



# 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

Now Open! Opelika, AL  
The Shoppes at Midtown  
(334) 745-7679

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

Our Web Site Is Open All Night! [www.peachtreenaturalfoods.com](http://www.peachtreenaturalfoods.com)

## Our January / February 2009 Newsletter for Healthy Living

### Kidney Disease – Highest Rate Ever



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

The CDC reports a dramatic rise in the rate of hospitalizations due to **kidney disease**. This rise was greatest in people aged 65 and older.

The main function of the kidney is filtration. Every drop of blood is filtered through the kidney several times every day. Waste products from all food and medication is first filtered through the liver and then enters the bloodstream where it is then trapped in the kidney. The kid-

ney dilutes these wastes products with water creating urine. Twenty four hours a day, seven days a week the kidney is producing urine. It drips down into the bladder where it is stored. Eventually the bladder becomes full and the urge to void is felt.

Urine should always be sterile meaning totally free from bacteria. When a bladder infection occurs, urine can become cloudy, foul smelling and burn. If the infection travels to the kidney, it can easily enter the bloodstream and cause death.

The leading causes of kidney disease are diabetes and high blood pressure. In addition high protein diets, artificial sweeteners, sugar, all soda including diet, obesity, prescription medications and an aspirin once a day can cause kidney damage.

When kidney failure develops, the toxic wastes build in the

bloodstream and can cause brain damage within 48 hours. Dialysis is available but ultimately a kidney transplant becomes their only chance for survival.

**New Vita Logic Kidney Formula** assists in promoting optimal kidney function. Its nutrients support the kidneys in healthy elimination of toxins from food, medications and the lack of adequate daily water intake. It is safe, doctor recommended and should be taken by anyone wishing to maintain or improve kidney function and health. *\*Keyword: Kidney Soar*



**NEW!**  
**Kidney Formula**  
Vita Logic

**SAVE 25%** 90 & 180 capsules

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

## Hepatitis Treatment Worse Than Disease Itself

Hepatitis C was for years called “carrier hepatitis” because most people who had it experienced no symptoms whatsoever and therefore doctors never recommended any treatment

Hepatitis C is caused by a virus and is associated with blood transfusions, tattoos, gunshot injury and contaminated needles. It is most frequently detected on a routine blood test and often during blood testing for life insurance coverage. In the vast majority of cases, no symptoms are seen at diagnosis and most people never develop problems from it. In rare instances, some people could develop cirrhosis or liver cancer.

Despite the fact that the majority of Hepatitis C people have no problems and never will, some doctors have recommended treatment anyway. The recommended 48 week course of treatment consists of Interferon injections and oral ingestion of Ribavarin. These two drugs have serious side effects including nausea, vomiting, fatigue, depression, suicidal impulses, bone marrow suppression, immune system failure and severe anemia requiring blood transfusion. In addition, this treatment costs

in excess of \$20,000 and only works in at most, 60% of patients.

According to a report published in the Journal of The American Medical Association, the overall health gain from treating Hepatitis C may be minimal given the potential for toxic side effects.

New Vita Logic Liver Formula is safe, has no known side effects and doctor recommended. It is suggested for anyone wishing to protect or repair their liver. Since the liver is involved in digestion, cholesterol management, steroid and sex hormone regulation, detoxification and medication management, everyone should be concerned about maintaining optimal liver health. *\*Keyword: Ribavarin*



**NEW!**  
Liver Formula  
Vita Logic

**SAVE 25%** 60 & 120 capsules

# Best face forward

**SAVE 20%**

Free Aubrey Makeovers! Peachtree Natural Foods, Opelika, AL Grand Opening! 10am-1pm, Jan 17

Also available in normal, oily, sensitive, and combo-skin types.

- **Cleanse**, to purify and balance skin
- **Tone**, to freshen and wipe away debris
- **Moisturize**, to nourish skin all day
- **Mask**, to refine pores and give skin a boost

...the intelligent choice

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

## Vitamin D is Dynamic

Research continues to mount stressing the importance of **vitamin D** far beyond its role in assisting to build strong bones. It was long believed that 15 minutes of sunshine daily provided adequate levels of vitamin D. Evidence clearly proves this is not the case.

And the RDA for **vitamin D** must be adjusted higher as many disease states may be a simple **vitamin D** deficiency.

There are 2 types of **vitamin D**. Vitamin D-2, ergocalciferol is the synthetic type and believed to be ineffective. **Vitamin D-3**, cholecalciferol is what the body naturally produces when the skin is exposed to sunlight.

