



# 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

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(334) 821-7749

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

www.peachtreenaturalfoods.com

## Our January / February 2008 Newsletter for Healthy Living

### Poor Thyroid Function May Be Source Of Your Energy Woes



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

The **thyroid** is one of the body's most important glands. When it is not functioning properly, it can cause you to feel nervous or tired; make your muscles weak or cause them to cramp or ache; cause weight gain or loss; impair your memory; and affect your menstrual flow. The **thyroid** produces two **thyroid hormones**, referred to as the body's metabolic hormones that circulate in the bloodstream to all parts of the body.

**Thyroid hormone** influences essentially every organ, every tissue and every cell in the body. They regulate the body's metabolism and also affect blood pressure, heart rate, growth and development, cholesterol level, body weight, energy level, muscle strength, skin condition, vision, menstrual regularity, mental state, skeletal and nervous system development and play an important role in the development of the reproductive system.

About 13 million Americans, more of them women than men, are affected by a **thyroid disorder**. The three most common **thyroid** problems are the **underactive thyroid**, the **overactive thyroid**, and **thyroid nodules**. To prevent these and other **thyroid** problems it is important to supply the **thy-**

**roid** gland with nutrients necessary for optimal performance. **Vita Logic's Thyroid Formula** contains a combination of nutrients and herbs that promote optimal functioning of **thyroid hormones** by maintaining the health of the **thyroid gland** and by supporting the health of tissues that respond to **thyroid hormones**.



Thyroid Formula  
60 & 120 capsules  
Vita Logic

FREE Events - All Stores

Immune Awareness Week  
January 7-12

Healthy Weight Loss Week  
January 21-26

Heart Health Awareness Week  
February 4-8

See insert for more dates & details

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

## EPA Omega-3 Oils Protect Heart In People With High Cholesterol

According to a new Japanese study published in *The Lancet*, supplementing with an **omega-3** fatty acid called EPA may lower the risk of **non-fatal coronary events** by 20%. Nearly nineteen thousand **high-cholesterol** patients were followed for four and a half years. All of the patients were taking **cholesterol** medication and half were given a daily EPA supplement. Those who received the EPA supplement had a 24% lower occurrence of chest pain called **angina**, and a 19% lower occurrence of **non-fatal coronary events**. Researchers believe that a dose of 1,800 mg of EPA daily is a promising regimen for prevention of **major coronary events**. EPAs occur naturally in fish oils, as well as spirulina and algae. Previous studies have linked consumption of

**omega-3** fatty acids to improved heart health and reduced risk of **cancer**. **Vita Logic's EFA Formula** contains EPA as well as other types of essential fatty acids. **Cholesterol Formula** by **Vita Logic** contains a combination of nutrients and herbs that assist with achieving and maintaining healthy **cholesterol** levels. \*Keyword: *microalgae*



## The Benefits Of Omega-3s

The University of Maryland Medical Center recently compiled a list of some of the known and documented benefits of **omega-3** fatty acids. It is concluded that **omega-3** fatty acids: reduce bad **cholesterol** and raise good **cholesterol**, lower **high blood pressure**, prevent **heart disease** and reduce the risk of **heart attack** and **stroke**, help control **diabetes**, reduce **arthritis pain**, aid in weight loss, protect

against **osteoporosis** and reduce the risk of mental illnesses such as **schizophrenia**, **depression** and **bipolar disorder**. **Omega-3** fatty acids are found in foods that include flax seeds and cold water fish such as cod, salmon, sardines and mackerel. **EFA Formula** by **Vita Logic** contains a combination of essential fatty acids including **omega-3**, 6 and 9 fatty acids. \*Keyword: *tue oct 9*

RENEW LIFE  
The Natural Cleanse Company

At ReNew Life, your personal cleansing needs are our first priority. That's why we've developed a full line of natural cleansing formulas to help you look and feel healthier every day.

CLEANSE SMART  
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New Year. New Slimmer You!

The Fiber35 Diet is a revolutionary weight loss program based on the New York Times best-selling book by Brenda Watson. Discover how 35 grams of fiber every day can help you shed the pounds to a slimmer, trimmer you!

