

food thought

established 1971

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Transform Yourself!

Less appetite, more energy, extremely powerful. Let us guess—you've heard these claims before.

Believe us we understand. We're nuts about energy and weight loss supplements. We've tried them all and we've been as disappointed with the results as most people. So we imagine you might be skeptical when we promise high energy, low appetite and a great mood all day long—all in one product. That's why we want you to understand how SX works.

First, begin by understanding what SX does for your body. **SX delivers energy.** But not any old energy. Clean, long lasting, jitter-free energy. You don't feel all wired and jittery. You just feel like whatever you have to do, you've got the energy to do it. **So with more energy**

your body will burn more calories at an increased rate.

Then understand that as much good as SX does for your body, it's equally important—maybe more so—what SX does for your mind. **SX makes you feel great.** We don't mean physically—although of course it does that too—we mean emotionally, mentally and psychologically. It's like a huge dose of **"feel good."** You'll simply be in a great mood all day long.

Now that you understand the energy enhancement and the mood elevation, it should come as no surprise that **SX has a major appetite suppression effect.** Think about it: You're feeling great, you're moving around all day burning more calories at an increased rate—of course you're not overeating or making poor dietary choices. It's no secret. People eat out of depression, anger, and boredom. But get people moving around and feeling good and guess what: they eat like normal people, if they even think to eat at all.

And hey, just in case you actually would still make poor dietary choices—we added one of the strongest natural appetite suppressions available. Never before has a product increased energy and removed your appetite while keeping your mood extremely elevated.

Unique time released delivery system exclusive to Slim Xtreme, includes Aneurin DBE (Thiamine Disulfide Butyrate Ester), Acai Berry Extract, Ginseng Root Extract, Cha'de Bugre Extract, Cocoa Seed Concentrate, and AminoSlim-4.

SX is extremely powerful. Instructions are included with every box. One in the morning on an empty stomach is all most people will ever need.

You can sum it up in one word:- Transformational!

Super Saturday Events!!!

**August 8th
Back to School Snacks!**

Great ideas for lunch

**August 15th
Get Smart with Aromatherapy!**

Blend a unique lotion that will help you focus and get energized!

**August 22nd
Vegan Day!**

You will be amazed at the variety and great taste!

**August 29th
Gluten Free Saturday!**
Sample how great gluten free can be!

All Saturday events are 11 a.m.-4 p.m.

Supplement Shorts

Beauty Breakthrough

Collagen-boosted drinks! Originally studied in Japan for their ability to improve joint health, beverages infused with collagen powder turned out to have an unexpected bonus: Every single subject quickly reported having firmer, clearer, smoother skin; stronger nails; and softer, fuller hair! No wonder the drinks were recently touted on Oprah as "the fountain of youth." We carry it in powder, liquids or supplement form.

Stress Busters

L-theanine: an amino acid found in green tea, increases the activity of GABA to promote relaxation and reduce anxiety. In one study, administration of L-theanine resulted in a reduction in the heart rate and immune response to an acute stress in humans as compared to the placebo and causes anti-stress effects by inhibiting excitatory effects on the brain.



Phosphatidylserine

A lipid derived from soy lecithin, enables your brain cells to metabolize glucose, bind with neurotransmitters and improve communication. Research has demonstrated that PS supplementation has the potential to combat exercise-induced stress by blunting the exercise-induced increase in cortisol levels. In addition, other studies have also confirmed the important role that PS has in modulating the HPA axis when exposed to mental and emotional stressors.

**20%
off one
Essential
Fatty Acid
(flax, fish, etc.)
product of your
choice.**

**Limited to stock on hand; One coupon per customer, please.
Expires 8/31/09**

The lean meat!

When deciding on what to fix for dinner each night, buffalo may not come to mind. However, the benefits of eating bison may quickly result in you adding it to your rotation of meals.

