



# Peachtree Natural Foods

"You Deserve The Best, Naturally!"

Voted In The Top 100 Health Food Stores In The Country

Store Hours: Monday-Friday 10-7 Saturday 10-5 Closed Sunday

Snellville  
Presidential Commons  
(770) 982-4989

Peachtree City  
Peachtree East Center  
(770) 487-8288

Auburn, AL  
University Crossing  
(334) 821-7749

Phenix City  
Stadium Plaza  
(334) 480-0284

Columbus  
The Landings  
(706) 322-3282

Columbus  
Milgen Plaza  
(706) 565-9245

Columbus  
Next to Lowe's  
(706) 649-3071

www.peachtreenaturalfoods.com

## Our March / April 2007 Newsletter for Healthy Living

### Antihistamine Use Tied to Brain Tumors



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

Researchers out of the University of Texas M.D. Anderson Center in Houston

noted that many people taking **antihistamines** have an increased rate of developing **brain tumors**. It is unclear what the exact effects of the **antihistamine** are that lead to the increased incidence of **cancer**. The thought is that when you suppress the immune system by taking **antihistamines**, you then suppress the body's ability to protect itself against **brain cancer**. While researchers say don't panic and continue to take your **antihist-**

**amine** drugs, this does not seem like a plausible explanation. Instead it seems prudent to take something natural like **Allergy Formula**, which is not associated with an increased risk of developing **brain cancers**. \*Keyword: *scheurer*



Allergy Formula  
60 & 120 capsules  
Vita Logic



### FREE EVENT! DOCTOR DAY

MEET LOCAL NATUROPATHIC DOCTOR  
**DR. ELIZABETH CANTRELL, N.D.**



- ◆ Learn Benefits of Natural Alternatives
- ◆ FREE 5 Minute Consultations
- ◆ VIP Status for Follow-up Appointments
- ◆ FREE Health Literature for Attendees
- ◆ Select Natural Product Samples
- ◆ Limited Time Only
- ◆ Door Prizes and Giveaways
- ◆ No Appointment Necessary!

**Presidential Commons**  
Snellville, GA  
11-2 pm, Saturday, March 3

**N Cols. Crossing**  
Columbus, GA  
11-2 pm, Saturday, March 10

**Stadium Plaza**  
Phenix City, AL  
11-2 pm, Saturday, March 17

**Peachtree Ctr**  
Peachtree City, GA  
11-2 pm, Saturday, March 31  
11-2 pm, Saturday, April 28

**University Crossing**  
Auburn, AL  
11-2 pm cst, Saturday, April 7

**Milgen Plaza**  
Columbus, GA  
11-2 pm, Saturday, April 14

**The Landings**  
Columbus, GA  
11-2 pm, Saturday, April 21



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

# Did You Get Your 35 Grams of Fiber Today?



A division of RenewLife Formula

**Sprinkle Fiber**  
5 grams fiber per serving



**Fiber Chews**  
2 grams fiber per chew



**FitSmart Shake**  
20 grams protein & 10 grams of fiber per serving



**Fruit & Veggie Fiber**  
4 grams fiber per serving



**ColonFit**  
Supports healthy bowel function



**FitSmart Bar**  
10 grams fiber & 10 grams protein per serving



## RENEW! LIQUID GREENS



- Infused in organically grown, cold-pressed, raw aloe
- 17 super greens, sprouts, vegetables and green tea extract
- Promotes an alkaline body system; helps to balance acidity
- Great tasting liquid formula
- Contains no water
- No mixing necessary
- 3 grams of fiber per serving
- Non-laxative
- Contains spirulina and chlorella
- Works in harmony with cleansing and detoxification programs

## RENEW! WHOLE FOOD MULTI-NUTRIENT



- 101 rejuvenating nutrients
- Energy-balancing formula
- Powder mixes instantly with juice or water
- Contains pea and rice protein
- Proprietary vegan formula
- Soy free
- 29 berries, fruits and vegetables
- 24 vitamins and minerals
- 16 herbs and antioxidants
- 3 grams of fiber per serving
- Works in harmony with cleansing and detoxification programs

## Vitamin C After Heart Attack Improves Exercise Ability

A recent study published in the *International Journal of Cardiology* announced dramatic benefits from taking **vitamin C**. Men who had a recent history of a **heart attack** were given two grams of **vitamin C** everyday for one month. The researchers noted that there was significant improvement in the heart rate response to peak exercise, which was an indication of better heart functioning as a result of taking the **vitamin C**. In addition oxygen consumption and heart rate were also improved. This is one more proven benefit to taking **Bio-C 1000** everyday. If **vitamin C** works that well for individuals with a history of a **heart attack**, it is reasonable to assume it would also be of benefit to individuals with no history of a **heart attack**. \*Keyword: nippon

25% OFF  
Regular Price

Bio-C 1000  
60 & 120 capsules  
Vita Logic



## Probiotic May Be Helpful For Abdominal Pain

A recent study published in the journal *Nature Medicine* provides evidence that the use of **probiotics** is helpful in reducing **abdominal pain** related to **irritable bowel syndrome (IBS)**. **Probiotics** are "good" bacteria that are found in a healthy digestive tract. They assist in preventing infection from viruses, bacteria and fungi; they help to breakdown hormones in our body, and assure proper digestion of food. The pain relief observed from the use of **probiotics** in animals was equal to that seen with morphine use. Remember that **Natren's Healthy Trinity** contains all the forms of **probiotics**, which address the entire digestive tract. \*Keyword: desreumaux

20% OFF  
Everyday!

