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EDAP \$8.59

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Organic Raw Pumpkin Seeds

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USDA ORGANIC



Nature's Life
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\$4.69 100 cap
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Organic Raw Pumpkin Seeds
\$4.59 1 lb. bag



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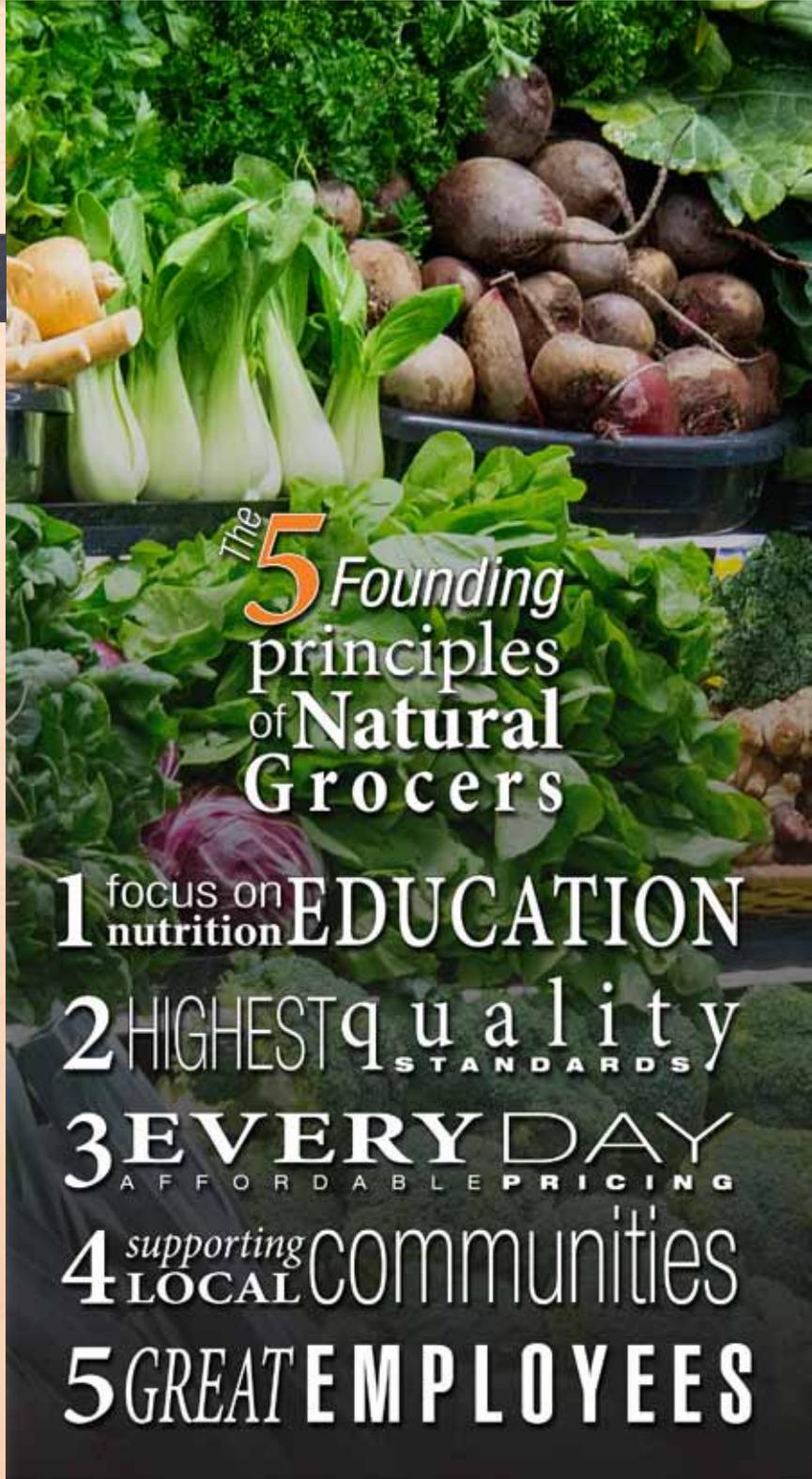
Trust Us, It's Harmless
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Hey, Don't Stress Out!
It could kill you



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Going,
Going,
Gone...



The Dust Bowl of the 1930s was one of the worst man-made ecological disasters in recent history, when overzealous plowing and planting—five million acres of native prairie were plowed to grow wheat—followed by years of drought left the “bread basket” of the United States a literal desert. It was a lesson of our intricate

connection to the land, but is it a lesson that’s already been forgotten?

A study published in 2013 revealed that current grassland conversion to corn and soy across the Western Corn Belt (North Dakota, South Dakota, Nebraska, Minnesota, and Iowa) is comparable to deforestation rates in Brazil, Malaysia, and Indonesia. The authors noted, “Historically, comparable grassland conversion rates have not been seen in the Corn Belt since the 1920s and 1930s...” The bulk of corn and soy in the U.S. is not being grown for human consumption, but to feed livestock.

So what is a conscious consumer to do? Choose meat and dairy products from pastured animals!

Make Your Meat Count!



The rapid growth of concentrated animal feeding operations and confinement dairies has resulted in millions of acres of grassland being converted to grow corn and soy for animal feed, and the loss of those grasslands, and subsequent desertification of the land, is leading to a potential environmental disaster.

Grazing ruminants (e.g., cows, goats, bison, sheep) play a vitally important role in maintaining the health and fertility of the land—restoring ruminants to the land in a well-managed way restores vegetation, and restoring vegetation increases carbon sequestration and promotes normal water cycles. You see, when healthy, grasslands are able to store large amounts of carbon in the soil, and carbon holds water in the soil. It has been estimated that just a one percent increase in soil carbon in an acre of land can hold an additional 20,000 gallons of water.

Additionally, by returning ruminants to a life of grazing, you are removing grain feed from the equation, resulting in a lower demand for corn and soy to feed livestock.

Isn't Grazing Part of the Problem?

In short, no. Overgrazing can be a problem, but in a well-managed, rotational grazing system, cattle and other ruminants have a beneficial relationship with the land. The animals graze, cutting back the grasses, which initiates new growth. Their constant movement and trampling helps cut manure and other organic matter back into the soil, enriching it. And healthy soil keeps carbon in the ground and out of the atmosphere. Experts calculate that if we utilize well-managed rotational grazing practices on just half of the world's grasslands, enough carbon could be stored in the soil to reduce carbon levels in the atmosphere to pre-industrial revolution levels.

97.2 million acres

are dedicated to growing corn

more than 70%

of the corn grown in the U.S. is used for animal feed and ethanol production.

Desertification

The loss of land function and the land's ability to sustain plant and animal life is called desertification. According to the United Nations, 25 percent of the earth's land is already moderately or highly degraded. Desertification of the land leads to loss of carbon from the soil, increased water runoff and evaporation (flood and drought), and changes in the microclimate, which ultimately changes the macroclimate. Industrial crop and livestock production is a huge contributor to soil degradation and desertification.

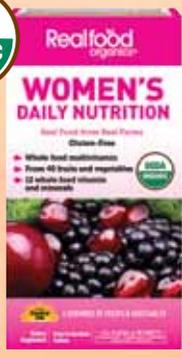
Sources: Wright, C & Wimberly, M. "Recent land use change in the Western Corn Belt threatens grasslands and wetlands." Proceedings of the National Academy of Sciences of the United States of America. March 5, 2013;110(10) // Itzkan S. "The Potential of Restorative Grazing to Mitigate Global Warming by Increasing Carbon Capture on Grasslands. Planet TECH Associates, 2014. www.savoryinstitute.com // USDA National Agricultural Statistics Service // National Corn Grower's Association 2013 Report, 11 Feb. 2013.

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Fill the nutritional gaps in your diet with this certified organic multivitamin, with specific formulations for men and women.*



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60 tab

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Chocolate or Vanilla

Made from pea, hemp seed, and cranberry proteins, these vegan protein powders are also sugar free!*



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22.8 oz. - 26 oz.

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EDAP \$21.75

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DIM-plus

Support healthy estrogen levels with this phytonutrient supplement.*



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120 cap

EDAP \$23.99

SAVE \$2

Country Life®

Target Total Mins
Iron-Free

Calcium, vitamin D, plus 11 other essential minerals to maintain bone health.*



Target Total Mins Iron-Free
\$15⁴⁹

120 tab

EDAP \$18.75



Nature's Way®

Hydraplenish
plus MSM

Hyaluronic acid acts as a natural lubricant in the body and is an important component of healthy connective tissue and joints.*

\$15⁷⁹

60 vcap

EDAP \$17.49

SAVE up to 25% OFF our EDAP price on Select Nature's Way Standardized Herbs.

see store for details.

Nature's Way®
Black Cohosh



Black Cohosh
\$11⁹⁹

120 vcap

EDAP \$15.09

Nature's Way®
Rhodiola Rosea



Rhodiola Rosea
\$10²⁹

60 vcap

EDAP \$12.85

Nature's Way®
Milk Thistle



Milk Thistle
\$9⁷⁹

60 vcap

EDAP \$13.59

Nature's Way® Organic Coconut Oil



Extra virgin, unrefined coconut oil is an excellent source of medium-chain fatty acids that provide the cells with energy.*

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16 oz.

EDAP \$9.49

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.