The Fiber35 Diet  
a division of Renew Life

FitSmart Shake  
Sprinkle Fiber  
Fruit & Veggie Fiber  
FiberClean  
SleepFit  
ColorFit  
CLA Fit  
CleanseFit

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## See The Light With Vitamin D

Research published in the *Archives of Internal Medicine* found that people who took **vitamin D** supplements for six years reduced their risk of dying from all causes. Researchers state that while there is no such thing as a cure all, **vitamin D** comes pretty close and that increased use of sunscreens and decreased time spent outdoors, especially by children has contributed an increasing problem of deficiency. Various studies have shown that **vitamin D** supplementation can prevent or alleviate many conditions. One study found that giving **vitamin D** supplements to a group of volunteers reduced episodes of infection with **colds and flu** by 70% over three years. Another study of almost 10,000 women over 65 found that those who took **vitamin D** supplements had a 31% lower risk of dying of **heart disease**. A 40-year review of research found that a daily dose of **vitamin D** could cut the risk of **breast and bowel cancer**, two of the biggest cancer killers by 50%. **Vitamin D** is also critical for the absorption of calcium, which is the building block of bone. Deficiencies in **vitamin D** can contribute to not only bone loss but also **poor tooth formation, stunted growth** and general ill health. Another study reports that **vitamin D** supplements given to babies reduced their risk of **type 1 diabetes** by 80%. In addition to those conditions already listed more significant evidence exists showing that low levels of **vitamin D** may also be linked to the development of

**multiple sclerosis and autism**. With all these documented benefits it is one vitamin that truly lives up to its name as a wonder vitamin. Currently scientists are recommending that 1,000 IU of **vitamin D3** a day may be necessary to prevent disease. With decreased sun exposure leading to deficiency in a majority of the population, many experts are suggesting that individuals supplement with a **multiple vitamin** containing **vitamin D** to assure adequate intake. Scientists are advising that people should look for a quality **multiple vitamin supplement**, which can be identified by the presence of **vitamin D3**, which is the most active and beneficial form of **vitamin D**. **Vita Logic's Daily Extra** contains this form of **vitamin D** along with all the other vitamins and minerals required on a daily basis. \*Keyword: *hypoponen*



## Multivitamins During Pregnancy May Prevent Childhood Cancers

A new study published in *Clinical Pharmacology & Therapeutics* suggests that taking **multivitamins** containing folic acid during pregnancy may help prevent the most common **childhood cancers** including **leukemia**, **brain tumors** and **neuroblastoma** (tumors that grow in the nervous system). Nearly 10,000 children under age 15 are diagnosed with **cancer** every year in the United States. Because of these staggering numbers scientists continue to search for ways to prevent **childhood cancers**. In reviewing 61 different research articles, researchers found that the children of women who used **multivitamins** containing folic acid during pregnancy had an 18% decreased risk for **brain tumors**, a 47% decreased risk for **neuroblastoma** and a 36% decreased risk for **leukemia**. Based on the available data, scientists estimate that supplementing with **multivitamins** during pregnancy may prevent 900 cases of childhood **leukemia** and more than 300 cases of childhood **brain tumors** each year in the United States. **Daily Extra** by **Vita Logic** is a complete **multiple**

**vitamin** and mineral formula that contains all the daily required nutrients including folic acid, making it a suitable prenatal vitamin. \*Keyword: *motherisk*

Carlson's  
20% OFF  
A Wide Variety of Carlson  
Heart Healthy Supplements

Everything Your Heart Desires

CO-Q  
Vitamin E

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

## Cholesterol Drug Tied To Sleep Disturbances

Research presented at the American Heart Association's annual meeting supports previous research showing that the statin drug Zocor disrupts sleep patterns. Zocor is a drug that many Americans are prescribed to reduce **cholesterol** levels. Study participants who were given Zocor showed significant worsening in both sleep quality and sleep problems. Researchers suggest that individuals who take these drugs and experience sleep problems should talk to their doctor about changing methods of controlling cholesterol. **Cholesterol Formula** by **Vita Logic** combines nutrients and

herbs that can help with achieving and maintaining healthy **cholesterol** levels without side effects.  
\*Keyword:  
*golomb*

**25% OFF**  
Regular Price



Cholesterol  
Formula  
90 & 180 capsules  
Vita Logic

Cardiovascular Support

**new**

**15% OFF**

**Omega-3**

100 Softgels



Natural Alternatives to Over-the-Counter Remedies

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

**Multileve™ Fast Relief**  
-Fast-acting relief for muscle, menstrual, back or tension discomfort  
-Relieves common aches & pains from overwork, stress or exercise  
-Safe for long-term use - 100% natural

**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!

RAINBOW LIGHT



Upcoming March-April Newsletter Topics

Allergy and Cancer Awareness

Newsletters are FREE!  
Send a copy to friends and family.

