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"You Deserve The Best, Naturally!"

Voted In The Top 100 Health Food Stores In The Country

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Next to Lowe's
(706) 649-3071

www.peachtreenaturalfoods.com

Our March / April 2008 Newsletter for Healthy Living

Most People Dissatisfied With Allergy Medications



Jan McBarron, M.D. is Board Certified and specializes in Preventive and Nutritional Medicine

According to the Asthma and Allergy Foundation, almost one third of patients are dissatisfied with their current medication. In addition 55% felt their medication did not relieve symptoms long enough, and 44% felt the medication did not provide relief quick enough. This resulted in 47% of the patients taking multiple medications to try to get relief.

Doctors are alarmed because taking multiple medications for **allergies** is not only costly but dangerous because of compounding side effects and negative drug interactions. Also doctors realize most patients disregard the warnings listed with **allergy medications**.

There is a common warning of drowsiness, and caution "do not operate heavy machinery" when taking the medicine. Few people understand this means "do not drive".

More than half the people surveyed wanted to switch to an alternative but almost 60% stated they were confused about the different kinds of **allergy medicines** available.

The symptoms of **allergies** are caused by histamine and inflammation. Histamine release results in runny nose, watery eyes, stuffy head,

cough, sneezing and hives. Inflammation causes tightness in the chest, scratchy throat, red eyes and swelling. Medications for **allergies** usually target just one or the other which may be why so many people are dissatisfied with them.

Vita Logic Allergy Formula is a natural supplement that offers relief from both histamine and inflammation without the side effects of medications. Also it works within the hour which is why it remains an immensely popular choice for **allergy** sufferers.

*Keyword: AAFA



Allergy Formula
60 & 120 capsules
Vita Logic



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Do You Have Invisible Inflammation?

Invisible inflammation occurs in the blood vessels and at the cellular level. This is dangerous because we can not feel it. It increases risk of heart disease, stroke, diabetes and even cancer.

The intensity of generalized, internal **inflammation** can be measured by a blood test called hs-CRP. This test is not routine and not often covered by insurance.

Take Carlson Vitamin D3 and bring the Sun into You!

20% Off Solar D Gems

- All the benefits of Vitamin D3 combined with 500 mg of Norwegian Cod Liver Oil
- Refreshing natural lemon taste inside each chewable soft gel
- Available in 2000 I.U. and 4000 I.U. strengths

20% Off Vitamin D

- Supports bone health, immune system function, and a healthy mood.
- Promotes calcium absorption and muscle strength
- Available in 400 I.U., 1000 I.U., and 2000 I.U. strengths.

Being overweight, smoking, gum disease, eating animal products or a high fat diet, and high blood sugar all contribute to this **invisible inflammation**.

A plant based diet, maintaining a healthy weight, and exercising regularly can lower **inflammation** and cancer risk by up to 40%. Also **Vita Logic Anti-Inflammatory Formula** can help fight **inflammation**. It contains extracts of the herbs Tumeric, Rosemary, Basil and more which have been proven to reduce **inflammation**.

*Keyword: inflammation good

25% OFF Regular Price

Anti-Inflammatory Formula
60 & 120 capsules
Vita Logic

FloraSMART™, FloraMORE™ and our Vity award-winning Ultimate Flora™ formulas are formulated to provide powerful daily support for the whole family.

Each high-quality probiotic supplement promotes healthy digestion and immune function.

RENEW LIFE
The Digestive Care Company

Losing Weight Is A Whole Lot Easier When You Can Manage Those Pesky Cravings, Right?

Great-tasting FitSmart™ Bars and FitSmart™ Shakes are packed with 10 grams each of natural acacia fiber to help fill your stomach and leave you feeling satisfied for hours. That means no more unhealthy snacking!

Plus, 10 grams of whey protein in each bar and 20 grams in each shake serving gives your body the fuel it needs to help maintain lean muscle mass.

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RDA For Vitamin B12 Too Low

Studies indicate the RDA for **vitamin B12** should be more than doubled. Low levels can cause anemia, fatigue, dizziness, poor concentration, neuropathy, poor circulation and memory loss.

People who eat little animal products require supplemental **B12** because **B12** is only found in animal products. In addition people over 50, and those with Reflux, GERD, Esophagitis, Ulcers or any stomach problem can not properly absorb **B12** from their food. Also many medications contribute to a deficiency including Metformin (Glucophage).

Studies demonstrate people with higher levels of vitamin **B12** enjoy a 21% reduced risk of stroke, death and heart

Surgery To Get Skinny?

A bariatric surgeon manipulates the stomach forcing the patient to consume less or vomit after eating. **Bariatric surgery** started in the 1950s but was abandoned because of the cost, post-op complications and because these patients were still hungry, still had food issues and regained all their weight back within 5 years.

Today **surgery** is returning as the easy way out. In a recent study of patients one year after **bariatric surgery**, almost 1% had died and 23% had complications. Most had lost only half their weight and blood pressure did not always improve. It appears **surgery** is still a poor choice for weight loss.

Vita Logic Hoodia-24 contains an herb which helps people to be less hungry and get full faster. It has no stimulants

Probiotic Relieves Colitis

Colitis is a bowel disease resulting in pain, cramping, bloating, gas, diarrhea or constipation. This is due to an unhealthy balance of intestinal bacteria which causes inflammation. Taking a **probiotic** daily can correct this imbalance.

