



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 November / December 2007 Newsletter for Healthy Living

Study Finds Echinacea May Prevent Colds



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

not only reduces the symptoms of **cold** but also assists with prevention of **colds**. The findings of the report indicate that people who took **Echinacea** had a 58% lower risk of catching a **cold**. Research also suggests that **Echinacea** could cut the duration of a **cold** by nearly 1 1/2 days. A previous study looked at the effects of combining **Echinacea** with vitamin C. The results showed that the combination reduced the number of colds by 86%!

Cold-C with Echinacea by **Vita Logic** combines the **cold** and flu fighting activities of **Echinacea** and vitamin C, making this product perfect for those trying to fight an active **cold** or flu and those wishing to prevent it. *Keyword: Q-tip



Cold-C with Echinacea 50 & 100 tablets Vita Logic



A report published in the medical journal *Lancet* suggests that **Echinacea**

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!**

Don't Miss These Events!

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

Peachtree E. Shp. Ctr
Peachtree City, GA
11-2 pm, Saturday, Dec 1

University Crossing
Auburn, AL
11-2 pm, Saturday, Dec 8

FREE Seminars

Elizabeth Cantrell, N.D.

Digestive Health Seminar
5:45 pm, Tues, Nov 6,
Snellville

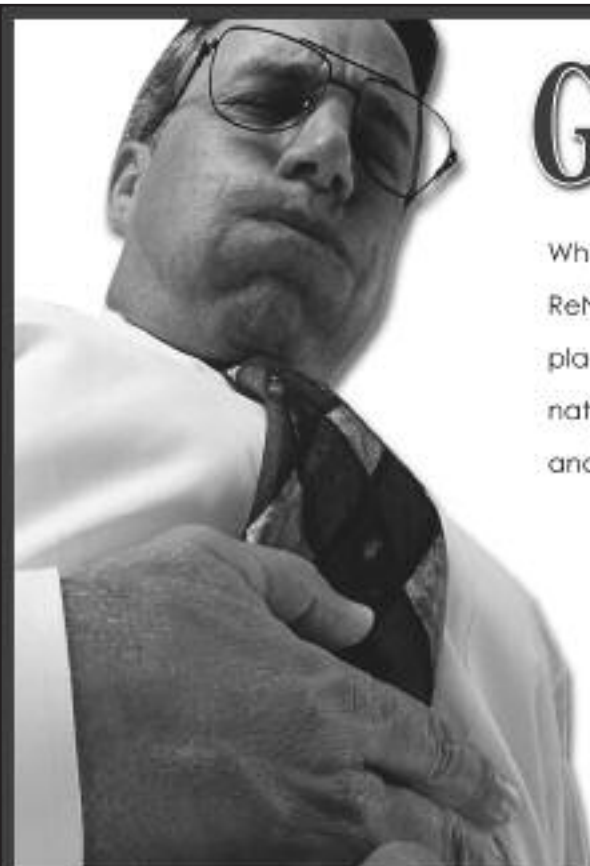
Herbal Medicine Chest
5:45 pm, Thurs, Nov 8
Auburn, AL

Blood Sugar and Overall Health
5:45 pm, Tues, Nov 13
Phenix City, AL

5 Steps to Improved Health
6 pm, Thurs, Nov 29
Peachtree City

See insert for more dates & details

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



Got Enzymes?

When difficult digestion puts your holiday plans on hold, ReNew Life has the solution. Our full line of superior-quality, plant-based enzyme formulas are made with only 100% natural ingredients to help target gas, bloating, heartburn and indigestion.*



*This statement has not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Healthy Kids. Happy Taste Buds!

Buddy Bear Digestive Care Chewables are made with only the purest natural ingredients to help growing kids get all the good things they need—like beneficial digestive enzymes, probiotics, wholesome fiber and DHA. Plus, each supplement comes in one of five great-tasting flavors their taste buds will love!



B Vitamin Cuts Stroke Risk

Research published in the medical journal *Lancet* reports that taking supplements containing **folic acid** may cut the risk of **stroke** by up to 30%. The research reinforced what has been shown many times before, which is that **folic acid** helps to lower homocysteine levels. Homocysteine is an amino acid that when found in higher concentrations in the blood has been shown to increase the risk of **stroke** and **blood clots**. The researchers found that those who took folic acid supplements for longer periods of time had the greatest reduction in **stroke** risk. Previous research also shows that greater reductions in homocysteine can be achieved by supplementing with not only folic acid but **vitamins B6** and **B12** as well. **Stressed Out** by **Vita Logic** provides an ample amount of all the **B vitamins** including **folic acid**, **vitamin B6** and **vitamin B12**. **Keyword: Xiaobin*