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*Alive! Women's
or Men's Multi*

Boost your nutrition with these food-based multivitamins.*

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EDAP \$21.85



Natural Factors®

*NEM
500 mg*

An "all-in-one" supplement, NEM naturally contains collagen, glucosamine, chondroitin, hyaluronic acid, and calcium—all proven to support joint health.*

\$37⁹⁹ 60 vcap
EDAP \$39.39

A Nutrient to Know About

Phosphatidylserine

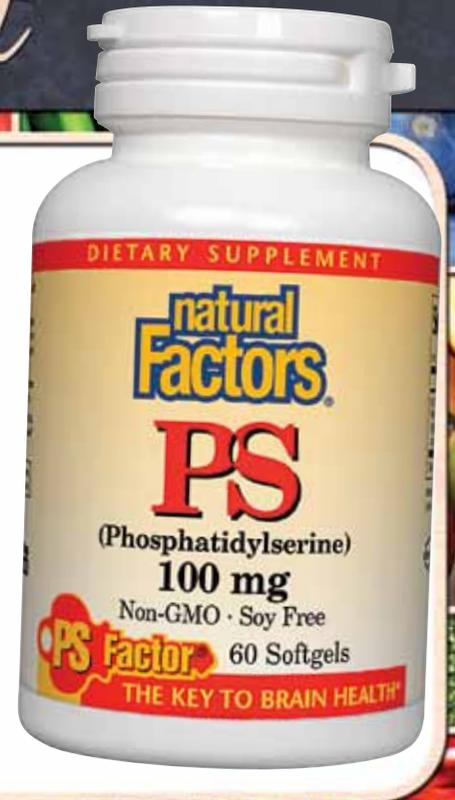
Phosphatidylserine (PS) is a major building block of cell membranes, giving cells their shape, strength, fluidity, and influencing their overall health. It is especially concentrated in the brain where it is necessary to replace and rebuild nerve cell membranes and enhances communication between neurons (nerve cells). It has also been found to dampen the body's hormonal response to both mental and physical stress.*

Natural Factors®

*PS (phosphatidylserine)
100 mg*

PS
(phosphatidylserine)
100 mg

\$21⁹⁹ 60 sg
EDAP \$23.39



Natural Factors®

*CLA Tonalin
1000 mg*

This fat helps to maintain a healthy body weight, in part by increasing the cells' sensitivity to insulin.*

\$19⁵⁹ 90 sg
EDAP \$20.99



Natural Factors®

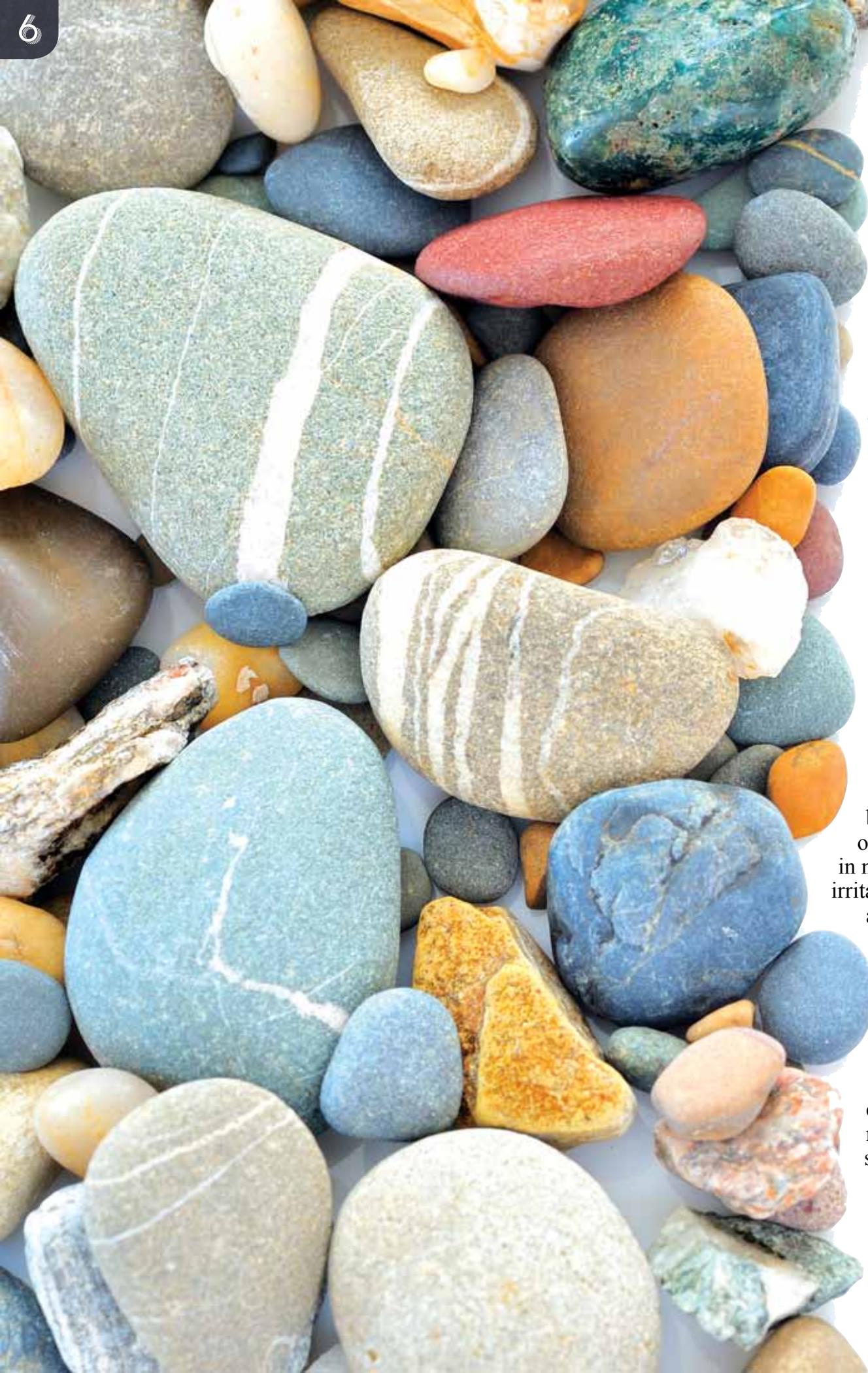
*Turmeric & Bromelain
450 mg*

The combination of turmeric and bromelain work together to promote a healthy inflammatory response in the body.*

\$23⁷⁹ 90 cap
EDAP \$25.59



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BUFFER YOUR BRAIN *from Stress* with **PS**

By Lindsay Wilson

Have you ever felt so stressed out that you couldn't organize your thoughts, remember simple things, make rational decisions, or lashed out in anger? This is your brain on stress. Stress has a real physical effect on our bodies, but some of the most obvious effects are psychological in nature. Forgetfulness, anxiety, irritability, anger, fear, and depression are all very real side effects of stress, and they all come from physiological changes in your brain. Research has shown that stress kills brain cells, shrinks the brain, accelerates aging in the brain, alters memory function, and can trigger changes in the brain's hardwiring, making it more sensitive to future stress.

So how do you stop this damage from happening? Certainly reducing your stress levels is a good place to start, but unless you live completely isolated from society (then you

probably have other problems to wrestle with), you are going to experience stress; it is simply a part of the human experience. Enter phosphatidylserine (fos-fa-tidyl-serine), or PS for short. A member of the phospholipid family, PS is found in every cell membrane in the body and is a key component for giving cells their shape, strength, and fluidity, influencing the overall health of the cell. PS is especially concentrated in the brain, where it maintains the structural integrity and plasticity of neurons, enhances communication between neurons, and ensures that cell membranes are healthy and functioning optimally so they can withstand stress' worst blows.

PS is necessary to replace and rebuild nerve cell membranes and create new synapses (the junction where neurons communicate), and according to PS expert Parris Kidd, PhD, it is likely that the body's supply of PS directly determines the amount of new cell membranes and synapses that can be made. As PS levels decline, nerve cell membranes cannot be rebuilt, leading to a loss of healthy cells and a loss of communication between nerve cells. Ensuring the body has optimal levels of PS will allow your neurons to continue to create and maintain healthy cell membranes, even in the face of stress.

In addition to helping neuronal cell membranes remain healthy enough to withstand the damaging effects of stress and helping to repair damaged membranes, PS modulates the hypothalamic-pituitary-adrenal axis (HPA), the system of feedback interactions between the central nervous system and endocrine system that triggers the stress response and release of the stress hormone cortisol. Chronic stress disrupts this delicate feedback balance, resulting in the continued release of cortisol, but PS helps reset the HPA axis, blunting the body's hormonal response to stress. This may be especially helpful for those under chronic stress whose HPA axis is constantly turned on. Clinical research has found that PS supplements reduce the cortisol response to both mental and physical stress and can actually improve mood.

PS' role in maintaining neuronal cell membranes and regulating the body's hormonal stress response makes it key in protecting the brain from the damages of stress. Supplementation is the best means for acquiring the benefits of PS (the only food sources are organ meats such as liver and kidney). Studies have used anywhere from 200-800 mg daily, but Dr. Kidd suggests loading the body with 200-300 mg a day for a month or two to fully saturate the membranes, and then reducing the dose to 100-200 mg daily for maintenance. It also appears that PS works most effectively when there are optimal levels of the omega-3 fat DHA in the brain. This can be obtained from a quality fish oil supplement. ■

References available upon request.