Bison is the proper name for the animal commonly called Buffalo. A long time ago the Indians and frontiersmen who ate mostly buffalo had great endurance, agility and stamina. Research is currently being conducted on buffalo to help us better understand the reasons for this. Due to their independent natures, buffalo are handled as little as possible. They spend their lives on grass, much as they always have, and very little time in the feedlot. Because of this, there is no need for artificial growth stimulants or sub-therapeutic use

of antibiotics. Bison do not marble (put fat in the muscle), which results in more red meat per pound.

Buffalo is an excellent red meat source low in fat, high in protein, rich in flavor. Research done by Dr. M. Marchello, University of North Dakota, has shown that buffalo is a highly nutrient-dense food because of the proportion of protein, fat, minerals and fatty acids to its caloric value. Comparisons also show that buffalo has a greater concentration of iron as well as some of the essential fatty acids.

Of course, taste is important. Many people feel buffalo is the most flavorful meat they have ever tasted with a sweeter and richer flavor than beef. It is not "gamey" or wild tasting. Buffalo meat is just naturally flavorful and tender. It tastes great by itself and will enhance your favorite recipe.

One mistake many peo-

ple make the first time they cook buffalo is to cook it like they would other types of meat. The lower content of fat insures that buffalo meat will cook faster. Since fat acts as an insulator, heat must first penetrate this insulation layer before the cooking process of the protein begins. For example, if you normally cook your roast at 325 degree, you'd turn your oven down to 275 for bison.

When you cook a bison burger, it will be close to the same size after you cook it.

Food For Thought offers a wide selection of buffalo. From ground buffalo, to roasts to stew meat, there is a cut that will please your family, and offer the health benefits as well!

Stop by for more information and check out this great source of protein!

Species	Fat	Calories	Cholesterol	Iron	B-12
Bison	2.4	143	82	3.4	2.9
Chicken	7.4	190	89	1.2	.33
Pork	9.7	212	86	1.1	.75
Beef	10.2	219	86	2.99	2.7
Salmon	10.97	216	87	.55	5.8

Bulk Bins: Soybeans

By now, you certainly would have heard of soybeans. They have been touted for their health benefits in mainstream publications and health journals alike. Today, the soybean is the most widely grown and utilized legume in the world. But exactly what benefits do they provide and how are you supposed to use them?

Soybeans' key benefits are related to their excellent protein content, their high levels of essential fatty acids, numerous vitamins and minerals, their isoflavones, and their fiber. Soybeans are regarded as equal in protein quality to animal foods. Just one cup of soybeans provides 57.2% of the Daily Value (for

protein for less than 300 calories and only 2.2 grams of saturated fat. Plus, soy protein tends to lower cholesterol levels, while consuming protein from animal sources tends to raise them. In addition to healthy protein, soybeans are a good source of well-absorbed iron: 49.1% of the DV for iron in that same cup of soybeans; plus 37.0% of the DV for Nature's relaxant, magnesium; and 41.2% of the DV for essential omega-3 fatty acids.

Soy protein has been shown in some studies to be able to lower total cholesterol levels by 30% and to lower LDL cholesterol, levels by as much as 35-40%. Soy foods may offer special benefits for the hearts and bones of premenopausal women, as well as decrease menopausal symptoms in postmenopausal

women. The list of soy's benefits could go on and on. But the tricky question is how to utilize? They are great simply roasted and seasoned, but here are a few recipes to help you utilize soybeans from the bins!

Baked Soybeans

1 cup dry soybeans, soaked
 2 Tbsp butter
 1 onion, chopped
 1 medium tomato, chopped,
 1/4 cup molasses
 1 Tbsp soy sauce
 1 tsp dry mustard
 1/2 tsp sea salt
 1/4 tsp black pepper
 Cook the soybeans and drain, reserving 1/4 cup cooking liquid. Preheat oven to 350° F. Combine beans, liquid and remaining ingredients in a casserole dish and bake, covered, for 30 minutes, then uncovered for 45 minutes.