25% OFF
Regular Price

Stressed Out
30, 60 & 90 tablets
Vita Logic



Study Finds Strong Genetic Link To Bowel Ailment

Research published in the journal *Nature* suggests that the **inflammatory bowel ailment**, **Crohn's disease**, may be genetic. The scientists discovered that the disease tends to run in families and is more common in certain ethnic groups especially in people of European Jewish descent. Scientists also recognize that certain environmental factors play a role in its development including smoking. The disease is most commonly diagnosed in people between the ages of 20 and 30. It can cause severe **abdominal pain**, **diarrhea**, **rectal bleeding**, **weight loss** and **arthritis**. Proper breakdown and digestion of food is critical in alleviating and preventing this and all other inflammatory diseases. **Digestive Formula** by **Vita Logic** contains a comprehensive array of digestive enzymes that can assist with the breakdown and digestion of food. **Keyword: Rioux*

25% OFF
Regular Price

Digestive Formula
60 & 120 tablets
Vita Logic



Acid Reflux Common In COPD Patients

Research published in the medical journal *Chest* indicates that more than half of patients with **COPD** have **gastrointestinal reflux disease** (GERD). **GERD** is a condition characterized by the backward movement of stomach acid into the esophagus. This typically causes burning and pain in the chest. **Chronic obstructive pulmonary disease** (COPD) is a progressive **lung disease** and includes conditions such as **emphysema** and **chronic bronchitis**.

25% OFF
Regular Price

Stomach Formula
60 & 120 capsules
Vita Logic



The study found that 57% of **COPD** patients examined had **GERD**. **Stomach Formula** by **Vita Logic** contains a blend of soothing herbs to not only combat **acid reflux** but to also promote healing and decrease **inflammation** along the entire digestive tract, including those areas irritated by **GERD** like the esophagus. **Keyword: Kempainen*

25% OFF 60 Tablets
JUST ONCE™ Iron-Free Safe Guard Multivitamin
Completely vegetarian nutrition compatible with certain medications and health concerns; antioxidants, nutritious foods, and botanicals for vitality

The first ever multivitamin that has been screened for drug/nutrient contraindications:

- No added iron for those who do not need supplemental iron (most men & post-menopausal women)
- No Paba for those taking sulfa medications
- No Vitamin K for those taking blood-thinning medications
- No iodine for those with thyroid concerns
- No Copper contraindicated for cancer patients and cancer survivors

Choose Your Best! Choose Rainbow Light!

Give the Gift of Health with Custom Gift Baskets Gift Certificates

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

Easing Depression Without A Prescription

Recent studies suggest that effective treatments for **depression** are not always found in a prescription. Dr. Nadia Marsh at Cabrini Medical Center in New York states that a combination of complementary and alternative treatments can help with **depression**. Previous research out of Duke University demonstrated that ten months of regular, moderate exercise reduced depressive symptoms at a rate equal to that of Zoloft. In addition, when exercising in a group setting, the benefits of easing major **depression** seem to be as effective as standard anti-depressants.

Another study at the University of Texas Southwestern Medical Center showed that 30 minute workouts done three to five times a week could cut **depressive** symptoms in half. The options of complementary and alternative medicine extend beyond exercise and may include massage therapy, acupuncture, vitamins, minerals and herbal medicines. The combination of these therapies can boost mood and ease **depression**. For mood support consider the list of complementary options including **Mood Formula** by **Vita Logic**, which contains a combination of nutrients and herbs that assist with mood support. *Keyword: Cabrini

25% OFF
Regular Price

Mood Formula
60 & 120 capsules
Vita Logic



20% Off Turkeys

Free-range turkeys 10+ lbs.
Organic turkeys 8+ lbs.
Reserve your turkeys today!

The Gift of Giving

FREE Event! Bags filled with non-perishable food items and donated to local charities can be purchased for \$5 (small bag) and \$10 (large bag).

All Store Locations

M-F 10-7, Sat 10-5 pm, Nov 1 - Dec 22

Carlson.
Improve Your Mood
Calm Your Mind

20% Off

Mellow Mood
- Reduces feelings of stress and anxiety
- Promotes relaxation and mental clarity

Healthy Mood 5HTP Elite
- May reduce mood fluctuations
- May reduce carbohydrate cravings and sleeplessness

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November & December Events

Stress Less This Holiday Season

FREE Week Long Event! Come in to learn how you and your family can lower stress levels, anxiety, and depression naturally. 20% off Vita Logic Stress Pack (30-day supply): Mood Formula, Stressed Out and Daily Extra. 15% off select supplements. 10% off relaxing teas. Register to win a free gift basket.

The Landings, Columbus

M-F 10-7, Sat 10-5 pm, November 5-10
(706) 322-3282

Digestive Health Seminar

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss how proper digestion is essential for total body health. Topics will include: the benefits of enzymes, what are probiotics and who needs them and when, healing a damaged or inflamed digestive system and consequences of poor digestion. 15% off select digestive supplements. Reservations requested.

Snellville

5:45 pm, Tuesday, November 6
(770) 982-4989

Herbal Medicine Chest for Cold & Flu

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will educate customers on how to prevent colds and flu through herbs and vitamins. 25% off select Vita Logic supplements. Free samples and special discounts to attendees. Reservations requested.

