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# EAT-RITE NEWS

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Holiday 2010

## HOLIDAY COOKING

**E**at-Rite has all of your holiday cooking needs. Free-Range Turkeys are now available for a limited time and quantity at Eat-Rite. These turkeys are raised without hormones, antibiotics, animal by-products, preservatives or additives. Every bird grows naturally with plenty of open space where it can grow healthfully in a caring environment. These turkeys are limited so get your order in today. Eat-Rite carries a large variety of herbs and spices. Most of our spices are organically raised, and all of them are non-irradiated. Many of our spices are in bulk, making them much cheaper than bottled grocery store spices. All of our nuts are raw and unsalted, and we have a large selection of wheat and gluten free foods and mixes. Take some time and browse our grocery aisles to see the large variety of healthy good tasting food. For those of you who do not cook or bake, we will prepare your baked goodies or holiday meal for you. Pick up a special **holiday menu** at any of the registers. Be sure and get your orders in early. We can prepare the whole dinner, or just the pecan pie. Our baked breads and cakes are wonderful presents for your kids teachers, the mail man, or for your favorite aunt and uncle.



## HAPPY HOLIDAY

**C**hristmas is just around the corner. Eat-Rite has some great gift ideas for your loved ones. What better gift to give than a gift of health. Eat-Rite has a large selection of juicers, body tools, books, yoga products, dehydrators, yogurt makers, tea pots, coffee presses, and many other items for your holiday gift giving. The Omega juicer is the best juicer on the market. This style of juicer is the most efficient and easiest to clean. The vertical basket spins the juice out of the pulp

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## Afraid of The Flu?

Now is the time to start preparing for the season. School has started back and kids are in overcrowded class rooms with runny noses, sneezing, coughing, and overall great conditions for viruses, germs, and bacteria to flourish. Once your child is exposed, they bring it home for you to enjoy. Pretty soon the whole family has been exposed and depending on your immune system every one gets sick. Your immune system is the key to whether or not you get sick.

In order to strengthen your immune system, you need to know a little about how it works. Your body supplies you with great built in defense mechanisms such as skin, mucus membranes, fever, white blood cells, and good bacteria in the gut. Your skin is your first line of defense against invading bacteria. It serves as a barrier against germs. Your mucus membrane is your next barrier against infection. The mucus in your nose catches germs and prevents them from entering your body. In the case that a germ sneaks through these first two barriers, you have white blood cells that are activated and organized to start an attack. Part of the attack causes fever, and joint pain. This is normal and part of the process of the immune response. The thymus gland is responsible for many immune system functions including the production of T lymphocytes, a type of white blood cell responsible for "cell-mediated immunity." Cell-mediated immunity refers to immune mechanisms not controlled or mediated by antibodies.

Cell-mediated immunity is extremely important in the resistance to infection from mold-like bacteria, yeast, fungi, parasites, and viruses. If an individual is suffering from an infection from these organisms, it is a good indication that their cell-mediated immunity is not functioning up to par. Cell-mediated immunity is also critical in protecting against the development of cancer, autoimmune disorders like rheumatoid arthritis, and allergies.

The thymus gland also releases several hormones such as thymosin, thymopoetin, and serum thymic factor, which regulate many immune functions. Low levels of these hormones in the blood are associated with depressed immunity and an increased susceptibility to infection. Typically, thymic hormone levels will be very low in the elderly, individuals prone to infection, cancer and AIDS patients, and when an individual is exposed to undue stress.

The thymus gland can be supported through proper nutrition. The most important factor in supporting the thymus gland is breast-feeding. Studies have shown that children who are breast-fed have a larger thymus gland throughout life, leading to better immunity. Taking a thymus supplement can also support the thymus gland. Enzymatic Therapy makes a product called **Thymuplex** that contains thymus gland extract and supporting vitamins and herbs for the immune system.

Echinacea is an herb, which stimulates the production of macrophages and white blood cells. Macrophages attack invading bacteria and eat them. By stimulating the production of white blood cells and macrophages your body is able to fight off infections before you realize you are sick. Your body can build up a resistance to **echinacea**, therefore; it should only be used during the first symptoms of an illness.