Bulk DEPARTMENT

Walnut Combo Halves & Pieces



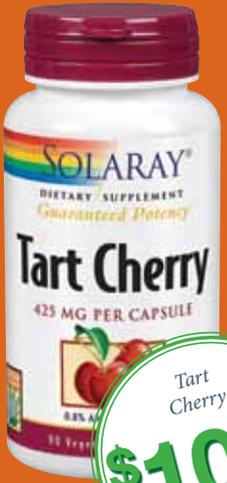
American children are under stress from more fronts than ever—pressure from parents, teachers, friends, and social media are sending children into a mental tailspin. Kids are over-scheduled and over-stimulated, and as a result they are over-medicated. We are seeing increasing numbers of children diagnosed with an array of mental and “behavioral” issues, with ADHD being at the top of the list. According to the latest data from the Centers for Disease Control (CDC), 11 percent of children

4-17 years old (6.4 million) have been diagnosed with ADHD, and that number continues to grow at a rate of approximately five percent each year. ADHD interferes with learning and social relationships, and is a huge economic burden. Many children are on stimulant and antidepressant prescriptions to control their symptoms, but these drugs can come with serious side effects, including suppressed appetite, sleep disruption, and increased heart rate and blood pressure. Just as phosphatidylserine (PS) supports healthy brain function in adults, so it can in children and teens as well. A double-blind placebo-controlled study published in 2014 found that 200 mg of PS daily significantly reduced ADHD symptoms after only two months in children aged 4-14. There were specific improvements in classroom behavior, social skills, and auditory memory, the ability to process and recall orally presented information. The authors noted that dietary deficiency of essential fatty acids and phospholipids during childhood may increase the risk of developing ADHD-type symptoms. Previous research has found that PS taken with the omega-3s EPA and DHA also reduces ADHD symptoms, particularly hyperactive-impulsive behavior and mood.

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Solaray®
Tart Cherry



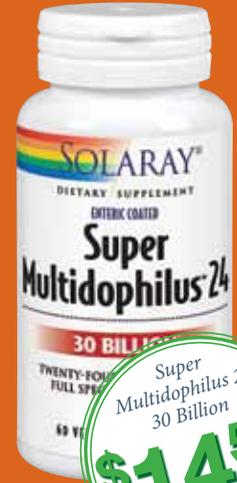
Tart Cherry
\$10.55
90 vcap
EDAP \$14.09

Solaray®
Two-Stage
Mega B-Stress



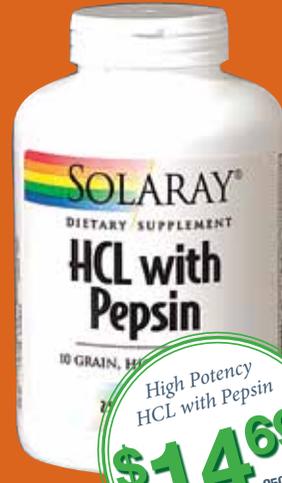
Two-Stage
Mega B-Stress
\$12.35
120 vcap
EDAP \$16.49

Solaray®
Super Multidophilus 24
30 Billion



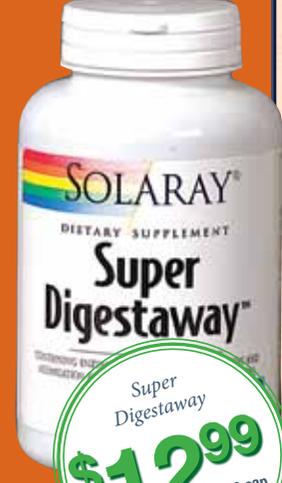
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Multidophilus 24
30 Billion
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with Pepsin



High Potency
HCL with Pepsin
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250 cap
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Digestaway



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Digestaway
\$12.99
180 cap
EDAP \$17.39

Manitoba Harvest®
Hemp Pro 70

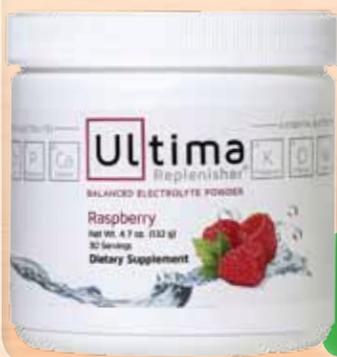
Complete plant-based protein that easily mixes with any drink.*



\$23.39
16 oz.
EDAP \$27.69

Ultima Replenisher®
Electrolyte Drink; Raspberry

Ultimate hydration with a balanced blend of electrolytes and no sugar!*



\$11.99
30 servings
EDAP \$17.25

Sunny Green®
Organic Beetroot Powder

Contains vitamins, minerals, and antioxidants that promote cardiovascular health.*



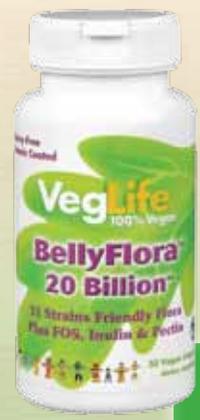
\$16.39
7.4 oz.
EDAP \$18.29

VegLife®

Peaceful Planet Rice Protein
Made from California-grown rice, contains 16 grams of protein and only 5 grams of carbs per serving.*



\$11.49
20.4 oz.
EDAP \$13.45



BellyFlora 20 Billion
This probiotic supplies a wide variety of gut-friendly microbes to maintain a healthy balance in your digestive tract.*

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50 vcap
EDAP \$16.45

Nature's Life®

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Provides nutritive support for healthy prostate function.*



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100 cap
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KAL®
100% Vegetarian MSM & Glucosamine
MSM and glucosamine work together to keep the joints working smoothly.*

\$7.99
60 tab
EDAP \$10.19

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Nature's Plus® SOL Garden Vitamin K2



This bioavailable form of vitamin K2 promotes bone and cardiovascular health.

\$15⁵⁹
60 vcap
EDAP \$18.35

Solgar® Gentle Iron



This iron supplement promotes normal red blood cell production while it is gentle on the stomach.*

\$8⁹⁹
90 vcap
EDAP \$9.55

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Nasal Allergy Relief Spray Dry or Allergy Eye Relief Drops

Find quick relief from your worst nasal allergy symptoms with this convenient homeopathic spray.*



\$6⁶⁹
20 mil.
EDAP \$8.69
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\$9³⁹
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EDAP \$11.69

Lakewood® Organic Whole Leaf Aloe

Aloe juice contains polysaccharides that soothe the digestive tract.*



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Barlean's® Ideal Omega 3

A molecularly distilled omega-3 supplement that provides an optimal dose of EPA and DHA in just one softgel a day.*

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30 sg / 60 sg
EDAP \$17.99 / EDAP \$32.69

[EDAP] EVERY DAY
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Less-than-stellar eating habits make a multivitamin crucial for most teenagers. These sugar-free chewables make it quick and easy!*

Power Teen
for Him
or Her
\$15⁴⁹
60 chew
SAVE \$3
EDAP \$18.49

Gaia Herbs® Sleep Thru



A unique blend of herbs that supports restful sleep and healthy adrenal function.*

\$19⁴⁹
60 vcap
EDAP \$22.59

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HAVE YOU TRIED THIS FOR YOUR JOINT PAIN?

By Liz Mueller

Now that we are well into spring, we are naturally more active—you could say that our bodies are waking up from the respite that was winter. But for many people living with acute or chronic joint pain, it can be hard to choose between doing the activities you love and suffering through the pain, withdrawing completely to avoid the pain, or dosing up on pain meds to carry you through the pain. But those don't have to be your only options—maybe it's time to consider a new approach with MSM and natural eggshell membrane (NEM®).

MSM (methyl-sulfonyl-methane) is a sulfur-containing compound found in plant and animal tissues, including those in the human body. Sulfur is important for forming and repairing the strong bonds that give connective tissues strength. It is also necessary for making collagen, the primary constituent of cartilage and connective tissue, and for stimulating cells that produce the synovial fluid that lubricates joints.

When evaluating the effects of MSM on mild to moderate osteoarthritis of the knee, participants taking 3,000 mg of MSM twice daily for 12 weeks had significant reductions in pain and less difficulty performing daily activities than those not taking the nutrient. In another study, those taking 2,250 mg of MSM daily for six weeks reported an 80 percent better control of their pain compared to their placebo counterparts.

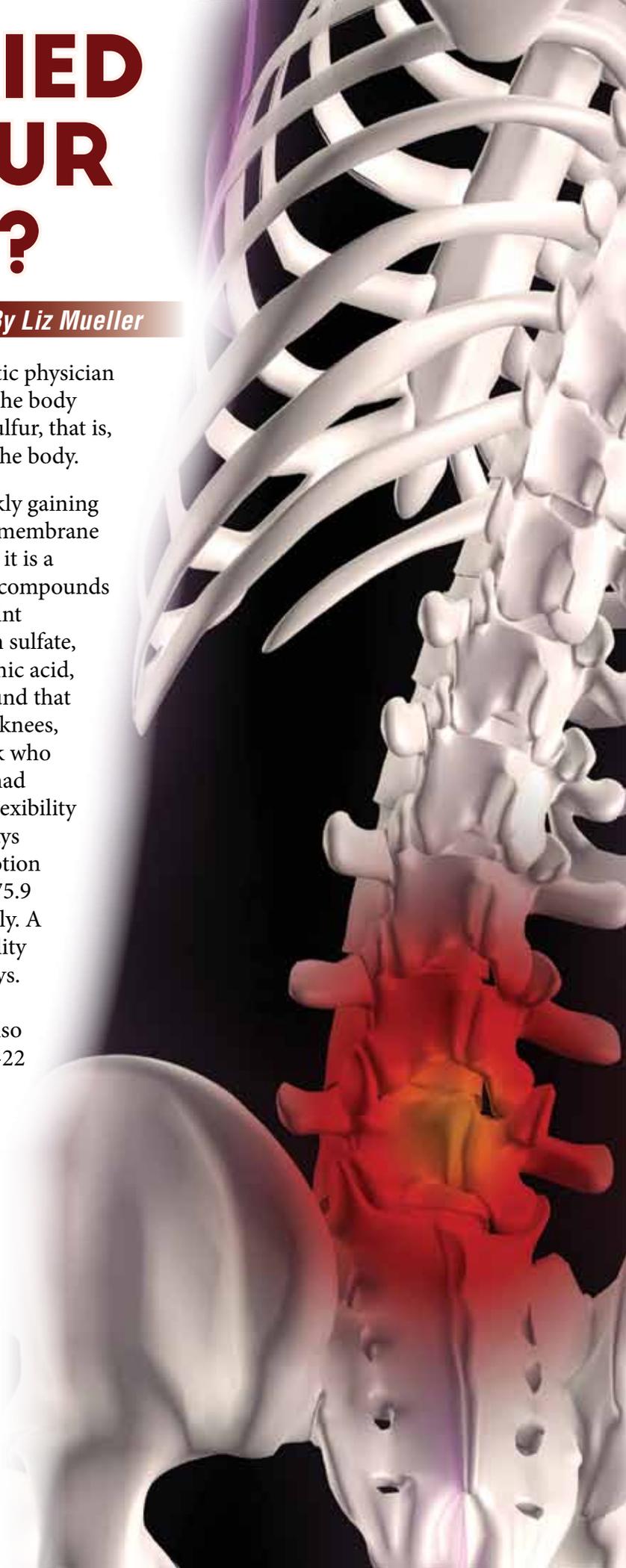
Because naturally occurring MSM is easily destroyed in food processing and is quickly used up by the body, supplementation is necessary to obtain optimal amounts. According to Andrew