Healthy Trinity  
30 capsules  
Natren's



## Spring Is For Cleaning

As spring approaches many decide that it's time for a fresh new look. Often times this involves cleaning out the house and removing all the odds and ends that have accumulated over the course of a year. Think of the sense of relief and accomplishment that occurs once that final bit of house cleaning is complete. It truly is a wonderful feeling. Unfortunately, many of us neglect to care for our body the same way we care for the material things in our life. Like our house, our body accumulates unwanted materials over a period of time. This accumulation of "trash" creates problems like **tiredness, constipation, weight gain, bloating, indigestion, poor digestion, and skin problems**, just to name a few. When we neglect our body, especially our internal health, we create an ideal environment for the development of disease. Each day we ingest a variety of chemicals including those from pollution, pesticides, prescription and non-prescription drugs, and yes, even foods. Our body is beautifully designed to deal with and eliminate a certain amount of these chemicals. However, because of our diets, lifestyles and the environment, our bodies are exposed to more "trash" than we can eliminate thus creating more internal toxicity. Among the organs that suffer most from this poor "housekeeping" include our colon and liver, although virtually every body system is affected. Completing a total body cleanse like, **Dual Action Cleanse** provides the body with the nutrients and herbs it needs to support optimal colon, liver and total body health. This spring take time to cleanse your body and provide it with all the nutrients it needs to allow for a vibrant, healthy life.

25% OFF  
Regular Price

Dual-Action Cleanse  
120 tablets  
Cellular Research Formulas



\*Log onto main site of [dukeandthedoctor.com](http://dukeandthedoctor.com), type in keyword, click 'GO' for complete article.

## Older Hearts May Benefit From Extra Vitamin E

In a new study as part of the Women's Health Study, **vitamin E** received thumbs up! The study involved women over the age of 65 who were given 600 international units of **vitamin E** every other day for ten years. They compared these women to people who took an aspirin every day for good heart circulation. The data was conclusive; the people taking the **vitamin E** enjoyed a 49% risk reduction of death from **heart attack** or **stroke**. In addition they also cut their risk for developing a **heart attack** by 34%. This research supports that taking **vitamin E** is safe, effective, and offers many benefits well beyond taking an aspirin each day. Remember **vitamin E** must be natural, which means d-tocopherol. Also be sure that it contains mixed tocopherols like that found in **Vita Logic's Vitamin E** supplement. \*Keyword: WHS



Vitamin E  
400 & 1000 I.U.  
~~60 & 180 softgels~~  
75 & 225 softgels  
Vita Logic

**RAINBOW LIGHT**  
**Natural HEALTHPRESCRIPTIVES™**

**25% Off**

**Arthro Relief**  
• The only breakthrough immediate relief formula!  
• 3-way formula – strengthens, builds & relieves  
• Genetically researched nutrient complex, including recommended 1500mg Glucosamine & 1250mg

**Counter Attack™ Immuno-Response**  
• Activates natural immunity during colds & flu season  
• Mobilizes body's acute response to speed recovery  
• Effective! With NO drowsy, jittery or over-drying side effects!

**MigraSolve™ Petadolex®**  
• Clinically proven nutritional support for people with migraines  
• For daily protection, or immediate relief during acute phase

**Multiflow™ Fast Relief**  
• Fast-acting relief for muscle, menstrual, back or tension discomfort  
• Relieves common aches & pains from overwork, stress or exercise

**SupraClear™ Sinus & Chest**  
• Fast-acting – soothes common respiratory irritation  
• Supports healthy immunity – safe for long-term use  
• NO side effects - NO stimulants, over-drying, anxiety or drowsiness!

**15% Off**  
Wheat/Gluten-free Foods

- Breads
- Crackers
- Muffins
- Cookies
- Candy and more!

**Prescription for NUTRITIONAL HEALING**

**20% Off**

**Prescription for Nutritional Healing**  
An easy-to-understand guide to:

- vitamins
- minerals
- amino acids
- antioxidants
- herbs and more!

\*Log onto main site of [dukeandthedoctor.com](http://dukeandthedoctor.com), type in keyword, click 'GO' for complete article.

# March & April Events

## **Tidwell Cancer**

### **Awareness Seminar**

FREE Seminar! Dr. and Mrs. Tidwell, of Tidwell Cancer Treatment Center will discuss how to prevent, detect and treat different types of cancers. Reservations requested.

#### **Milgen Plaza, Columbus**

6 pm, Thursday, March 8  
(706) 565-9245

### **Smoothie Day**

FREE Event! Dr. McBarron recommends smoothies as an excellent way to help meet nutritional needs. Sample smoothies made with PNF Soy Protein Powder. Free recipe.