Soyburgers

2 c. soybeans, cooked
 1/2 c. green pepper, chopped
 1 sm. onion, finely chopped
 2 cloves garlic, chopped
 1/2 c. tomato puree
 2 stalks celery, chopped
 1/2 tsp. chili powder
 1/2 tsp. cumin (optional)
 1/2 tsp. dry mustard
 Tamari soy sauce, salt and cayenne
 Pepper to taste
 Rolled oats to bind

In large bowl, mash soybeans well. Add all ingredients and enough oats or cornmeal to bind. Make 10 patties. Fry on both sides in oil. Serve with lettuce and tomato. Melt a slice of cheese on top after both sides are cooked. (Adjust seasonings to suit your taste).

Jump Start!

Some days they just pick at their food. Sometimes they eat only mac-n-cheese for an entire week. Children's eating habits are unpredictable at best. No matter how many highly nutritious meals parents make, there is no guarantee they will be eaten. As they grow older and enter school, you not only have to worry about their eating habits, but also new issues such as germs and lice! Never fear, there are natural ways to keep them healthy and happy!

One way to assist in your child's health is to supplement with a daily multi-vitamin. Two recent randomized trials found that children who took multivitamins daily had higher nonverbal intelligence scores. While there are many children's multivitamins to choose from, there are several things to keep in mind when making your selection. First, there are many that are easy to eliminate. It may be surprising, but many popular commercial brands contain artificial sweeteners, colorings, flavorings and fillers. Some popular

brands even contain hydrogenated oils, which are trans fats. None of these ingredients improve a child's health. Some may even be detrimental. For example, yellow food coloring contains tartrazine, which may increase asthma attacks. In addition many mass-market brands contain synthetic forms of the vitamins, which are harder to absorb. Natural source multiples contain cofactors that come with the nutrient in nature. Amazingly, these lower quality vitamins do not cost much less than the higher quality supplements.

As your child is exposed to additional germs, immune support becomes even more important! Dr. Sears suggests vitamin C, E, zinc and A to help build the immune system. Elderberries contain Anthocyanins, powerful antioxidants that have immune stimulating properties. One of our favorites is Sea Buddies™ Immune Defense. It features elderberry, zinc and Vitamins C, B6, and A to strengthen the immune system and to help your child feel better faster.

Focusing and staying alert is another consideration. There are several well researched ingredients to assist in this. In clinical studies, DMAE has been used

with success in school aged children to support healthy focus, concentration, and promote relaxation without diminishing daytime alertness. In one particular study, 75% of the children taking phosphatidylserine experienced an increased level of focus and concentration. L-Theanine safely promotes relaxation without causing the daytime sedation and grogginess that is associated with other relaxing agents.

Finally, although no one wants to think about it, lice is a common occurrence among school-aged children. One of the most powerful weapons against these little crawlers is tea tree oil. Tea tree oil was found to be 93% effective against killing adult lice and 83% effective in killing their eggs. Tea Tree oil can be used both to rid the scalp of lice when an infestation is present and as a preventative measure when there is a potential threat. We have several tea tree shampoos that are used in our households for prevention.

Stop by Food for Thought for more info and get ready for fall!

Aromatherapy Corner: Rosemary

Lavender and rosemary are my two favorite plants in my herb garden. The fragrant stalks of both are uplifting in the middle of our intense Kansas summers.

I'm not the only person enamored with rosemary. Since the times of the ancient Egyptians and Greeks, rosemary has symbolized love and loyalty, friendship, and remembrance and has long played a part in rituals and ceremonies associated with both marriage and death. Even Shakespeare references it in *Hamlet*. Recent research seems to validate Rosemary's historical use.

Research reported in the February 6, 2007, *Psychiatry Research* found that rosemary essential oil enhances free radical scavenging activity and decreases the stress hormone, cortisol, which protects the body from oxidative stress.

Rosemary's reputation as a memory enhancer stems from ancient Greece where students wore garlands of rosemary in the belief it would help their memory, rather than studying all night. Research in the 2006 issue of *Pharmaceutical Design* suggest that Rosemary is a promising candidate for cognition-enhancing treatment, giving credence to this long-standing ritual.