Rostenberg, DC, a chiropractic physician in Boise, ID, MSM provides the body with a bioavailable form of sulfur, that is, a form that is easily used by the body.

Newer to the scene, but quickly gaining attention, is natural eggshell membrane (NEM®). It is unique because it is a natural source of an array of compounds that are proven to support joint health, including chondroitin sulfate, glucosamine sulfate, hyaluronic acid, and collagen. A pilot trial found that participants with pain in the knees, hips, neck, shoulders, or back who took 500 mg of NEM® daily had significant improvement in flexibility in just seven days; after 30 days general pain and range of motion pain saw a 72.5 percent and 75.9 percent reduction, respectively. A 44 percent increase in flexibility was also reported after 30 days. The use of pain medication (narcotics or NSAIDs) was also low, occurring only every 20-22 days throughout the trial.

Being and staying active can be a real challenge, especially if you suffer from joint pain. If your joint pain is holding you back and you feel like you've tried everything with little luck, it may be time to try something new. Look for joint support with MSM and NEM®—and enjoy the active life you were meant to live!

References available upon request.





NOW®
L-Tryptophan
500 mg

A precursor to serotonin and melatonin, L-tryptophan helps to support a positive mood and healthy sleep.*

\$13⁵⁹
60 vcap
SAVE \$3 EDAP \$16.59



NOW®
L-Theanine
100 mg

L-theanine promotes relaxation without drowsiness or other side effects.*

\$14³⁹
90 vcap
EDAP \$16.59



NOW®
MSM
1000 mg

A bioavailable form of sulfur; sulfur is necessary for making collagen, the primary component of connective tissues.*

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240 cap
EDAP \$15.99



NOW®
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50 mg

CoQ10 is an essential component of cells and is necessary for mitochondrial energy production, especially in the heart.*

EDAP \$12.59

Allergena Zone
1 oz.

Homeopathic drops to dampen the body's response to seasonal allergies.*



\$13⁹⁹
1 oz.
EDAP \$14.49

Progena®
Allergena
allergy
formulas



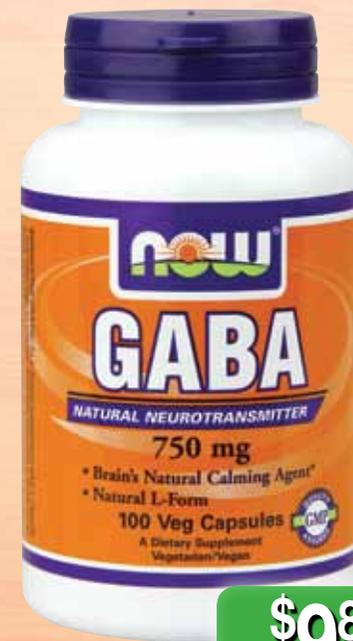
Allergena Zone
2 oz.

A homeopathic blend to support the body's immune response to molds and fungi.*

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2 oz.
EDAP \$19.89

NOW®
GABA
750 mg

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100 vcap
EDAP \$12.69

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Psyllium

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12 oz.
EDAP \$13.99



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500 mg

This standardized resveratrol supplement includes quercetin for enhanced bioactivity.*

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30 vcap
SAVE \$4 EDAP \$37.29

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New Chapter®

Gingerforce

Provides a full-spectrum of ginger's beneficial compounds.*

\$19⁹⁹
60 sg
EDAP \$22.39

Genesis Today®

Garcinia Cambogia
800 mg

Native to Southeast Asia and Africa, this fruit is commonly used in traditional dishes to make meals more filling.*

\$17⁹⁹
60 vcap
EDAP \$21.69

Kyolic®

Formula 109

A unique blend of nutrients to support normal blood pressure.*

\$16⁸⁹
80 cap
EDAP \$19.85

Garden of Life®

Vitamin Code - 50 & Wiser
Men's or Women's Multi

A food-based multivitamin formulated for mature men and women.*



\$23⁹⁹
120 vcap
EDAP \$32.49

Carlson®

Norwegian Cod Liver Oil
Natural or Lemon Flavor

Cod liver oil is naturally rich in the omega-3s EPA and DHA, in addition to vitamins A and D.*



Norwegian Cod Liver Oil
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250 ml
EDAP \$24.79



Norwegian Cod Liver Oil
\$38⁷⁹
500 ml
EDAP \$41.35

Nordic Naturals®

Nordic Berries

Ultimate Omega Jr



\$17⁴⁹
120 ea
EDAP \$20.19

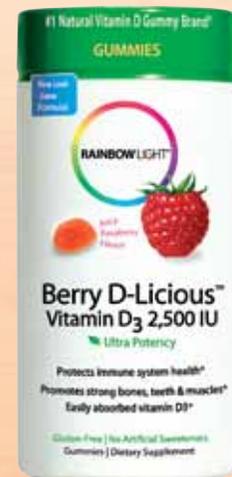
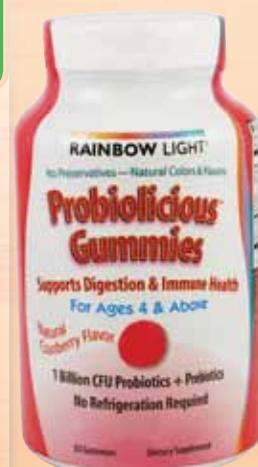
\$22⁷⁹
90 ea
EDAP \$26.15

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Berry D-Licious Vitamin D3
2500 iu

Delicious gummies make taking your daily supplements an easy treat!*



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50 gummies
EDAP \$14.59

\$9⁹⁹
50 gummies
EDAP \$11.85

BlueBonnet®

Earthsweet Chewable
Vitamin B12 & Folic Acid

Earthsweet Chewable
Vitamin D3
2000 iu



Earthsweet Chewable
Vitamin B12 & Folic Acid
\$7⁴⁹
90 chew
EDAP \$8.79

Earthsweet Chewable
Vitamin D3
\$11⁹⁹
90 chew
EDAP \$13.69

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Pasture-Based Dairy



Know Your Grocer

NATURAL GROCERS' DAIRY STANDARDS

Today the majority of dairy operations in the United States are operated as confinement dairies. Also known as concentrated dairy operations, confinement dairies are dairy farms where the emphasis is on production, where the animals do not graze on growing pasture, but live their unnaturally shortened lives enclosed in a barn or dirt yard. Studies indicate that these types of operations are less profitable than pasture-based ones, they rely on multiple drugs to maintain production, and the largest of them produce unseemly manure lagoons, negatively impacting waterways and air quality in the communities where they are located.

We want to change that.

Natural Grocers has always been dedicated to having the most rigorous food quality standards in the industry, and it is in this spirit that we recently revamped our dairy standards to prohibit dairy products made with milk from confinement dairies. Over the past year, we have phased out all dairy products—milk, yogurt, butter, cheese, ice cream, etc.—that do not meet our new standards. We have expanded our selection on many of our existing lines and have introduced some great new brands. In April, our process will be complete and you will only find pasture-based dairy products in all Natural Grocers stores. This means that these products come from animals that have grazed on pasture for a minimum of 120 days; are never fed animal by-products; are never administered hormones or other growth promoters; are never fed genetically-modified alfalfa; and are treated humanely, with plenty of time and space to exhibit their natural behaviors.

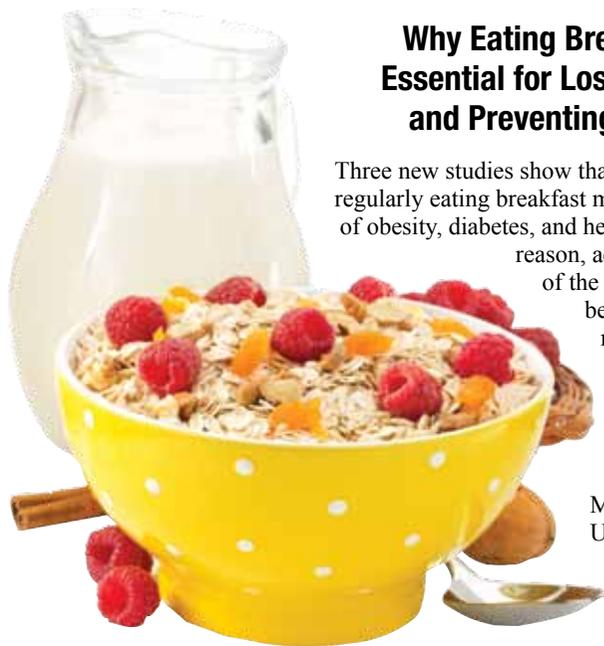
What does this mean for you? Studies indicate that animals raised in pasture-based dairy systems are healthier animals that produce milk with a healthier nutrient profile, including higher levels of omega-3 fats, CLA, and fat-soluble vitamins, so it means a healthier product for you. It also means that you are supporting sustainable practices that improve the health of the soil, water, and air, and provides a market for farmers to choose a more profitable way to do business.

