental floss is better than not flossing at all, but my preferred method to clean between my teeth is an oral irrigation unit.

Remember, not only will good oral hygiene provide you with a healthier-looking mouth and better breath, but your heart will love you for it as well.

by Stephen Sinatra MD, Integrative Cardiologist
Full article: <http://www.drsinatra.com/resources/heart-health/healthy-mouth-healthy-heart>

“Heart Disease”

from the Magnesium Booklet
by Carolyn Dean, MD, ND



Magnesium deficiency is very common in people with heart disease.

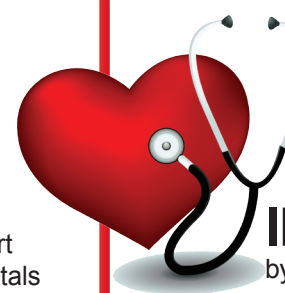
I see it all the time in my clients who have angina, heart palpitations, heart arrhythmias, hypertension, blood clotting, and poor circulation. In some hospitals where doctors understand the importance of magnesium, it is administered immediately for acute myocardial infarction and cardiac arrhythmia. Like any other muscle, the heart stays in a flexible, relaxed state when it has enough magnesium.

It seems pretty straightforward that magnesium should be used for any heart symptoms, but there is still an ongoing debate in the medical community about whether magnesium has a place in the treatment of heart disease. Part of the problem is that there is no accurate blood test for magnesium.

Only one percent of the total magnesium in the body is located in the blood stream, and that amount is kept at a standard level by several checks and balances orchestrated by the body. That means, as your blood magnesium goes down, your body pulls magnesium out of your bones and tissues. If it goes too high, you lose magnesium through your urine or bowels. So, when a doctor dips into your blood and does a blood magnesium test, it's usually going to look normal. And because magnesium levels always seem to be normal it's not even a routine test in most hospitals.

A better test is a red blood cell (RBC) magnesium test which can give you an indication of magnesium at the cellular level. But cells only contain about 40 percent of the body's magnesium. A slightly better test is an ExaTest. This test uses tissue scrapings from under your tongue which are then examined under an electron microscope. It's available through naturopaths and chiropractors. But even that test is not as precise as the research-only blood test for ionized magnesium. This test measures blood levels of free magnesium that is not bound to other minerals or to protein. I do hope this test will be made more available to practitioners so they can be more accurate in their diagnosis of magnesium deficiency.

When doctors do research on magnesium, they test this simple mineral on the “worst of the worst” and if it doesn't prevent mortality and morbidity in heart arrhythmia and heart attack it is dismissed as insignificant. Of course, these doctors are missing the point that magnesium is a necessary mineral for the integrity of the heart muscle and the smooth muscle of blood vessels. To expect it to bring people back from the dead is unrealistic and may even be a subtle way of sidelining magnesium and its benefits in favor of drug therapy. My advice, and that of a growing number of my nutrition-oriented medical colleagues, is for you to take magnesium on a daily basis to protect your heart—and the rest of your body—so you don't end up with magnesium deficiency symptoms that can land you in the hospital!



ACCENT ON HEART HEALTH IN FEBRUARY

by Jim Starks

Heart disease is the number one cause of death in the U.S. and a major cause of disability. Coronary heart disease is the most common heart disease which often appears as a heart attack. About every 25 seconds, an American will have a coronary event. Other conditions that can affect your heart include arrhythmia, heart failure and peripheral artery disease. High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity and secondhand smoke are also risk factors. People should familiarize themselves with signs and symptoms of heart attacks because early treatment is crucial to a good outcome.

A healthy lifestyle which includes diet, nutrition, exercise and fitness are the best weapons to fight heart disease. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

Lori's carries a wide variety of organic meats, fish, vegetarian and gluten free substitutes, vegetables, fruits and beverages to help you maintain a healthy heart.

In the News...

EUROPEAN UNION RESPONDS TO CONCERNS OVER PRIVACY & PUBLIC HEALTH

On November 14th, 2001 the European Commission banned X-ray body scanners that use “backscatter” technology from European Union airports “in order to not risk jeopardizing citizens' health and safety.”

Source: European Commission Press Release 11/14/11

WHO REPORT URGES A SWITCH IN DENTAL MATERIALS

The World Health Organization (WHO) released its final report on dental amalgam and has taken a stance against the use of mercury in dentistry. Their report, Future Use of Materials for Dental Restoration, states that amalgam “has been associated with general health concerns” and that alternatives are available.