#### **Snellville**

10-1 pm, Saturday, March 10  
(770) 982-4989

### **Genesis Today Seminar/Demo**

FREE Seminar/Demo! Jeff Thomas, C.N. will discuss how to fight depression, low sex drive, premature aging, fatigue, high blood pressure, infertility and more with Genesis Today products. 10% off any Genesis Today product. Free samples and literature.

#### **Peachtree City**

11-3 pm, Saturday, March 10 (Demo)  
(770) 487-8288

#### **Phenix City, AL**

7-8 pm, Thursday, April 19  
(334) 480-0284

#### **The Landings, Columbus**

11-2 pm, Friday, April 20  
(706) 322-3282

### **Benefits of Greens**

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D. will discuss the health promoting properties found in greens. Reservations requested.

#### **The Landings, Columbus**

6-7 pm, Tuesday, March 13  
(706) 322-3282

## **Skin Cancer Awareness**

FREE Seminar! The Red Cross will give a seminar concerning skin cancer awareness.

#### **Phenix City, AL**

6-7 pm, Wednesday, March 14  
(334) 480-0284

### **Spring Spectacular!**

FREE Event! Enjoy refreshing taste-testings all week! Candid feedback welcome. 10% off featured products. V.I.P. double punches.

#### **Milgen Plaza, Columbus**

M-F 10-7, Sat 10-5 pm, March 19-24  
(706) 565-9245

### **Three Day Sale**

FREE Event! Reducing your exposure to harsh chemicals due to certain cosmetic ingredients called parabens may be important in the prevention of cancer. 15% off natural cleaning alternatives for your home.

#### **Snellville**

10-7 pm, March 20-22  
(770) 982-4989

### **Overcoming Food Allergies**

FREE Seminar! Heartburn, cramps, gas and irritable bowel syndrome? Naturopathic doctor, Elizabeth Cantrell, N.D. will discuss food sensitivities and intolerances.

#### **The Landings, Columbus**

6-7 pm, Tuesday, March 27  
(706) 322-3282

### **Spice Up Your Libido**

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D. will discuss how to enhance stamina and pleasure. Learn what medications and/or health problems may interfere with arousal and performance.

10% off featured products. Free snacks.

#### **Phenix City, AL**

6-7 pm, Thursday, April 5  
(334) 480-0284

# March & April Events

## **Internal Spring Cleaning**

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D. will discuss how to cleanse the body of toxins, improve digestion, increase energy, lose weight and more! 10% off to attendees. Door prizes. Reservations requested.

### **The Landings, Columbus**

6-7 pm, Tuesday, April 10  
(706) 322-3282

## **Breathe Easier**

FREE Seminar! Learn how natural herbal tonics can be a safe alternative to prescriptions and over-the-counter medication. Free demo by Herbs, Etc. 15% off featured products, free literature, door prizes and goody bags to attendees. Reservations requested.

### **Milgen Plaza, Columbus**

5:30 pm, Thursday, April 12  
(706) 565-9245

## **Acupressure/Acupuncture**

FREE Seminar! Janet Krebs will discuss the benefits of Acupressure and Acupuncture. Learn how to take control of your health with these techniques. Reservations requested.

### **Phenix City, AL**

11-2 pm, Saturday, April 14  
(334) 480-0284

## **4 Pillars of Health Seminar**

FREE Seminar! Jeff Thomas, C.N., of Genesis Today, will present an educational seminar on the 4 Pillars of Health: toxins (both external & internal), deficiencies, genetics, and the mind. 10% off all Genesis Today products. Reservations requested.

### **Peachtree City**

6-8 pm, Tuesday, April 17  
(770) 487-8288

## **Homeopathic Concepts**

FREE Seminar! Dr. Wyatt Gordon will discuss the elementary concepts of homeopathic medicine. Learn how and why it works. 10% off featured products.

### **Phenix City, AL**

6-7 pm, Thursday, April 19  
(334) 480-0284

## **Alternative Cancer Support**

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D. will discuss natural alternatives for cancer support. 10% off to attendees. Reservations requested.

### **The Landings, Columbus**

6-7 pm, Tuesday, April 24  
(706) 322-3282

## **Blackwood Dog Food Seminar**

FREE Seminar! Blackwood representatives will answer questions about your pet's nutrition and well-being. 15% off any Blackwood product. Register to win a free 20 lb bag of Blackwood pet food. Reservations requested.

### **Milgen Plaza, Columbus**

11-2 pm, Saturday, April 21  
(706) 565-9245

## **Food Allergies? No Problem**

FREE Event! Exclusive savings on all allergy-free foods. Free samples and literature. Food allergy cookbooks at reduced savings.

### **Milgen Plaza, Columbus**

M-F 10-7, Sat 10-5, April 23-28  
(706) 565-9245

## **Neti Pot Sale**

FREE Event! Neti Pot is gentle enough to soothe inflamed sinuses and benefit stuffy noses. 15% off Neti Pots.

### **Snellville**

10-5 pm, April 28  
(770) 982-4989