We believe that every American has the fundamental right to live in a community with clean water, clean air, and clean, healthy food. We also believe that the American farmers who produce that food deserve to make a profitable living. Together, with our customers, we hope to provide a profitable and sustainable market for farmers.



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Why Eating Breakfast Is Essential for Losing Weight and Preventing Disease

Three new studies show that the simple act of regularly eating breakfast may lower your risk of obesity, diabetes, and heart disease. The reason, according to some of the researchers, may be that our circadian rhythm influences how our bodies process food.

Daniela Jakubowicz, MD, of Tel Aviv University, Israel, and her colleagues asked 93 overweight or obese women—

all of whom had been diagnosed with metabolic syndrome—to eat

a 1,400-calorie-a-day diet for 12 weeks. Some of the women consumed half of those calories at breakfast, while others consumed them at dinner.

Women eating the big breakfast lost an average of 18 pounds and three inches from their waistline, while the big dinner eaters lost only about seven pounds and an inch and one-half from their waist.

All of the women had improvements in their blood sugar and insulin levels, but those who ate the bigger breakfast had more significant improvements, including less insulin resistance. In addition, the big breakfast eaters saw their average triglyceride levels decrease by 33 percent, whereas triglyceride levels increased by almost 15 percent in the big dinner group.

In a separate study, Frank B. Hu, MD, PhD, of the Harvard School of Public Health and his colleagues analyzed the breakfast habits of 46,289 women participating in the Nurses Health Study. After six years of follow up, 1,560 of the women were diagnosed with type-2 diabetes.

Women who consumed breakfast irregularly were 20 percent more likely to develop diabetes, compared with women who ate breakfast every day. In addition, women who routinely ate three meals each day were 16 percent less likely to develop diabetes, whereas those who ate only one or two meals daily were 13 percent more likely to develop the disease.

In another Harvard study, Leah E. Cahill, PhD, and her colleagues analyzed the relationship between skipping breakfast and the risk of coronary heart disease in a group of 26,902 men, ages 45 to 82 years of age when the study began. During 16 years of follow up, men who skipped breakfast had a 27 percent higher risk of coronary heart disease, compared with men who did eat breakfast. In addition, men who ate late at night had a 55 percent higher risk of coronary heart disease.

References: Jakubowicz D, Barnea M, Wainstein J, et al. High caloric intake at breakfast vs dinner differentially influences weight loss of overweight and obese women. *Obesity*, 2013; epub ahead of print. Mekary RA, Giovannucci E, Cahill L, et al. Eating patterns and type 2 diabetes risk in older women: breakfast consumption and eating frequency. *American Journal of Clinical Nutrition*, 2013;98:436-443. Cahill LE, Chiuve SE, Mekary RA, et al. Prospective study of breakfast eating and incidence coronary heart disease in a cohort of male US health professionals. *Circulation*, 2013;128:337-343.

Perspectives

Make Time for Breakfast

One of the most significant dietary changes over the past several decades is the decline in people who eat a “good” breakfast.

Back in college (longer ago than I care to admit), I remember noticing a couple of people having soft drinks for breakfast. It seemed so bizarre at the time. Now it’s common. Next, nutritional paranoia about eggs led to a significant reduction in the number of people eating a protein-centric breakfast. These days, family and work pressures and the resulting time crunch lead people to either skip breakfast or eat the equivalent of dessert (doughnut, sweet roll) for breakfast.

Countless studies have shown that breakfast really is the most important meal of the day. And yet a lot of people say they are simply not hungry at breakfast time. Sometimes the reason is that elevated blood sugar from a late meal the night before suppresses appetite.

Other times people wrongly believe they can reduce their daily calorie intake and lose weight by skipping breakfast. But that’s a fallacy. A study several years ago found that people who skipped breakfast actually consumed 400 calories more over the subsequent 36 hours.

The lesson is clear: Make the time for a healthy breakfast. You’ll feel better and have more energy on day one. —JC

Low Vitamin D Levels May Be a Factor in Physical Disabilities

Low levels of vitamin D are associated with poorer physical health and a greater likelihood of physical disabilities, according to a study by Dutch researchers.

Natasja M. van Schoor, PhD, of Vrije University, Amsterdam, and her colleagues studied two groups of people—725 men and women ages 55 to 65 years and 1,237 men and women over age 65. The researchers measured whether the subjects could walk up and down a flight of stairs, put on their clothes, cut their toenails, or walk outside for five minutes without assistance.

After adjusting for the subjects’ age, history of physical activity, and chronic disease, they found that vitamin D deficiency (blood levels less than 20 ng/ml) was associated with a higher number of disabilities, compared with people who had normal levels of vitamin D (30 ng/ml or higher).

Reference: Sohl E, van Schoor NM, de Jongh RT, et al. Vitamin D status is associated with functional limitations and functional decline in older individuals. *Journal of Clinical Endocrinology and Metabolism*, 2013; epub ahead of print.

Drinking Large Amounts of Coffee May Boost Risk of Death

Coffee consumption has been linked to a lower risk of type-2 diabetes, but drinking too much could reduce your life expectancy.

Junxiu Liu, MD, of the University of South Carolina, Columbia, and her colleagues analyzed data from a study of 43,727 men and women. During an average 17-year follow up, 2,512 of the subjects died.

People under age 55 who consumed 28 or more cups of coffee each week—the equivalent of four cups daily— had a greater risk of death from any cause. Men under age 55 were 56 percent more likely to die if they consumed a lot of coffee, and women were twice as likely to die from any cause. A cup of coffee in the study was defined as four to six ounces.

Reference: Liu J, Sui X, Lavie CJ, et al. Association of coffee consumption with all-cause and cardiovascular disease mortality. *Mayo Clinic Proceedings*, 2013; doi 10.1016/j.mayocp.2013.06.020

For Cancer-Related Fatigue, Ginseng May Provide a Boost

Taking supplemental ginseng may provide an energy boost for cancer patients who feel fatigued.

Debra L. Barton, PhD, of the Mayo Clinic, Rochester, Minnesota, and her colleagues studied 364 cancer patients, some of whom were still undergoing treatment.

The patients were given either four 500 mg capsules daily of Wisconsin Ginseng, a type of American ginseng (*Panax quinquefolius*) or placebos for eight weeks. The ginseng capsules contained ground dried root, providing 3 percent ginsenosides, and both the ginseng and placebos were donated by the Ginseng Board of Wisconsin.

After eight weeks, people taking ginseng had twice the improvement in fatigue compared with those taking placebos.

Patients who were concurrently undergoing either chemotherapy or radiation treatments had more significant improvements after both four and eight weeks of taking ginseng supplements.

Reference: Barton DL, Liu H, Dakhil SR, et al. Wisconsin ginseng (*Panax quinquefolius*) to improve cancer-related fatigue: a randomized, double-blind trial, N07C2. *Journal of the National Cancer Institute*, 2013;105:1230-1238.

Supplemental Vitamin C Lifts Moods of Hospitalized Patients

A study of 140 hospitalized patients has found that 79-85 percent of them had low levels of vitamin D and three fourths of them had abnormally low levels of vitamin C. In fact, about half of the patients could have been classified as having scurvy.



L. John Hoffer, MD, PhD, of McGill University, Montreal, and his colleagues gave the patients either 500 mg of vitamin C twice daily or 5,000 IU of vitamin D once daily for eight days. Both vitamins have been found in other studies to enhance mood.

The patients' moods and feelings of distress were measured using three different tests. Patients receiving vitamin C had a rapid normalization of their blood levels of the vitamin. They also benefited from a statistically significant 71 percent reduction in mood disturbances and a 51 percent reduction in psychological stress.

In contrast, vitamin D levels increased after eight days, but not into the normal range, and had insignificant effects of mood and feelings of distress during this time.

Reference: Wang Y, Liu XJ, Robitaille L, et al. Effects of vitamin C and vitamin D administration on mood and distress in acutely hospitalized patients. *American Journal of Clinical Nutrition*, 2013;98:705-711.

Excess Copper May Contribute to the Risk of Alzheimer's Disease

In the early 1970s, Carl C. Pfeiffer, MD, PhD, was the first physician to raise the alarm about the dangers of excess copper. In one of his case histories, he related the story of a "haunted house," in which all of the occupants eventually developed hallucinations. Pfeiffer traced the problem to copper pipes and soft water, which leached the copper from the pipes and into drinking water. The antidote, as Pfeiffer noted, was taking zinc supplements, which counterbalance copper.

Copper, of course, is an essential dietary mineral, but too much can increase the risk of Alzheimer's disease, according to a new study by researchers at the University of Rochester Medical Center in Rochester, New York. Rashid Deane, PhD, and his colleagues conducted studies in laboratory mice and human

brain endothelial cells. In some of the experiments, they fed mice very small amounts of copper—equivalent to one-tenth of the Environmental Protection Agency's water quality standards for copper.

Deane found that excess copper caused a breakdown in the blood-brain barrier. As a result, copper indirectly prevented the removal of, and increased the accumulation of, amyloid beta protein in the brain. Excess amyloid beta protein is widely considered a biochemical cause of Alzheimer's disease.