The manufacturing of **vitamin D-3** in the body is complex. It involves perfectly healthy skin along with a perfect functioning liver, kidney and digestive tract. It is no small wonder why so many people are deficient. Most people suffer problems with at least one of these organ systems.

## Longer Life and Less Cancer

A study of 14,000 people found higher levels of selenium were linked to a lower risk of death over a 12 year period. Selenium is a mineral found in the soil but the amount in fruits and vegetables continues to diminish over the years secondary to shortcuts in farming practices. Furthermore, selenium is an antioxidant and more effective when taken in conjunction with vitamin A.

Beta-carotene is called pre-vitamin A since it is converted into vitamin A in the body and is considered the preferred form for supplementation. A related study demonstrated people with the highest carotene levels were 54% less likely to have stomach **cancer**.

**Vitamin D-3** is vital for strong bones and healthy gums. Higher levels of **vitamin D-3** are associated with low levels of Multiple Sclerosis, Diabetes, Cancer, and Dementia, learning and motor skills, social behavior and aging.

**New Vita Logic Vitamin D-3** is an excellent source of pure, natural **vitamin D**. It contains 1500 IUs of the vitamin, which exceeds the existing RDA and assists in achieving optimal **vitamin D-3** levels. This once a day, easy to swallow tablet is the inexpensive, simple, safe solution to preventing **Vitamin D-3** deficiency and promoting better health. *\*Keyword: Ergocalciferol*



**NEW!**  
Vitamin D-3  
1500 IU  
Vita Logic

**SAVE 25%** 90 tablets

**New Vita Logic Daily Extra 2-A-Day** is a multiple vitamin and mineral complete with Beta-carotene and selenium. It is now available in a two-a-day, smaller, easier to swallow supplement. Live longer and reduce **cancer** risk with **Vita Logic Daily Extra 2-A-Day**. *\*Keyword: Blyes*



**NEW!**  
Daily Extra  
2-A-Day  
Vita Logic

Also available  
in Iron Free  
**SAVE 25%** 60, 120 tablets

# Available now!

**SAVE 20%**

Free Aubrey Makeovers! Peachtree Natural Foods, Opelika, AL Grand Opening! 10am-1pm, Jan 17

- Firms the complexion, minimizing wrinkles
- Deep-nourishes with 4 liposomes, including CoQ10
- Your skin will appear firmer and more youthful in weeks

...the intelligent choice

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

## Vitamin C Beneficial In Cancer Treatments

A recent study conducted by the National Institute of Health confirmed **vitamin C's** benefit in **cancer** treatment. The animals were first given three different types of aggressive **cancer**; ovarian, pancreatic and brain tumors. In humans these type cancers resist therapy and often result in death in less than one year. The animals were then injected with large doses of **vitamin C**. The tumor growth was only half that compared to the animals with cancer not receiving the **vitamin C**. **Vitamin C** holds promise in the treatment of **cancer** in humans.

**New Vita Logic Vitamin C-500 Complex** offers 500 mg of **vitamin C** plus bioflavonoids from citrus fruits and Rose hips. It should be considered for both **cancer** prevention and treatment.

*\*Keyword: High dosage injections*



**NEW!**  
**Vitamin C-500 Complex**  
 Vita Logic

**SAVE 25%** 90, 180 tablets

In nature **vitamin C** is not found alone but rather always with bioflavonoids which are considered the activators of **vitamin C** thereby making it effective.

FREE Vita Logic Event: Heart Health Q&A 11am-2pm cst, Friday, February 13, The Shoppes at Midtown, Opelika, AL. Reservations requested (334) 745-7679

### Prevagen® Improves Memory in 30 Days\*

- **Prevagen improves memory\***  
Memory studies demonstrate Prevagen improves memory within 30 days.\*
- **Reduces brain cell death by 50%\***  
University research studies have shown Prevagen reduces brain cell death.\*
- **Easy once-a-day capsule**  
Prevagen is intended for daily use and comes in an easy to take capsule form.

Percent of Participants Experiencing Improvement\*

<b>57%</b> General Memory	<b>51%</b> Retain Information	<b>66%</b> Word Recall	<b>84%</b> Remember Driving Directions
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

# GRAND OPENING



**Peachtree Natural Foods**  
"You Deserve The Best, Naturally!"

SHOP OUR NEW LOCATION!