Full story: 11/30/11 <http://www.chicagotribune.com>

THE MAJORITY OF CONVENTIONAL “HONEY” SOLD DOES NOT CONTAIN HONEY

A comprehensive investigation conducted by Food Safety News (FSN) found that more than 75% of all so-called ‘honey’ products sold at grocery stores, big box stores, drug stores and restaurants are not real honey and contained no pollen. The honey products FSN tested from farmers markets, food cooperatives and “natural” food stores were found to contain pollen and a full array of antioxidants and other nutrients. Full article: <http://www.foodsafetynews.com/2011/11/tests-show-most-store-honey-isnt-honey/>



Marusia's

Favorite Product of the Month!
Etherium Gold by HarmonicInnerprizes, Inc.
by Marusia Marrapese

Etherium Dietary Supplements are trace elements that contain significant amounts of natural monatomic minerals. They enhance the body's electromagnetic systems that increase the mind, body, spirit connections. Quite simply: they invigorate the senses and broaden your perceptions. Many experience higher states of consciousness and a spiritual transformation. They are A TOOL to get you where you want to be.

According to the in-depth literature provided to us by Patrick Bailey, the man I have called "The product formulator of our generation" thousands of people from all walks of life have benefitted from Etherium Gold. Many have been able to use Etherium Gold for learning disabilities such as ADD/ADHD. Many athletes, especially those in Martial Arts love Etherium Gold because it tends to promote greater mind/body integration.

This mineral complex works very well to support us whenever increased mental focus is essential. This can be before an important meeting or event, or simply wanting to pay more attention to a teacher or public speaker. Whenever you want to be more present in a situation, Etherium gold will keep you more focused and attuned.

By lowering high beta-wave activity and raising alpha-wave activity, Etherium gold has helped many with learning difficulties and hyperactive behavior. Sean Adam, Research Director of The Alpha Learning Institute in Lugano, Switzerland believes that "anyone who wishes to learn faster and easier with less stress would definitely benefit by using Etherium Gold."

A similar study to the study done at Alpha Learning Institute was conducted by the Mind Spa in Norcross, Georgia. Their biofeedback

research showed that individuals become more balanced and calm after administration of Etherium Gold. This study showed a clear decrease in emotional reactivity and greater mind relaxation.

According to Robert Dallas, PhD., director of the Mind Spa stated: "The most obvious and consistent results occurred in the EEG measurements after taking Etherium Gold. In 90% of the volunteers brainwave frequencies tended to balance out and all frequency bands showed greater activation."

I have used products formulated by Patrick Bailey for decades both for myself and my children. Etherium Gold is a supplement I have used to support my study times since 2005. I have been filled with joy to hear the great strides forward many fellow students, no matter what their age, have taken as they experience supplementing their diets with the only monatomic gold product whose efficacy has been clinically proven to enhance brain function. Many experience enhanced mental clarity, greater mind/body coordination, improved hearing ability, increased creativity, and calmer reactions to stressful situations.

Dr. Richard Gerber, author of Vibrational Medicine stated; "Etherium Gold is well suited to individuals beginning to open to higher consciousness, self-healing and a path of spiritual transformation." I could not have put my own experience into better words than this description of Etherium Gold.

In previous issues of this Newsletter I have described the Wellness Formula (currently available to our customers at Lori's through the Source Natural Company) that Patrick created over 30 years ago.

Wellness Formula is still the most relied upon natural herbal prevention and treatment formula sold in this country during the long, cold winter months. Patrick Bailey was one of the original partners in the creation of the Rainbow Light supplement company many decades ago, still a trusted, progressive supplement manufacturer leading this industry today! For more information: www.harmonicinnerprizes.com*

NEW PRODUCT

by HarmonicInnerprizes



n-fuzed Candida

n-fuzed Candida is a evolutionary new concept for treating the overgrowth of Candida albicans. Using a proprietary blend of Pau d' Arco, Black Walnut hulls, and Vitamin C, the electromagnetic frequencies of Candida Albicans are infused into the crystalline structure of water. This signals the immune system to eliminate candida in the blood system, soft tissues, and organs of the body. Candida overgrowth is a causal factor in many debilitating conditions.

Candida Albicans is a naturally occurring genus of yeast that lives in our intestinal tract with many other microorganisms; probiotics. Problems happen when something upsets the balance of these organisms and Candida begins to multiply and over populate. Typical triggers are the use of pharmaceutical antibiotics and/or birth control pills. A diet dominated with processed foods, sugar, and alcohol will exasperate this condition significantly.

Candida overgrowth is epidemic in our society and it is the underlying cause of many chronic disease conditions. While millions of people deal with it every day, millions more get no help since it is often misdiagnosed and people who have it are unaware. It is very difficult to treat something if the cause is not properly identified.