Reference: Singh I, Sagare AP, Coma M, et al. Low levels of copper disrupt brain amyloid-B homeostasis by altering its production and clearance. *Proceedings of the National Academy of Sciences of the USA*, 2013; doi 10.1073/pnas.1302212110.

Quick Review of Recent Research

• Mulberry leaf extract may help blood sugar

Korean researchers asked 50 healthy subjects to drink a 75-gram maltose solution and then take various dosages of mulberry leaf. The two highest doses—1.5 and 5 grams of mulberry leaf—led to lower post-prandial blood sugar levels in the subjects. Mulberry leaf contains fiber and flavonoids, both of which might slow the absorption of food and therefore moderate an increase in blood sugar.

Chung HI. *Journal of Functional Foods*, 2013;5:1502-1506.

• Soft drinks boost cardio-metabolic risk

Australian researchers analyzed data collected on 1,433 boys and girls ranging from age 14 to 17 years. Sugary soft drink consumption was based on a questionnaire and compared with weight and various markers of diabetes and heart disease risk. The average soft drink consumption was 1.3 servings daily. Girls who consumed more than this amount had increases in body mass index (BMI), weight, and overall cardio-metabolic risk. Both boys and girls consuming the most soft drinks had increases in triglycerides, and boys showed a decrease in the "good" high-density lipoprotein (HDL) cholesterol.

Ambrosini GL. *American Journal of Clinical Nutrition*, 2013;98:327-334.

• Tart cherry juice may improve sleep

Tart cherry juice—made from Montmorency cherries—appears to improve sleep. Researchers from the United Kingdom, South Africa, and the United States tested the effects of tart cherry juice on 10 healthy men and 10 healthy women whose average age was 27 years. The subjects consumed 30 ml of tart cherry juice concentrate or placebo in a glass of water each morning and evening for seven days. People consuming the cherry juice slept an average additional 34 minutes each night, while sleep time decreased in the placebo group. Tart cherry juice contains small amounts of melatonin, which might explain the improvement in sleep time.

Howatson G. *European Journal of Nutrition*, 2013;51: 909-916.

• Supplements may protect bone from chemo

Methotrexate, a drug used both to treat some types of cancer and rheumatoid arthritis, can have deleterious effects on skeletal bone, including osteoporosis and fractures. Australian researchers tested the effects of methotrexate along with fish oils or genistein (a soy extract), or a combination of fish oils and genistein, on laboratory mice. As expected, methotrexate led to changes that damaged bone. However, fish oils and genistein, by themselves or in combination, prevented bone loss.

Nadhanan RR. *PLoS One*, 2013;8: doi 10.1371/journal.pone.0071592.

• Antioxidants linked to lower cataract risk

Some nutrients have been associated with a lower risk of eye diseases. Chinese researchers analyzed 13 published studies, including 18,999 subjects, to determine the role of antioxidants in reducing cataract risk. Lutein was associated with a 25 percent reduction in cataract risk, and zeaxanthin was related to a 30 percent reduction. In addition, vitamin E was associated with a 25 percent reduction in risk, and alpha-carotene a 28 percent reduction.

Cui YH. *American Journal of Clinical Nutrition*, 2013; 98:778-786.

• Vitamin D may impact leukemia risk

European researchers analyzed the relationship between blood cancers and vitamin D levels in 1,127 patients and the same number of control subjects. People with high blood levels of vitamin D had a 60 percent lower risk of developing chronic lymphocytic leukemia. ■

Luczynska A. *American Journal of Clinical Nutrition*, 2013;98:827-838

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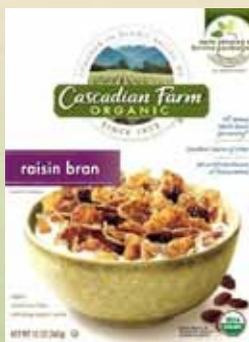
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TRUST, It's Harmless

Could the popular herbicide glyphosate be destroying our health?

By Lindsay Wilson

Roundup® herbicide hit the market in 1974 and was lauded as “the premier solution for the control of perennial weeds” by its maker Monsanto. Forty years and hundreds of millions of pounds later, glyphosate, the active ingredient in Roundup, has insidiously made its way into our soil, water, food, and bodies. But don’t worry, it’s harmless, they say.

Between 1996 and 2011, glyphosate use increased by 527 million pounds, and according to the most recent data available from the Environmental Protection Agency (EPA) 180-185 million pounds of glyphosate are applied on U.S. soils each year (compared to about 90 million pounds in 2001). The steady increase in glyphosate’s use directly coincides with the increase in crops genetically modified (GM) to be resistant to the herbicide. A 2014 USDA report states, “Glyphosate has been the most heavily used pesticide in the United States since 2001 due in part to the popularity of herbicide tolerant crops, an overreliance on glyphosate, and a concomitant reduction in the diversity of weed management practices by U.S. crop producers.” The emergence of “super weeds,” weeds that have become resistant to glyphosate, has led farmers to use ever-increasing amounts of the herbicide, leading the biotech and chemical industries to push for higher residue levels allowed in food. In fact, in 2013 the EPA doubled the allowable residue for glyphosate in “oilseed” crops like cotton and soybean, two of the most prolific herbicide-resistant GM crops, from 20 parts per million (ppm) to 40 ppm. The EPA concluded that “there is a reasonable certainty that no harm will result to the general population or to infants and children from aggregate exposure to glyphosate residues.” Numerous scientific studies are proving otherwise.

Growing evidence is invalidating the claims that glyphosate is harmless. It is a proven endocrine disruptor, a substance that either mimics or blocks the biological actions of our hormones; it has been found to cause DNA and mitochondrial damage and cell death, at doses relative to the residues found in foods; and it

disrupts the healthy balance of bacteria in the gut, killing beneficial bacteria while increasing pathogenic bacteria. Glyphosate’s action on bacteria is so strong that Monsanto patented it as an antibiotic in 2000. A 2013 MIT study found two key ways that glyphosate negatively impacts human health: It inhibits enzymes that are critical for detoxification and other essential biological processes, including vitamin D3 synthesis, and it drastically alters the gut microbiota. Their findings led the researchers to say that glyphosate is likely to contribute to the development of inflammatory bowel diseases, infertility, obesity, autism, Alzheimer’s disease, depression, Parkinson’s disease, liver diseases, and cancer.

“While many other environmental toxins also contribute to these diseases and conditions, we believe that glyphosate may be the most significant environmental toxin, mainly because it is pervasive and it is often handled carelessly due to its perceived nontoxicity,” the researchers wrote.



According to professor emeritus of plant pathology at Purdue University, Don Huber, PhD, glyphosate is a chelating agent, meaning it binds to minerals in the soil and the plants, immobilizing essential minerals like calcium, iron, zinc, manganese, and copper so they are no longer available to perform important functions in the plant—or our bodies. If you eat a plant that has been sprayed with glyphosate, the minerals in the plant will not be available for your body to use. Minerals are required for thousands of biochemical processes in the body and mineral deficiencies are common and widespread in this country. Indeed, a number of studies comparing the mineral content of modern fruits and vegetables to those grown even 50 years ago consistently find significantly lower levels of important minerals like calcium, iron, and magnesium. Glyphosate hits with a one-two punch—it binds to minerals in the plants it is applied to, making them unavailable for our bodies to use, and it changes the composition of gut bacteria, leading to a reduction in beneficial species, and an unhealthy gut cannot effectively absorb nutrients.

Whether you like it or not, glyphosate is probably lurking in your body. In a recent European study, 182 volunteers from 18 countries

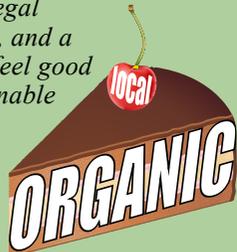
provided urine samples to be tested for glyphosate residues; all of the volunteers were city dwellers who had never used or handled glyphosate. Lab results concluded that 44 percent had traces of glyphosate in their urine. A small pilot study in the U.S. found glyphosate residues in the breast milk of 30 percent of the donated samples and urine residues at levels 10 times higher than those found in the European study. Glyphosate translocates and accumulates throughout the entire plant that it is applied to, and it can't be washed off. Residues can remain stable in foods for a year or more, even if the foods are frozen, dried, or processed. It has also been shown to accumulate in the organs and muscles of cows, so the meat, eggs, and dairy products that come from animals that eat glyphosate-contaminated grass, alfalfa, corn, and soy are also likely sources of the herbicide as well (current allowable residue levels in animal feed are exceptionally higher than in those foods meant for human consumption—around 400 ppm vs. 40 ppm).

While the current state of agriculture makes it difficult to completely avoid glyphosate, you can minimize your exposure to the herbicide by choosing organic foods. A 2014 German study found that those subjects who ate a mostly organic diet had significantly lower levels of glyphosate in their urine compared to those who ate a mostly conventional diet. Organic standards do not allow any genetically modified foods or the use of glyphosate herbicide. Same goes for organic meat, eggs, and dairy products—organic standards require that the animals eat an organic diet, which includes no genetically-modified feed. By choosing organic, you are at once protecting your own health, and letting farmers know that there is a demand for organic food. With enough consumer demand and perseverance, we can create the markets that allow farmers to choose healthier, more profitable, and more sustainable organic practices. 🍏

Not in My Backyard: Why Organic Trumps Local

"Locavore" has quickly become one of the buzzwords of the modern food movement. But what does it really mean? Buying local can certainly help stimulate the local economy and cut down on food miles, the distance food travels from farm to table (both good things), but the term local tells us nothing about how the food was grown, aside from the fact that it was grown near you, and "near" is a relative term. There are no legal standards for using the term, but more importantly, locally grown foods can be, and often are, grown with the use of chemical fertilizers, pesticides, and genetically modified seeds. All of those saved food miles don't compensate for the fossil fuels used to produce, ship, and apply the chemical pesticides and synthetic fertilizers and do nothing to make up for the long-term environmental and health effects of these chemicals, which are now in your own community.