During the Plague of 1665, Rosemary was carried in handles of walking sticks and in pouches to be sniffed when traveling through suspicious areas. Apparently, this was a wise plan. Research published in the November 2006 issue of *BMC Complimentary and Alternative Medicine* found that rosemary oils exhibited significant inhibitory effect against the tested bacteria.

Clearly, rosemary's past is being supported by present research. Today, rosemary oil is extracted from the fresh flowering tops by steam distillation. It has a clear, powerful refreshing herbal smell, is clear in color and watery in viscosity. Rosemary oil blends particularly well with Cedarwood, Citronella, Gera-

nium, Lavender, Lemongrass and Peppermint. Anxious to sniff out this oil? Stop by our custom blending bar or try one of these great recipes!

Wake Up Shower Gel

8oz shower gel base
10 drops geranium essential oil
10 drops bergamot essential oil
8 drops rosemary essential oil
6 drops petitgrain essential oil
4 drops juniper essential oil
2 drops basil essential oil

Cold Away!

2 drops lavender
2 drops rosemary
2 drops eucalyptus
Add essential oils to 2 teaspoons milk or cream. Pour into a warm bath and soak.

Remember Me Inhaler

9 drops Rosemary Oil
6 drops Lemon Oil
Mix together these two oils together in your inhaler!

Melinda's Musings

I first noticed the symptoms when I turned 40, but I kept ignoring the signs thinking they would go away. I would look in the mirror and didn't detect any difference. When I turned 50 and the symptoms seemed to worsen, I went online to see if I could self-diagnose the problem. I searched and searched on the internet and couldn't find a solution to my growing concerns.

Then it hit me-I knew what it was, although I preferred to stay in denial about my condition-laughing it off as nothing. It is of course the dreaded PP syndrome or in layman's terms, Peter Pan Syndrome.

You know the symptoms-looking in the mirror and never seeing any changes. Watching other people grow up and grow old, while you remain the same. It is a chronic situation and one for which I hope there is no cure.

As I watch my daughter go off to school for her senior year in high school, I marvel at how she has grown up, but how I have stayed the same (in my PPS deluded thinking). This will be the first year I won't be driving her to her first day of school, get to em-

barrass her by giving her a kiss in front of her classmates and make her pose for a picture in front of the school.

I still have the attitude of a 30 year old-but am trapped in a 50 something year old body! I have deluded myself into thinking that because I was older when I had my daughter, that everyone will think I'm younger because my daughter is only 17. Ahhh, the ravages of this delightful syndrome. But seriously, how did this happen? How did the past 13 years of school fly by so quickly?

I still recall taking my kindergartener to school on her first day, with her brown paper bag full of her first school supplies. I remember painstakingly shopping for those supplies from a very detailed list.

I remember each year taking her out to purchase her new backpack for the next school session. The backpack was a big deal back then-and even though some years she could have reused her pack from the previous year-there were the newest objects of her affection that would require a new

pack. Some of them I have saved-Tigger, Power Puff girls, Hello Kitty to name just a few. And the school folders were equally important-the colorful Lisa Frank folders, the ones with the cute baby animals, and the Power Puff girls were some of her favorites.

The past few years have changed-the backpack search has become less lengthy, the folders have changed to a more geometrical design & color, and the new shoes-which sometimes would take hours and numerous stops to find, were easier to select.

This year, even though she could go out and shop for the items needed on her own, she has asked me to go with her. As a school supply junkie, I am delighted to still be included in this process, because I think it is my last time to help her purchase her school necessities-I doubt she will let me go to the bookstore next year and help buy her books for her first semester in college!

So I will just enjoy this last hectic year of school and remind myself that everyone else is getting older but me!

Gluten Free Tasting Day!

Join us Saturday, August 29th
11 a.m.-4 p.m.

Taste how great gluten free can be!

Check out two, new, great magazines we are carrying:
Living Without & Gluten Free Living! Full of tasty
recipes and information on a gluten free lifestyle!

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Hours: Mon-Fri 9:00am-6:30 pm Sat 9:00am-6:00pm
Closed on Sundays to be with our families!