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



## Heart Health Awareness Week

**FREE EVENT**

**All Stores**

February 4-8

M-F 10-7, Sat 10-5 pm



- Buy 3 get 20% off any size PNF brand **Concentrated Omega-3, CoQ10** (includes all mg) and **L-Carnitine** purchase (*must purchase all three to qualify for discount*)
- 25% off select books relating to heart health
- Free samples and educational literature

## Immune Awareness Week

**FREE EVENT**

**All Stores**

January 7-12

M-F 10-7, Sat 10-5 pm



- Buy 3 get 20% off any size Vita Logic **Antioxidant, Cold-C with Echinacea** and **Immune Formula** purchase (*must purchase all three to qualify for discount*)
- 25% off select books relating to immune health
- Register to win a free gift basket
- Free samples and educational literature

## Rolfing and Nia Exercise to

### Help Muscles

**FREE SEMINAR**

Friday, February 8

5:30-7 pm

The Landings, Columbus

706-322-3282



Do your muscles ache? Are your muscles inflamed? Are you in pain? Do you suffer from Fibromyalgia? If so, you're invited to a free seminar with certified Rolfer, Fred W. Jenkins, and certified Nia teacher, Deborah Jenkins. Reservations requested.

- 10% off select products to attendees
- Register to win a free gift basket

## Healthy Weight Loss Week

**FREE EVENT**

**All Stores**

January 21-26

M-F 10-7, Sat 10-5 pm



- Weight Loss Pack: Buy 3 get 20% off any size Vita Logic **Blast B-12, Hoodia-24** (tablets or spray) and **Stressed Out** purchase (*must purchase all three to qualify for discount*)
- Free *The Peachtree Diet* book with purchase of Weight Loss Pack
- Free *Weight Loss Tips* by Jan McBarron, M.D.

## Customer Appreciation Day

**FREE EVENT**

**All Stores**

Saturday, February 23

10-5 pm



- Demo and 20% off Carlson Liquid Fish Oil
- Double punches on VIP Cards on all purchases
- Register to win a free gift basket
- Free samples and educational literature

# Naturopathic Doctor, **Elizabeth Cantrell, N.D.**, Is Here to Help You Feel Happy, Healthy and Terrific the Natural Way!

## *What Is A Naturopathic Doctor?*

Naturopathic medicine is a health care specialty that seeks to improve well-being by using natural, non-invasive methods to prevent or alleviate disease. This specialty emphasizes a holistic approach in helping patients with all types of health conditions.

Naturopathic doctors (ND) are trained at accredited, four-year, post graduate medical schools that specialize in naturopathic medicine. Just like your MD or DO, naturopathic doctors complete advanced education in how the body works, how different diseases affect the body and how to accurately diagnose illness. NDs also undergo thousands of additional hours of training in nutrition, herbal therapies, vitamin therapies, homeopathy, counseling and physical medicine.

This extensive education makes naturopathic doctors experts in natural approaches to health and disease. Because of their thorough understanding of the science of the human body

and natural medicine, NDs are highly qualified to work together with you and your family doctor to support your overall health.

## *What Can I Expect During a Visit?*

You can expect the most detailed and thorough visit you have ever had with a doctor. Because naturopathic medicine treats the whole person, Dr. Cantrell learns as much as possible about you to get to the root cause of your health concerns. Dr. Cantrell takes a thorough medical history as a first step to gain an understanding of the underlying causes of ill health. An initial visit typically lasts between 45 and 60 minutes. At the end of each visit you will receive an individualized wellness plan comprising diet and lifestyle suggestions and vitamin, mineral, herbal or homeopathic medicines. If indicated, you will also receive educational materials and handouts.



Dr. Elizabeth Cantrell graduated in 2005 with a doctorate degree in naturopathic medicine from Bastyr University. Bastyr University is one of only four accredited medical schools in the United States that provides training in natural therapies. She completed her internship at Bastyr Center for Natural Health in Seattle Washington. During her internship, Dr. Cantrell worked with a variety of populations including cancer patients, homeless women and served as a primary care provider for all ages. Her areas of interest include diet and lifestyle counseling, herbal medicine and vitamin and mineral therapies. Dr. Cantrell is the first naturopathic doctor to reside in Columbus, Georgia.

Dr. Elizabeth Cantrell, N.D.  
The Landings  
2483 Airport Thruway  
Columbus, GA 31904  
706-615-1626

## What Can A Naturopathic Doctor Help Me With?

Naturopathic Doctors can help with almost any condition. Common conditions that ND's are very successful at helping include:

- Colds, Flu and Allergies
- Skin conditions such as Acne, Eczema and Psoriasis
- Problems with Cholesterol, Triglycerides and Blood Pressure
- Diabetes and High Blood Sugar
- Digestion problems such as Heartburn or Irritable Bowel Syndrome
- Auto-Immune conditions including Thyroid problems
- Female complaints from PMS to Menopause
- Depression and Anxiety
- ADD/ADHD
- Joint problems such as Arthritis
- Cleansing or detoxification programs
- Weight loss