The only way to really know if you are buying food produced without the use of chemicals and free of GMOs is to look for USDA certified organic. Organic food production is the only system that has legal definitions, concrete standards, an inspection process, and a legal label. When you buy certified organic, you can feel good knowing that you are supporting a healthy and sustainable food production system, for your own community and beyond. Look for the USDA certified organic label first, and if it is also local, then consider it the cherry on top!



Children are Especially Vulnerable to Pesticide Exposure

According to the most recent estimates from the Environmental Protection Agency (EPA), more than one billion pounds of pesticides (including insecticides, herbicides, and fungicides) are used each year in the U.S.—that's nearly 25 percent of the world's total use. One billion pounds of chemicals in our soil, our water, our air, and our bodies... and in our children. Pesticides are a major environmental stressor on adults and children alike, but children's developing brains are especially susceptible to these chemicals.

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A study published earlier this year from Rutgers University found that exposure to pyrethroid pesticides, a class of chemical insecticides, may increase the risk of ADHD in children. The researchers analyzed data and urine samples from 2,123 children ages 6-15 and found that those children who had higher metabolites of the insecticide in their urine were twice as likely to be diagnosed with ADHD. The same study also discovered that mice exposed to a pyrethroid pesticide in utero and through their mother's milk exhibited several symptoms of ADHD, including dysfunctional dopamine signaling in the brain—which is responsible for emotional and cognitive function—hyperactivity, attention deficits, and impulsive behavior. Male mice were affected more than female mice, similar to what is observed in children with ADHD.

A 2013 Canadian study including 779 children ages 6-11 found at least one urinary metabolite of organophosphates (another class of chemical insecticides) in 91 percent of the children and metabolites for pyrethroids in 97 percent of the children. The children with the highest levels of pyrethroid metabolites were twice as likely to have parent-reported behavioral problems.

The health effects of pesticides are so serious that The American Academy of Pediatrics issued an official statement several years ago that calls on the government, schools, parents, and medical professionals to take serious action to protect children from pesticides. "Epidemiologic evidence demonstrates associations between early life exposure to pesticides and pediatric cancers, decreased cognitive function, and behavioral problems," the statement says. It continues, "For many children, diet may be the most influential source of pesticides."

Indeed, in one study, researchers were able to drastically and quickly decrease the urinary output of pesticide metabolites in children by switching them to an organic diet for only five days. Another study published early this year found that those subjects who ate mostly organic produce had consistently lower levels of pesticide metabolites in their urine compared to those who ate mostly conventional produce. The lead researcher concluded, "The study suggests that by eating organically grown versions of those foods highest in pesticide residues, we can make a measurable difference in the levels of pesticides in our bodies."

Just one more good reason to always choose organic.

Healthy & Delicious Recipes

Spring Vegetable Ragout

Makes 4 servings

1 tablespoon olive oil
 1 tablespoon butter
 2 medium leeks, tough dark green tops and root ends removed
 2 large carrots, scrubbed and sliced on the diagonal into ¼" slices
 ½ cup vegetable or chicken broth
 1 medium yellow summer squash, quartered lengthwise and cut into ½" pieces

1 bunch of asparagus, trimmed of tough ends and cut into 1" pieces
 1 cup sugar snap peas
 2 teaspoons Dijon mustard
 Juice of 1 lemon
 Sea salt and pepper to taste

Heat the olive oil and butter in a large sauté pan over medium heat until hot. To prepare leeks, halve them lengthwise and rinse to remove any dirt; slice crosswise into 1/2-inch pieces. Add the leeks to the hot pan and sauté until they just begin to soften, about 2 minutes. Add the carrots and the broth and bring just to a simmer. Cover the pan and cook another 5 minutes. Add the yellow squash, cover and cook 1 minute. Finally, add the asparagus and snap peas, and stir the mixture well. Cover and simmer for 5 minutes, or until all the veggies are tender but still crisp, stirring halfway through. Remove from the heat and stir in the mustard, lemon juice, and salt and pepper. Keep warm until ready to serve. Make it a meal by topping the ragout with poached eggs, baked fish or chicken, and serve with a side of roasted new potatoes.



Strawberry Chia Pudding

Makes 4 servings

1 cup of strawberries + 4 whole strawberries for garnish
 1 ½ cups of unsweetened, plain almond or full-fat canned coconut milk
 1 teaspoon vanilla extract
 2-3 tablespoons honey
 ½ cup chia seeds

Combine all ingredients except the chia seeds in a blender and process until smooth. Add chia seeds and process briefly on low just until mixed. Divide the mixture among 4 small serving bowls and chill in the refrigerator at least two hours (or longer). Serve each pudding with a whole strawberry for garnish.



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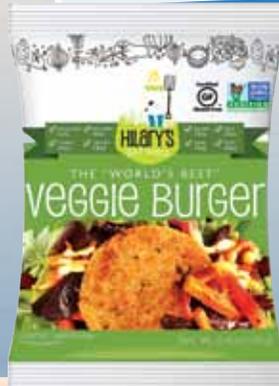
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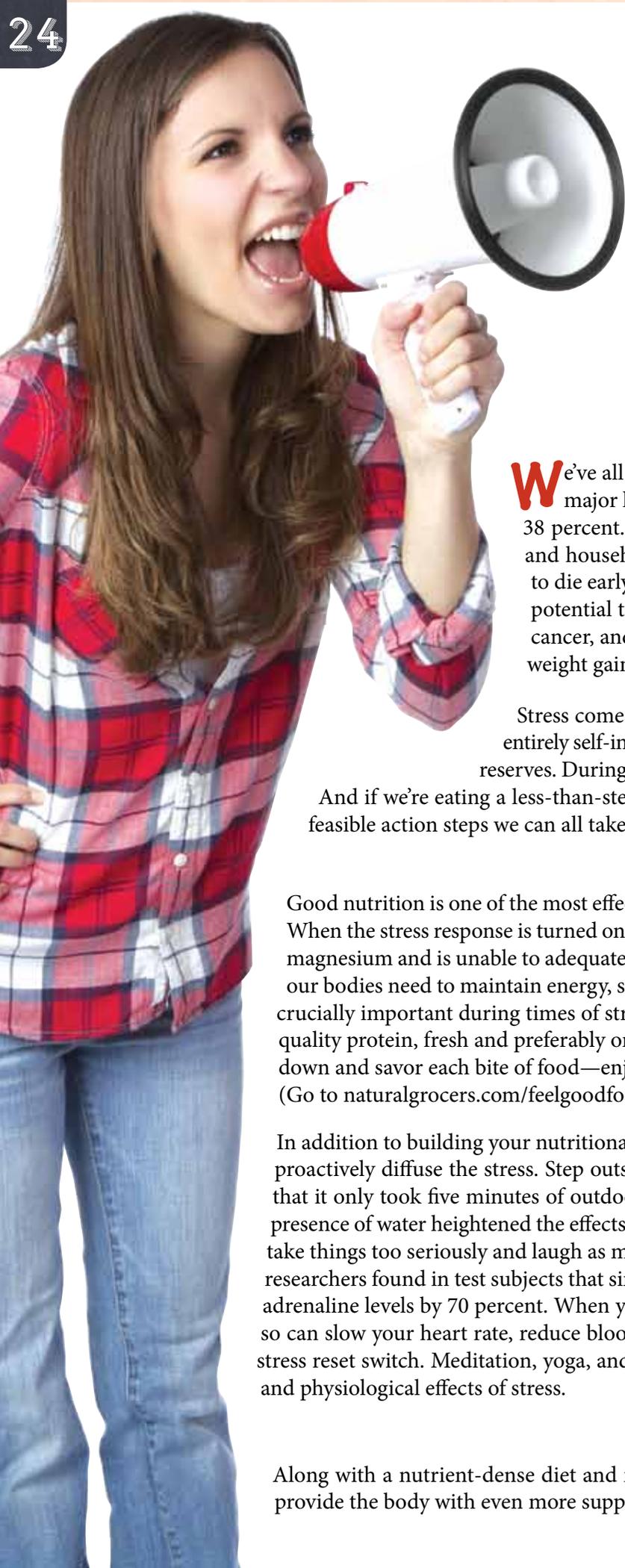


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Hey, Don't STRESS out!

It could kill you...

By Jack Challem

We've all heard that stress is a killer. And it really is. A 2014 study of veterans found that major life stresses, such as divorce or job loss, increased the risk of premature death by 38 percent. Vets experiencing both daily hassles—such as commuting, family arguments, and household repairs—plus stressful life events were more than three times more likely to die early. A substantial body of research confirms what this study found—stress has the potential to destroy health. It increases the risk of cardiovascular disease, certain types of cancer, and mental illness such as depression and anxiety, it shrinks brain cells, it leads to weight gain, and it accelerates aging.

Stress comes in a multitude of forms, sometimes caused by external events and sometimes entirely self-inflicted. It chips away at our well-being, wears us down, and depletes our nutritional reserves. During stressful times important nutrients, such as the B-vitamins, are quickly depleted. And if we're eating a less-than-stellar diet, we have fewer reserves to begin with. The good news is that there are feasible action steps we can all take to help our bodies better cope with stress, thus improving long-term health.