While, one of the most well known occurrences of Candida overgrowth is the vaginal yeast infection, it may play a role in just about any chronic illness or mental health condition you can think of.*

<https://www.harmonicinnerprizes.com/products/n-fuzed-candida-n-fuzed-candida-1/>

*HarmonicInnerprizes notes that these statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

HAPPY VALENTINES DAY!



Make this February 14th a special day with a healthy and natural gift from Lori's Natural Foods. We have a great selection of fair trade chocolates, natural perfumes and after shaves, **Gaiam** yoga socks, **Imagine Greenwear** organic apparel, **Andes Gifts** hand knitted gloves and hats. Be sure to take a peek in our greenhouse for more gift ideas made by local artists!

Are you going to cook a romantic dinner for your sweetheart? We have a great selection of organic cheese, crackers and bulk items like wild rice, bulgur, quinoa and sustainable and organic spices. Stop by Lori's for great Valentines Day Gifts!

Where Does Your Chocolate Come From?

Encouraging Fair Trade



When you take a bite into that luscious chocolate bar, do you stop to think about who grew the cacao that made your chocolate fantasy possible? Possibly one of the more than 15,000 child slaves working on cacao farms in west Africa.

1) Look for products that are certified "Fair Trade" chocolate. When farmers and laborers are paid a fair price for the products they produce, rather than being exploited for cheap labor, that is considered "Fair Trade." Because they are paid a fair wage, producers can avoid cost-cutting practices that sacrifice quality and are destructive to the environment.

Fair Trade products include coffee, tea, rice, fresh fruit, juices, sugar, honey, sports balls, wine, flowers, and our favorite, cocoa. Fair Trade chocolate certification is based on the standards set forth by Fairtrade Labeling Organizations International, a consortium of trade groups throughout the world who establish the criteria for all Fair Trade products, including Fair Trade chocolate. A similar movement is called Equi-Trade.

2) Limit, or stop, your consumption of mass-market chocolate. I know that may be hard if you have an addiction to, say, Snickers™. All I can tell you is that after having once visited a banana plantation, wherein the workers lived in desolate concrete block houses and worked in the scorching heat, with giant billboards on every corner warning about what to do when overcome by pesticides, I swore to myself never to eat another non-organic banana.

3) Buy organic. Organic and Fair Trade chocolate really go hand in hand, and you will find that many organic products are Fair Trade and vice versa. Hopefully it already makes sense to you that spraying crops with pesticides and then harvesting and consuming those crops means you are eating pesticides. Yum! So that's one reason to buy organic. Also, because organic farms are routinely inspected in order to maintain their organic certification, it is more difficult for them to exploit their workers without it being noticed.

Another reason to buy organic is that organic cacao is typically shade grown, meaning it is grown under the canopy of other rainforest plants rather than in deforested swaths. Cacao plants actually do much better in shade. It's their natural environment, and the small flies and midges that fertilize the plants only exist in the detritus found littering the rainforest floor. Shade grown cacao is much more resistant to disease. Top that off with the greater biodiversity found on an organic, shade-grown cacao farm versus a deforested plantation.

Article by LaShelle - <http://www.facts-about-chocolate.com/fair-trade-chocolate.html>

QI INFUSIONS FREE CLASS



Qi Infusions local acupuncturist and Chinese herbalist, Ethan Borg, M.A.O.M., is excited to introduce you to a completely new method of applying Chinese medicine that you can utilize at home with all the members of your family, including pets, without needles or bitter tasting herbs. Borg is also the President of Qi Infusions, a company that has created products of the same name that are non-herbal methods of self-healing based on classical Chinese medical theory. Qi Infusions are 100% organic sunflower oils that are infused with medical Qi Gong treatments (a method of non-touch energy healing utilized across Asia for thousands of years) for the purpose of alleviating symptoms of specific conditions such as colds, flu, recurrent sinus infections, tantrums, stress, infertility, preventative medicine, spiritual growth and healing, and so much more. Applied to the skin, Qi Infusions provide powerful energy treatments yet are safe for the entire family.

DATE: SUNDAY, FEBRUARY 26TH

TIME: 3:00PM – 5:00PM

CALL 424-2323 TO SAVE YOUR SEAT

LOOK FOR GLUTEN FREE PRODUCTS AT LORI'S!



Find most of your gluten free items in the Gluten Free aisle (#7). Look for Orange Strips throughout the store that will help you to locate more GF items.



30%

Off MSRP

ON LORI'S BRAND OF
CoQ 10 - 100mg 60 vegetarian capsule
Softgel Multi with Lutein & Lycopene 120 softgels

GOOD TILL 2/29/2012

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