**THE SHOPPES AT MIDTOWN**  
3051 Frederick Rd • Opelika, AL

**(334) 745-7679** M-F 10am-7pm  
Sat 10am-5pm



Meet our staff!

## FREE GIVEAWAYS DAILY • WIN FREE GIFT BASKETS • FREE EVENTS

### HEALTHY HOME, HEALTHY YOU!

Natural home cleaning with enzymes, not chemicals. Featuring EcoDiscoveries.

*Free Seminar. 6pm, Thursday, January 8. Reservations requested.*

### MINERAL MAKEOVERS

Makeovers featuring 100% natural organic mineral makeup by Aubrey.

*Free Seminar. 10am-1pm, Saturday, January 17. Reservations requested.*

### DELICIOUS SMOOTHIES

Tasty smoothies made with PNF brand alternatives and more.

*Free Demo. 1pm-3pm, Saturday, January 24. Reservations requested.*

### PROBIOTICS SEMINAR

Learn how beneficial bacteria function in gastrointestinal system

*Free Seminar. 6pm, Thursday, February 5. Reservations requested.*

### FREE HEALTH CONSULTATIONS

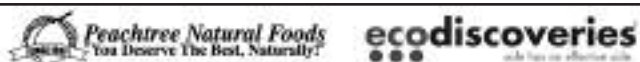
Five minute individual consultations with **Jan McBarron, M.D.** Plus learn the benefits of natural alternatives.

*Free Event. 2-5pm, Saturday, January 10. Reservations requested.*

### HERBALISM & HOMEOPATHY

Fast acting, pioneering formulas to treat today's health needs.

*Free Seminar. 10am-1pm, Saturday, February 21. Reservations requested.*



FREE EVENT

## Healthy Home. Healthy You!

*Naturalize your home from toxins, pollutants, allergens and skin irritants!*

### MEET NATURAL PRODUCTS SPECIALIST TAKE ADVANTAGE OF BIG SAVINGS!

#### Thursday, January 8

Peachtree E Shopping Center  
Peachtree City, GA  
Demo: Noon-3pm

#### Saturday, January 17

Presidential Commons  
Snellville, GA  
Seminar: 2pm

#### Friday, January 9

The Landings, Columbus, GA  
Demo: 10am-Noon

N Columbus Crossing  
Demo: 1pm-3pm

Up to **40% off**  
all home care products

natural sponges, cloths,  
natural vinegar, and more!



SAVE  
25%

Baking Ingredients  
Premium Cake Mixes  
Dessert Mixes  
Organic Products  
Preserves



Quality is the Best Recipe

Dr. Oetker offers something for everyone with a line up of traditional or contemporary baking products. Our organic line up includes cakes, icings, muffins, brownies, pancakes, cookies and so much more.



Carlson  
**20% OFF**  
A Wide Variety of Carlson  
Heart Healthy Supplements

Everything  
Your Heart Desires

## Shop NEW Supplements!

Peachtree Natural Foods

### New! Enzyme Complex



- Plant-based
- Provides natural digestive enhancing herbs
- Gluten free

SAVE 25%

90 capsules

Peachtree Natural Foods

### New! Quercetin Complex



- Easy-to-swallow
- Supports body's response to inflammation
- Supports healthy tissue

SAVE 25%

50 capsules

Peachtree Natural Foods

### New! Liquid Cal Mag Zinc & D3



- Easy-to-consume liquid
- Delicious orange flavor
- Supports bone density and nerve health

SAVE 25%

16 ounces

Peachtree Natural Foods

### New! Whole Psyllium Husk



- Naturally provides soluble and insoluble fiber
- Provides fiber to support colon health and digestion

SAVE 25%

12 ounces

## Shop IHL Essentials

NEW LOOK!  
SAME GREAT  
FORMULAS!

### CoQ10 120mg Heart Health Supplement!



- Helps benefit congestive heart failure, angina, diabetes and hypertension

SAVE 25%

30,60 softgels

### Energy

Get A Boost of Energy!



- Fast-acting, pleasant tasting sub-lingual
- Easy to absorb

SAVE 25%

60, 180 sub-lingual tablets

# Holistic Pet Care



Gourmet Biscuits & Treats

All Natural Food Formulas

Nutritional Supplements

Health & Coat Care



Shop for



**CANIDAE**  
ALL NATURAL PET FOODS

and many other pet care brands at Peachtree Natural Foods