A recent study evaluated the effects of taking a **probiotic** in people with **Colitis**. The study demonstrated that the majority of people became entirely symptom free within six weeks. Routinely patients with **Colitis** are prescribed antibiotics, steroids and pain killers. This type of drug therapy does not cure the problem but rather just treats the symptoms. For people with **Colitis**, it makes common as well as medical sense to use a **probiotic** rather than expensive drugs with side effects.

*Log onto main site of dukeandthedoctor.com, type in keyword, click 'GO' for complete article.

disease. Taking **Vita Logic Blast B-12** daily is important for anyone wishing to improve memory or circulation. It is especially beneficial in those over 50, vegetarians, those with stomach or digestive disorders and diabetics.
*Keyword: mustafa

25% OFF Regular Price

Blast B-12
30, 60 & 90 tablets
Vita Logic

and is safe for anyone on medications because it has no side effects. Available in tablets or quick acting spray, this sure beats **surgery**. *Keyword: o'roure's

25% OFF Regular Price

Hoodia
21 & 90 tablets
Hoodia Spray
1 fl oz
Vita Logic

IHL Essentials Probiotic is an easy to swallow capsule. When taken daily it can help restore and maintain the healthy intestinal bacterial balance critical for digestion as well as a healthy immune system. It is prudent for everyone to take this **probiotic** everyday.
*Keyword: VSL

25% OFF Regular Price

Probiotic
30 & 90 capsules
IHL Essentials

Say No To Cancer And Yes To Green Tea

Green tea extract may help protect against developing **stomach cancer**, according to recent research. It has been known that many people diagnosed with **stomach cancer** also have a bacteria called Helicobacter pylori present in their stomach. On the other hand, many people have H. pylori without **stomach cancer**. As a result, most people with this bacteria are given antibiotics and often the bacteria returns.

Since this bacteria is so prevalent research continues to try to determine when does the presence of H. pylori lead to **stomach cancer** and when is it benign. They took animals and gave them the bacteria. They then gave them an extract of **green tea**. The animals not given the extract demonstrated abnormal cell growth in the stomach lining, while those fed **green tea** remained healthy. Since all **cancers** begin with cell proliferation (growth), suppression of growth is valuable in preventing **cancer**.

While drinking **green tea** may be beneficial, this study proved taking an extract achieved therapeutic levels for

cancer prevention. **IHL Essentials Green Tea Extract** contains the same extract of polyphenols that were used in this study. Research will continue in the hope of repeating such benefits in humans. In the meantime, it seems prudent to take **IHL Essentials Green Tea Extract** daily. With no known side effects, it appears a simple, easy, cost effective way to reduce the risk of **cancer**. *Keyword: GST



Green Tea Extract
60 & 180 capsules
IHL Essentials

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Spring Cleaning Saturdays

FREE Event

All Stores

March 1, 8, 15, 22, 29
10-5pm



Spring is the time to refresh and renew the body! Every Saturday in March sample PNF brand **Greens n' Things**. This great tasting drink is loaded with antioxidants and is the equivalent of 3 servings of fruit and vegetables. **Green's n' Things** is full of free-radical quenching, cleansing foods.

- Register to win a free gift basket
- Free samples and brochures

Body Cleansing Week

FREE Event

All Stores

March 17-22
M-F 10-7, Sat 10-5pm



Save 25% off PNF **Super Fiber Tabs** and **Dual Action Cleanse**

Super Fiber Tabs include three sources of fiber, supporting colon health and regularity by adding fiber and bulk to the diet. Excellent compliment to a weight loss program.

Dual Action Cleanse is a natural way to cleanse your colon while supporting the health of your vital organs.

Stress Free Week

FREE Event

All Stores

April 14-19
M-F 10-7, 10-5pm



Don't let the tax man stress you out this week! Save 25% off **NEW Adrenal Formula** and **Stressed Out** by Vita Logic

NEW Adrenal Formula supports and nourishes the adrenal glands for coping with every day life stress without any adverse side effects. Its blend of tonic herbs benefits every cell in the body and helps bring our system into a balanced, harmonious state as evidenced by improved vitality, endurance, stamina and productivity.

Stressed Out contains a blend of all the B vitamins to assist in recharging and revitalizing our metabolism.

Earth Day

FREE Event

All Stores

Saturday, April 22, 10-5pm



Help save our Earth. Save 10% off purchases when you shop with your Earth-friendly bag! (Non-sale items only)

Earth Day is a time to celebrate gains we have made and create new visions to accelerate environmental progress. Earth Day and every day is a time to act to protect our planet.

VITA LOGIC
VITAMINS THAT MAKE SENSE!

- ✓ Quality Therapeutic Formulas
- ✓ Doctor Approved and Recommended



25% OFF

NEW! Adrenal Formula
Provides support and nourishment to the adrenal glands, which helps the body deal with life's everyday stresses



25% OFF

NEW! FucoZan
Powerful fat burning compound with appetite suppressant in one unique formula.

Peachtree Natural Foods

25% OFF

L-Lysine 500mg

Assists the body to decrease the occurrence and severity of cold sores

50 capsules



25% OFF

Cool Lemon Zinc Lozenges

Helpful at the change of seasons by providing extra nutritional support

60 lozenges



IHL Essentials

25% OFF

Essentials C

Provides a buffered, non-acidic form of essential vitamin C

60, 180 tablets



25% OFF

Vitality

A food based supplement complex that contains large amounts of key vitamins and minerals

60, 180 tablets