Garlic is another herb that helps to stimulate the immune system. The good thing about garlic is that it can be used every day for the rest of your life. Make sure that the garlic you use is aged. This helps prevent you from smelling like garlic. **Kyolic** makes the only aged

continuously, leaving a very dry pulp. This unit will extract 20-30% more juice than most other style juicers according to independent laboratory tests. The functional parts for juicing are all comprised of surgical stainless steel. All of the other parts are comprised of a heavy-duty polycarbonate. The high quality materials and workmanship will help these juicers last a lifetime. The Omega Juicer carries a 10 year guarantee, and is made in the United States. In purchasing an Omega Juicer, you are buying the world's finest juice extractor and the only juicer you will ever need to own!

## The Food Industry Got Rich While We Got Fat!!!

All that advertising gave a lot of bang for the buck-Americans changed their eating habits. The New York Times reported on a study by the centers for Disease Control stating that from 1971 to 2000 the caloric intake of women increased by 22%, and men's caloric intake increased by 7%. The Times blamed cookies, pasta, soda, and other carbohydrates as the culprits. Women increased their carbohydrate intake from 45% of their diet to almost 52%. For men, carbohydrate intake climbed from 42% to 49%. During this period when obesity rates skyrocketed, food manufacturers switched sweeteners from cane sugar to high fructose corn syrup. The result has been epidemic rates of obesity and diabetes, which has more than doubled in America from 1971 to 2000. In addition to those suffering from diabetes, forty-one million Americans are estimated to have pre-diabetes.

Carbonated beverage consumption among teens has even more negative health implications. A study in the Journal of the American Medical Association showed that the number of children breaking their forearms has increased 40% in the past 30 years. The change is most dramatic in girls, where the numbers are up 56%. Many researchers are pointing to sodas displacing calcium drinks as a factor in this increase. In another study from the Department of Psychiatry, Harvard Medical School, researchers found that teenaged girls who drank carbonated beverages have three times the risk of bone fractures as girls who don't drink sodas at all. And physically active girls who drank sodas were five times as likely to have a bone fracture.

"Lower your cholesterol!" has been the cry of the medical community. Frequently, they have recommended diets that cut even healthy fats. The statins prescribed have some serious long-term repercussions (including rhabdomyolysis- severe muscle deterioration). Yet supporting the heart should also include antioxidants in the diet, as well as exercise to strengthen this most important muscle and to maintain a healthy body weight.

Good health is a lifestyle choice. Include nutritious food, sensible exposure to sunshine, and frequent exercise in your daily life. The rewards will be vitality, good mental health, and a hearty and hale body.

garlic extract. Garlic works like a natural antibiotic. It has been shown to kill bacteria and fungus on contact in a petri dish.

Any time you are sick, your body is under stress. A good stress B Complex with vitamin C is a must for anyone who is sick. The B vitamins are responsible for the Krebs cycle, which is what supplies you with cellular energy. Cellular energy is what gives your immune system the energy to work.

Vitamin C and electrolytes play a crucial role in the immune system. Studies by the late Lineus Pauling show that megadoses of vitamin C can help prevent and stop the common cold. A product by Alacer corp. called **Emergen-C** gives you a good dose of Vitamin C and the electrolytes your body loses through illness. The wonderful thing about **Emergen-C** is that it contains the right ratio of sodium and potassium. Probably the most important aspect of building your immune system is your diet. Eliminating sugar and refined carbohydrates is a great way to boost the immune system. Bacteria and yeast require sugar to thrive. If you take the sugar away, the infection cannot thrive. The antibodies your body produces require protein and amino acids to be made. So a diet higher in protein and lower in carbohydrates helps build the immune system. A diet rich in whole foods is also helpful. Eat plenty of vegetables, preferably organic due to their higher nutritional content, eat your protein, get good quality sleep, exercise, and take your supplements. This is a great way to keep your immune system working at its optimal level. A good protocol for strengthening your immune system.

1. Multivitamin
2. B-stress complex
3. Thymuplex
4. Emergen C
5. Garlic
6. Beta-carotene
7. Echinacea (remember to use this only during the time of the infection).
8. Acidophilus

## The Turkeys Are Coming!!!

Believe it or not the time is here to start thinking about Thanksgiving, and Christmas. Once again, we will be taking preorders for holiday dinners and



turkeys. Mary's Free Range turkey is an excellent quality turkey. They are free of antibiotics, steroids, and other harmful chemicals like arsenic which are found in conventional grocery store turkeys. These turkeys sell fast and the number is limited. If you are interested in a good turkey for Thanksgiving and Christmas you will want to give us a call and get your turkey reserved. Keep in mind that Eat-Rite will also have available to you various baked goodies, breads, dressing and all the fixings for your holiday dinners. Take the stress out of the holidays and let us prepare your meal for you. Give us a call at 353-7476.