

...experience

TRU*HEALTH

Quality Nutritional Products

Newsletter

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(24-hr. message center)

GOT A SWEET TOOTH? FEED IT WISELY!

When looking for a sugar substitute, choose wisely and go natural.

Popular chemical substitutes (Aspartame and Sucralose) contain harmful ingredients and can cause health problems.

Aspartame**Background**

Better known as NutraSweet or Equal, Aspartame received FDA approval in October 1981 and is commonly found in children's vitamins and medicines, diet drinks, foods, and gum.

Concerns

- Before giving its okay, the FDA's concerns included: aspartame may cause brain damage.
- Aspartame lowers the acidity of urine and therefore reportedly makes the urinary tract more susceptible to infection.
- Aspartame is a molecule composed of three components: aspartic acid, phenylalanine and methanol (wood alcohol). Once it is ingested, the methanol converts to formaldehyde and formic acid. Formic acid is the poison in an ant sting and formaldehyde is common embalming fluid and known as a Class A carcinogenic.
- The formaldehyde not excreted by the body is stored in fat cells, preserving them. While dieting, you may be defeating your purpose by drinking diet drinks!

Sucralose

Also known as Splenda, sucralose is the newest chemical to be marketed as a sugar substitute. Being new, sucralose has not been adequately tested, resulting in similar unknowns as we faced with aspartame 15 years ago:

- Pre-approval test indicated potential toxicity of sucralose.
- There are no *independent* controlled human studies on sucralose (similar to 15 years ago for aspartame) or monitoring of health effects.
- Recent Research shows a possible renal problem seen in post approval animal research.
- Despite the manufacturer's mis-statements, sucralose does break down into small amounts of 1,6-dichlorofructose, a chemical which has not been adequately tested in humans.

Go Natural

TruHealth carries many fine, natural sugar replacements:

Stevia

Water-based whole leaf Stevia extract is approximately 30 times sweeter than cane sugar or sucrose, yet has only 1/300 of the caloric value of sugar. And has been use extensively in Japan since the 60's in many commercial. It offers a sweet flavor and more:

- Lowers blood sugar in diabetics or raising it in people with hypoglycemia.
- Inhibits the growth and reproduction of some bacteria and other infectious organisms.
- Improves digestion and gastrointestinal function.
- Helps speed recovery from minor illness.
- Softens the skin and smoothing out wrinkles.
- Helps heal various skin blemishes, including acne, seborrhea, dermatitis and eczema.

TruHealth has several types of Stevia available in either liquid or powders. *Come in and try some of our free samples.*

SlimSweet®

A new sweetener, SlimSweet is made from a fruit blend called Lo Han

Gold™ and provides a nice, sweet flavor in addition to:

- Burning fat
- Not stimulating fat storage, elevating insulin levels or raising cholesterol
- Promoting weight loss

Is completely natural and safe for children

Check it out. Taste a sample at the store.

Raw Sugar

Also known as Turbinado Sugar, Raw sugar is actually good for you and has nutrients for your body. It's a little sweeter than white sugar and can be substituted in your favorite recipes in the same quantities as refined sugar.

Do not confuse raw sugar with brown sugar, which is just white sugar colored with molasses!

We also have other sweeteners we can educate you about such as Agave Nectar, Brown Rice Syrup, Sorghum, Barley Malt and Fruit Juice Sweeteners.

WHY USE ORGANICALLY GROWN PRODUCTS

The answer is simple and important—for your health! You are important aren't you?

Organic products are grown and processed on a variety of farming methods that work in harmony with nature. These methods work to build soil health and preserve biodiversity. The standards forbid the use of toxins and persistent synthetic pesticides and fertilizers, irradiation, sewage sludge and genetic engineering in food and fibers labeled organic.

The new U.S. Department of Agriculture's (USDA) National Organic Program that is now in effect. Growers who meet these standards must be certified by a USDA accredited agency to be certified organic and also covers imported organic food products, ensuring you that all labeled foods meet the USDA standards.

If you want to make sure you're eating organic foods, read labels and look for these guidelines:

1. 100 percent organic
2. Organic – at least 95 percent of ingredients are organic
3. Made with organic ingredients – at least 70 and up to 90 percent of the ingredients are organic
4. Products containing less than 70 percent organic content may identify organic content only on their product label's ingredients list.

In all categories, the same ingredient cannot be from both organic and non-organic sources.

So now check the labels of your food products and shop organic—for your health!

TruHealth carries a variety of organically produced food products. Also, we can recommend local farmers who grow/sell organically grown fruits and vegetables, and serve as a drop spot where you can pick up your order! Come in and check us out.



SAMPLE, READ AND LEARN

Since our goal is to have you take charge of your health, TruHealth carries many samples of our foods and other grocery items. We also have a vast collection of literature and books (for reading here or purchasing). Just come in and spend some time.



FEATURED HERB

Yarrow: Since the time of Greek warrior-god Achilles, Yarrow has been used to stop internal and external bleeding of all kinds. Today Yarrow is used as a tonic, carminative, febrifuge, antispasmodic, astringent and hemostat. Yarrow can flush the lymph system, stop bleeding, kill infections and some parasites, and boost the immune system. Made into a tea, Yarrow can stop or prevent vomiting. Pregnant women should not take it in large quantities. However, it can help during delivery as it stimulates the uterus. Call TruHealth for more details.

GOOD STUFF AT TRUHEALTH

Mexi-chips: If you like Doritos, you'll like Mexi-chips. They have the same taste but without the dairy or MSG.

Old Mill Bakery: Like healthy, fresh bread? Enjoy the fresh, delicious breads from Old Mill Bakery. We have wheat, dairy and sugar free breads. Try them before you buy. Come in and treat yourself to our free samples.

Healthy drinks: Break away from soda with Odwalla juices and an assortment of bottled waters.

Pampering products: Choose from our variety of locally made soaps from Eden Valley. You'll enjoy the soap's different aromas of various essential oils.

Be sure to stop by often as we change and grow to serve you better!

A TRULY HEALTHFUL RECIPE

Basic Marinara Sauce



- 2 Tbsp olive oil
- 1 large yellow onion
- 6 large garlic cloves, crushed
- 8 medium tomatoes, chopped
- 1 cup sliced mushrooms
- 2 tsp dried oregano
- 1 Tbsp chopped parsley
- 1/8 tsp cayenne pepper
- 2/3 cup tomato paste
- salt and pepper to taste (remember to use Real Salt)

Sauté the onion and the garlic in the olive oil until the onions become translucent, stirring frequently to prevent burning. Add the remaining ingredients and simmer for at least an hour, but the sauce will improve with additional cooking. Be sure to stir occasionally since this is a rich sauce and will burn if unattended.

REMEMBER

Visit TruHealth at
www.truhealth.com.

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Any pasta sauce
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Rice Vegetable Twist &
Rice Vegetable Penne
and Rigate



With this coupon, save

Save **20¢** on
SoyCo rice
parmesan cheese

TRU HEALTH CLASSES

Check the store for our current class schedule.

November-Touch for Health.
You won't want to miss this class. Call the store for more information on what this interactive workshop can do for you.

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