



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 July / August 2007 Newsletter for Healthy Living

Cinnamon Provides Medicinal Benefits



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

Many studies have concluded that **cinnamon** is beneficial for improving digestion, enhancing

circulation and for relieving **arthritis** pain. In addition to all these medicinal benefits, **cinnamon** also has been shown to improve blood sugar levels and lower cholesterol and triglyceride levels. According to research, cinnamon is extremely beneficial in controlling blood sugar in individuals with **type 2 diabetes**. In fact, just one gram of **cinnamon** was shown to be effective for maintaining healthy blood sugar levels. Remember **Blood Sugar Formula** by Vita Logic contains a full gram of

cinnamon in addition to other nutrients shown to protect the areas of the body that are most damaged by **diabetes**. This includes alpha lipoic acid for the nerves, wheat grass and taurine for kidney health and bilberry for good vision. *Keyword: NRFL

25% OFF
Regular Price



Blood Sugar
Formula
90 & 180 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!

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| <p>N Cols. Crossing Columbus, GA 11-2 pm, Saturday, July 7</p> <p>Stadium Plaza Phenix City, AL 11-2 pm, Saturday, July 14</p> <p>University Crossing Auburn, AL 11-2 pm, Saturday, August 4</p> <p>Milgen Plaza Columbus, GA 11-2 pm, Saturday, August 11</p> | <p>The Landings Columbus, GA 4-7 pm, Friday, August 17</p> <p>Peachtree E. Shp. Ctr Peachtree City, GA 11-2 pm, Saturday, August 18</p> |
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Don't Miss These Events!

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

Better Digestive Health Begins with



and



Good digestive care is all about making healthy choices, like eating a diet high in fiber to help keep your digestive system running smoothly. That's why ReNew Life founder Brenda Watson created the **Fiber35 Diet**: a lifetime system of healthy eating based on the power of fiber-rich foods.

Let the **Fiber35 Diet** help you reach your goal with delicious FitSmart bars and shakes, beneficial fiber and dietary supplements, and a natural cleansing formula made to support healthy elimination and total-body health.

Try the complete **Fiber35 Diet** product line today!



- **FitSmart™ Bars & Shakes**
10 grams of fiber per serving
- **Fiber Chews™**
2 grams of fiber per chew
- **Fruit & Veggie Fiber™**
4 grams of fiber per serving
- **Sprinkle Fiber™**
5 grams of fiber per serving
- **ColonFit™**
- **ThermoFit™**
- **AdrenaFit™**
- **ShapeFit with CLA™**
- **GlycemaFit™**
- **SleepFit™**
- **CleanseFit™**

Also from ReNew Life

Our two new cleansing companions help supply the essential nutrients necessary to maintain energy and vitality during a cleanse.*



RENEW! Liquid Greens

A blend of 17 super greens infused in organically grown, cold-pressed raw aloe to provide nutritional support*

- 17 super greens, sprouts, vegetables and green tea extract
- Great-tasting liquid formula, no mixing necessary
- Contains spirulina and chlorella
- 3 grams of fiber per serving
- Contains no water
- Non-laxative



RENEW! Whole Food Multi-Nutrient

A comprehensive whole-food supplement made with protein, vitamins, minerals, herbs and phytonutrients from nutritionally dense super foods

- 101 rejuvenating nutrients
- 29 berries, fruits and vegetables
- 24 vitamins and minerals
- 16 herbs and antioxidants
- 3 grams of fiber per serving
- Mixes instantly with juice or water

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Fish Oils Boost Brain Power In Children

According to published research, a daily dose of **essential fatty acids (EFA)** dramatically improves children's behavior and concentration. Omega-3 fatty acids are essential to proper development of the brain and nervous systems. Numerous studies have shown that **EFA** supplements can enhance the performance and ability of a variety of skills in children of all ages. In fact, a recent study demonstrated increased communication skills, more parental bonding, improved concentration and better spelling and reading ability in just months after starting an essential fatty acid supplement. In addition, 90% of those children receiving the supplement had improved behavior. Experts agree that children need a balance of omega-3 and omega-6 fatty acids. For parents concerned about learning or concentration difficulties as well as behavior problems in children, remember **EFA Formula**, which contains a balanced ratio of **essential fatty acids** like those used in the study. **Keyword: Holford*

25% OFF
Regular Price

EFA Formula
90 & 180 soft gels
Vita Logic



Toddler Diets Not Optimal

Research out of Auckland University in New Zealand has reinforced the fact that children are not getting enough vitamins and minerals due to low vegetable and fruit intake. One study found that 40% of children examined did not eat the recommended two servings of fruit each day and that one in seven children are iron deficient. Iron is essential for normal and optimal brain development and children who are deficient at an early age are susceptible to learning disabilities later in life. Researchers suggest that parents give their children vitamin supplements, especially for those who have picky eaters. **Daily Extra Powder Blend** and **Peachtree Natural Foods Bengal Bites** are excellent multiple vitamin and mineral supplements. Both are safe for all ages and the great tasting, easy-to-swallow form allows for greater ease when giving to children. **Keyword: Fraher*

25% OFF
Regular Price

Daily Extra
Powder Blend
450 grams
Vita Logic



25% OFF
Regular Price

Bengal Bites
60 soft chews
Peachtree Natural
Foods



Perfect for Lunchboxes and Backpacks!

Convenient, individual-serving mini-packs that help to nourish growing minds and bodies.

25% off



New
at Peachtree Natural Foods!

IHL ESSENTIALS
15% Off
Line Drive

IHL Essentials is a high quality line of nutritional supplements that address individual needs.