From Stressed Out to Stress Free

Good nutrition is one of the most effective ways to buffer our bodies from the long-term physiological effects of stress. When the stress response is turned on, the body quickly burns through important nutrients such as the B vitamins and magnesium and is unable to adequately replace them. A nutrient-dense diet is a vital component to build the reserves our bodies need to maintain energy, support immunity, promote focus, and support healthy blood sugar balance—all crucially important during times of stress. It's essential that you maintain the best eating habits possible, emphasizing quality protein, fresh and preferably organic vegetables, and healthy fats. Don't skip meals, and when you do eat, slow down and savor each bite of food—enjoying a good meal or snack can be stress-relieving in itself!

(Go to naturalgrocers.com/feelgoodfoods for specific stress-busting foods.)

In addition to building your nutritional reserves, become mindful of when your stress level starts to build and work to proactively diffuse the stress. Step outside and take a walk, soak up the sun, and breathe in the air—one study found that it only took five minutes of outdoor activity to have a positive effect on mental health and overall wellbeing; the presence of water heightened the effects. Outdoor activities included walking, gardening, fishing, and cycling. Try not to take things too seriously and laugh as much as possible; these simple things can do wonders for diffusing stress. In fact, researchers found in test subjects that simply anticipating laughter reduced their cortisol levels by nearly 40 percent and adrenaline levels by 70 percent. When you feel stress start to build, it also helps to take three very deep breaths—doing so can slow your heart rate, reduce blood pressure, and suppress the release of stress hormones; in effect, it serves as a stress reset switch. Meditation, yoga, and regular physical activity can also help protect you against many of the mental and physiological effects of stress.

Stress-Buffering Supplements

Along with a nutrient-dense diet and mindful practices, there are a number of specific nutrients and herbs that can provide the body with even more support during times of stress. These are some of the most helpful ones.

A Stressed Out Generation

B-complex vitamins. The B-complex vitamins have been recognized as anti-anxiety and anti-stress nutrients since the 1940s—they are also among the first to be depleted during times of stress. The body needs these vitamins, along with several other nutrients, to make serotonin and other calming neurotransmitters.

In an Australian study, researchers gave a daily high potency B-complex supplement to 60 men and women who were experiencing intense workplace stress. By the end of the three-month study, the supplements significantly reduced personal strain, depression, dejection, confusion, and anger. Other studies have found a multivitamin (which contains the B-complex) or the combination of a B-complex and vitamin C also reduce stress and improve mood. *Try:* A high-potency B-complex supplement containing 20 to 50 mg of vitamins B1, B2, and B3. Typically, the other B vitamins are included in their relative proportions.

Magnesium. In one of its many important roles in the body, magnesium acts as a sort of “gatekeeper,” helping to move calcium (which is excitatory) into and out of the cells. Part of the stress response involves calcium entering neurons in the brain, causing them to fire; if there isn’t sufficient magnesium to move calcium out of the cell, neurons become overloaded with calcium, fire too frequently, and eventually die. Magnesium can also suppress the release of stress hormones and may prevent the adrenal hormones from penetrating the blood-brain barrier. It is another nutrient that is quickly depleted in stressful times. *Try:* 300 mg daily.

Omega-3s. Two studies have found that the omega-3 fatty acids EPA and DHA can ease feelings of stress and anxiety. *Try:* 500 to 1,000 mg total of a combination of EPA and DHA daily.

Vitamin C. This vitamin is needed for normal adrenal function. A study conducted at the National Institutes of Health found that the first symptoms of vitamin C deficiency were irritability and fatigue—two of the more common responses to stress. *Try:* 1,000 to 2,000 mg of vitamin C daily.

GABA. Gamma aminobutyric acid (GABA) is both an amino acid and the body’s primary calming neurotransmitter. It helps the brain filter out nonessential sensory information, sort of like blocking out background noise. By doing this, it allows the brain to deal with the most important sensory information, leading to improved mental focus and reduced anxiety. *Try:* 500 mg one to three times daily.

L-Theanine. This amino acid, found in green tea, boosts the brain’s levels of alpha waves, which promote a combination of relaxation and mental sharpness, similar to the effects of meditation. It also appears to increase brain levels of GABA. L-theanine’s effect on brain waves generally occurs within 30 to 40 minutes of consumption, and its benefits may last as long as 12 hours. *Try:* 50-100 mg one to three times daily.

Adaptogens. Some herbs are considered adaptogens, meaning that they enhance the body’s ability to adapt to stress. Rhodiola (*Rhodiola rosea*) improves adrenal function and can help with stress-related

As adults, we often get lost in our own stressful worlds of family, careers, bills, and other responsibilities, forgetting that teenagers can—and do—carry heavy stress loads too, sometimes even greater than adults. In a 2014 survey sponsored by the American Psychological Association 27% of teens reported feeling extreme stress during the school year and 34% expected stress to increase in the coming year.

The survey, including 1,108 teens, ages 13-17, revealed the ways in which stress is affecting U.S. teens: 40% reported feeling irritable or angry; 36% reported feeling anxious or nervous; 35% reported stress keeping them awake at night; and 30% reported feeling depressed because of stress. Respondents also reported skipping meals, change in sleep habits, and upset stomach or indigestion related to stress. Teens were also more likely to say that stress had no impact on their health, even while they reported feeling both emotional and physical symptoms of stress.

And teens are not using the best stress coping mechanisms—just a small percentage engage in physical activity to manage stress; the majority turn to video games, the Internet, or TV for stress relief. Are adults setting a bad example? Maybe. Teens learn behaviors, healthy and otherwise, from watching adults, especially their parents. As it is, adults are stressed out, and many of us are not actively managing that stress, or are doing so in unhealthy ways like watching TV or surfing the Internet (see a pattern?).

Teens are struggling with unhealthy levels of stress and whether they know it or not, it is negatively affecting their health. It’s important that as adults, we open the line of communication with teens, allowing them a safe place to talk when they need to, and consciously set healthy examples of what it means to effectively manage stress. A healthy diet, healthy sleep habits, regular physical activity, and healthy relationships are just as important in managing teenage stress as they are in managing adult stress.

fatigue. *Try:* 200 to 300 mg daily. Eleuthero (*Eleutherococcus senticosus*), sometimes referred to as Siberian ginseng, helps the body cope with stress and may support immunity. *Try:* 200 to 300 mg daily. Ashwagandha (*Withania somnifera*) has a long history of use in Ayurvedic medicine and is sometimes called “Indian ginseng.” It can help people suffering from stress-related fatigue. *Try:* 500 mg daily.

L-Tryptophan and 5-HTP. The calming neurotransmitter serotonin depends on L-tryptophan and 5-HTP (5-hydroxytryptophan) for production. With the help of vitamin B6, the body converts L-tryptophan to 5-HTP; and in the next step, vitamins C and B3 help complete 5-HTP’s conversion to serotonin. Subsequently, serotonin gets converted to melatonin, the body’s sleep hormone. *Try:* Either (but not both) 500 mg of L-tryptophan, or 50 mg of 5-HTP, one to three times daily.

Probiotics. Intriguing research has found that probiotic supplements can influence moods and our resistance to stress. For example, researchers at the University of California, Los Angeles, reported that a combination of several probiotics (including *B. animalis*, *S. thermophiles*, and *L. bulgaricus*) enabled women to more effectively cope with stress and anxiety. A study conducted at Cork University Hospital, Ireland, found that *L. rhamnosus* can boost brain levels of GABA, a neurotransmitter that reduces anxiety and enhances mental focus.

Managing stress requires multiple approaches. These include improving eating habits to maintain your nutrient reserves, incorporating mindful practices that help diffuse stress, and taking some of the specific nutritional supplements shown to have anti-stress benefits. Incorporating all three approaches provides the best shield against the stresses life throws at us. 🍏

References available upon request.

Hug Away the Stress

Feeling stressed? You may just need a hug. Hugs are proven to induce biochemical and physiological changes in the body that reduce blood pressure, lower heart rate, increase levels of oxytocin (the “love” hormone that also reduces levels of cortisol), and increase production of feel-good endorphins. And recently researchers at Carnegie Mellon University found that frequent hugging protected people from the increased susceptibility to infection associated with being stressed. In the study, 404 healthy adults were questioned on their social networks, levels of stress, and how frequently they received hugs. Then they were intentionally exposed to a cold virus. Those who reported having strong social networks and receiving the most hugs were less likely to get sick.

“We know that people experiencing ongoing conflicts with others are less able to fight off cold viruses,” Sheldon Cohen, lead author of the study explained. “This suggests that being hugged by a trusted person may act as an effective means of conveying support and that increasing the frequency of hugs might be an effective means of reducing the deleterious effects of stress.”



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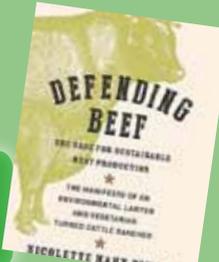
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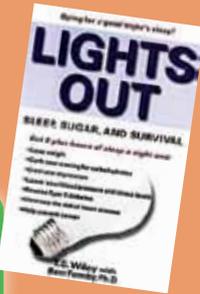
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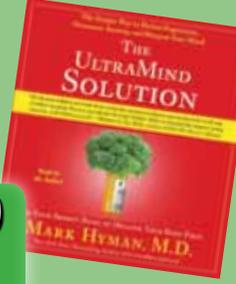
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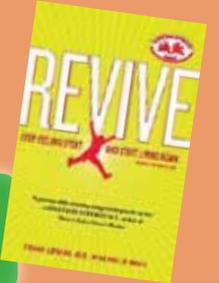
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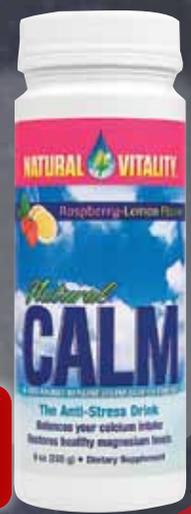
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