Auburn, AL

5:45 pm, Thursday, November 8
(334) 821-7749

Digest Away Your Cares

FREE Week Long Event! Let us help you take care of your stomach during the Thanksgiving holiday! 20% off Healthy Trinity. 15% off Stomach Formula, Enzymatic Pearls and all non-sale Digest Enzymes. 10% off GTS Kombucha (all flavors). Receive 25% off all books. Free literature and DVDs on digestion.

North Columbus Crossing, Columbus

M-F 10-7, Sat 10-5 pm, November 12-17
(706) 649-3071

Happy Gluten-free Holidays

FREE Week Long Event! Enjoy yummy gluten-free samples of traditional holiday dishes. Receive free gluten-free recipes. Register to win a free gift basket. 15% off featured products.

Milgen Plaza, Columbus

M-F 10-7, Sat 10-5 pm, November 12-17
(706) 565-9245

Blood Sugar and Overall Health

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss how controlling blood sugar can contribute to overall health. 10% off featured products. Reservations requested.

Phenix City, AL

5:45 pm, Tuesday, November 13
(334) 480-0284

Spices For Health

FREE Seminar! Snellville manager, Agatha Noveille, will discuss the many uses of common kitchen spices beyond flavoring. Discover the health benefits of cinnamon, clove, orange peel, ginger and others. 15% off select spices and herbal supplements. Double punches on V.I.P. cards for purchases. Reservations requested.

Snellville

5:45-6:45 pm, Wednesday, November 14
(770) 982-4989

Winter Wellness Seminar

FREE Seminar! Sherri Balzer will teach you how to stay well this winter season. Learn what to keep in your medicine cabinet. 10% off featured products to attendees. Door prizes. Free samples. Reservations requested.

The Landings, Columbus

5:45-7 pm, Thursday, November 15
(706) 322-3282

Hot Sampling Day

FREE Event! Come in and warm yourself with hot soup and cider for the holidays. 10% off soups and cider products. Free samples. Double punches on V.I.P. cards for purchases.

Peachtree City

10-5 pm, Saturday, November 17
(770) 487-8288

November & December Events

Thanksgiving Lunch On Us!

FREE Event! We're offering all the fixings for your Thanksgiving dinner: organic sweet potatoes and green beans, fat-free gravy, low-fat dressings, delectable stuffings and more!

Auburn, AL

M-Th 10-7 pm, November 19-22
(334) 821-7749

Customer Appreciation Day

FREE Event! Double punches on V.I.P. cards on purchases. Free samples. Prize drawings.

Milgen Plaza, Columbus

10-5 pm, Saturday, November 24
(706) 565-9245

Fight Diabetes Through Food

FREE Week Long Event! Diabetic friendly foods that are sugar-free, low carb and low glycemic index. 20% off Diabetic Lifestyles food items. Free samples.

Phenix City, AL

M-F 10-7, Sat 10-5pm, November 26-December 1
(334) 480-0284

5 Steps To Improved Health

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss how hydration, sleep, fiber, decreasing inflammation and specific vitamins can improve health. 10% off recommendations. Reservations requested.

Peachtree City

6 pm, Thursday, November 29
(770) 487-8288

Cool Weather Sale

FREE Event! Prepare for cooler weather with 15% off herbal teas and baking mixes (muffin, brownie, cake, cookie and pancake mixes). Available in low carb and gluten-free. Enjoy a free tea tasting.

Phenix City, AL

10-5 pm, Saturday, December 1
(334) 480-0284

Holiday Customer Appreciation Day

FREE Event! Take advantage of this one day sale! 20% off Vita Logic line (excludes sale items). Free samples and goody bags.

Snellville

10-5 pm, Saturday, December 1
(770) 982-4989

Maximize Your Energy

FREE Week Long Event! Get energized for the busy holiday season. Learn how to maximize your energy levels naturally without feeling nervous or jittery. 15% off select supplements. 10% off energizing teas. Register to win a free gift basket.

The Landings, Columbus

M-F 10-7, Sat 10-5 pm, December 3-8
(706) 322-3282

Keep Colds Away

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will discuss cold and flu prevention and treatments to keep your family healthy. 15% off featured products. Free samples. Register to win a free gift basket. Reservations requested.

Milgen Plaza, Columbus

6 pm, Thursday, December 6
(706) 565-9245

New Beginning With A Cleanse

FREE Seminar! Naturopathic doctor, Elizabeth Cantrell, N.D., will educate customers on the natural cleansers for candida, yeast and other organisms in the body. 25% off Dual Action Cleanse, 15% off Renew Life Cleanse for attendees. Reservations requested.

Auburn, AL

5:45-7 pm, Tuesday, December 11
(334) 821-7749

Customer Appreciation Day

FREE Event! 20% off any two large-sized bottles of Vita Logic (excludes sale items). Free food samples. Double punches on V.I.P. cards for purchases.

Peachtree City

10-5 pm, Saturday, December 15
(770) 487-8288

From Our Family To Yours

FREE Event! Enjoy a variety of savings each day! Save on digestive aids, immune products, line drives and more! Register to win a free gift basket. Free samples and goody bags.

Auburn, AL

W-F 10-7, Sat 10-5 pm, December 19-22
(334) 821-7749