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

Loss Of Heart Drug Is “Shocker”

A highly anticipated cholesterol drug won't be on the market any-time soon. Studies on the new drug, Torcetrapib, were halted due to an increased rate of death from cardiovascular problems in those individuals taking the drug. Studies demonstrating relative safety and effectiveness must be completed before a prospective drug is approved by the FDA. This halt in the study and loss of the drug is expected to put the manufacturer, Pfizer, in a position of playing “catch-up” to make up for the current and expected losses. This means that individuals, who use other Pfizer drugs including Lipitor, can expect to pay more than usual for the same prescription. The increase in cost and severe side-effects associated with prescription cholesterol medications are pushing more individuals to explore natural alternatives. **Cholesterol Formula** by **Vita Logic** contains a combination of nutrients that help promote healthy cholesterol levels and it has no known side-effects. *Keyword: Schmit



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July & August Events

Picnic On Peachtree

FREE Event! Enjoy healthy samples of meats, cheeses, chips, drinks, cookies and more! 10% off food.

The Landings, Columbus, GA

12-2 pm, Monday, July 2
(706) 322-3282

4th of July Picnic

FREE Event! Enjoy hot dogs on gluten-free buns, 0% transfat chips, desserts without refined sugar and dairy-free ice cream!

North Columbus Crossing, Columbus

10-7 pm, Tuesday, July 3
(706) 649-3071

4th of July Ice Cream Social

FREE Event! Enjoy ice cold summer fun with all-natural ice cream, frozen treats, sundaes toppings and cones. 15% off select items.

Snellville

10-5 pm, Saturday, July 7
(770) 982-4989

Summer Heat

FREE Event! Protect your skin this summer with specials on insect repellent, deodorant, sunscreen and more!

Auburn, AL

M-F 10-7, Sat 10-5 pm, July 9 -20
(334) 821-7749

Love The Skin Your In

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss how to protect and nourish skin from eczema, psoriasis and more. 10% off health and beauty items. Free samples. Reservations requested.

The Landings

5:45-7 pm, Thursday, July 12
(706) 322-3282

Sampling Saturday

FREE Event! Sample a variety of foods, beverages and supplements. Enjoy great tasting PNF brand smoothies and Greens 'n Things. V.I.P. card double punches on purchases.

Peachtree City

10-5 pm, Saturday, July 14
(770) 487-8288

Summer Fun Skin Care Sale

FREE Week Long Event! 15% off summer skin care products: sunscreen, after-sun soothers, bug sprays, poison ivy creams and more! Register to win a free Summer Fun gift basket.

Snellville

M-F 10-7, Sat 10-5 pm, July 16-21
(770) 982-4989

Controlling Diabetes Naturally

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss how nutrients and herbs can assist with blood sugar control. 10% off featured products. Free goody bags. Reservations requested.

Milgen Plaza, Columbus

5:45 pm, Thursday, July 19
(706) 565-9245

Back To School

FREE Week Long Event & Seminar! Save 15% on select supplements. Free yummy samples packed with vitamins, minerals, antioxidants, fiber and more for kids all week. Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss ways to improve focus, attention, calmness and organization. Reservations requested.

The Landings, Columbus

M-F 10-7, Sat 10-5 pm July 23-28
Seminar - 5:45 pm, Tuesday, July 31
(706) 322-3282

July & August Events

Diabetes Seminar

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss the causes of diabetes and how it can be prevented. 10% off featured products. Reservations requested.

Peachtree City

6 pm, Thursday, July 26
(770) 487-8288

Who's Afraid of Fish Oil?

FREE Seminar! Try new fish oil flavors as a TwinLab representative discusses new ways to take fish oils. 15% off featured products. Reservations requested.

Milgen Plaza, Columbus

4-6 pm, Monday, July 30
(706) 565-9245

Customer Appreciation Day

FREE Event! Enjoy food and drink samples. Free supplements. Register to win a free gift basket. 15% off PNF brand products.

Peachtree City

10-5 pm, Saturday, August 4
(770) 487-8288

Lift Depression Naturally

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss natural options for depression, mood swings and weight gain. 10% off featured products. Reservations requested.

The Landings, Columbus

5:45-7 pm, Thursday, August 9
(706) 322-3282

Dog Days Of Summer

FREE Week Long Event! 10% off pesticide-free, human grade quality food, treats and supplements for cats and dogs.

The Landings, Columbus

M-F 10-7, Sat 10-5 pm, August 13-18
(706) 322-3282

Healthy Aging Seminar

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D. will educate customers on how to delay aging with the aid of supplements, diet and exercise. 20% off select products. Reservations requested.

Auburn, AL

5:45 pm, Tuesday, August 14
(334) 821-7749

Vita Logic Seminar

FREE Seminar! Bryan Hatcher of Vita Logic will discuss the many benefits of Vita Logic vitamins. 15% off Vita Logic vitamins (non-sale items only). Reservations requested.

Phenix City, AL

11-1 pm, Saturday, August 18
(334) 480-0284

Customer Appreciation Day

FREE Event! Stop by and save 20% on large sizes of Vita Logic products (non-sale items only). Free goody bags. V.I.P. card double punches.

Snellville

10-7 pm, Wednesday, August 22
(770) 982-4989

Snack Healthy

FREE Event! Snacks don't have to be unhealthy! Taste how great they can be. 10% off healthy snacks. Free samples.

Milgen Plaza, Columbus

10-5 pm, Saturday, August 25
(706) 565-9245

Digestion & Detoxification

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss how stress and toxins impact the digestive system. Reservations requested.

The Landings

5:45-7 pm, Thursday, August 30
(706) 322-3282