

Lakewinds

MEMBER NEWSLETTER

FEBRUARY/MARCH 2007

Lakewinds Staffers Come Clean

By Judy Thompson

As the days lengthen and the light returns, we all have a heightened awareness of how we feel and a renewed memory of how we want to feel. Lakewinds staffers are inspired this time of year to attend to their bodily selves for cleansing, renewal and well-being.

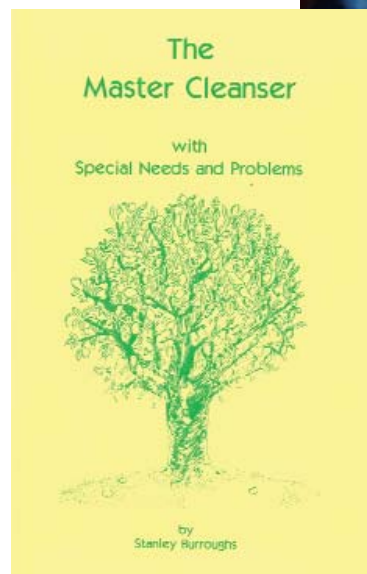
In the Fast Lane

John Moran, E-grocery Coordinator at Lakewinds, is a biannual practitioner of the Master Cleanse. He has fasted twice a year now for the past five years. “The first time I fasted I pretty much started on a whim. I had an overall interest in detoxifying my body. I heard about a cleansing fast by word of mouth from fellow Lakewinds members and employees. I then read the book called *The Master Cleanser* by Stanley Burroughs,” said John.

This slim pamphlet advocates a cleansing liquid diet that John follows on a regular regime twice a year. John added, “I find that the equinoxes, the change of season in the spring and in the fall, are good times for me. I aim for a three-week cleanse in the spring and a few weeks in the fall. I begin the spring cleanse in early March shortly before the spring equinox.”

John follows the cleansing diet to the letter, straight out of the book. “I do not eat anything. I have an initial desire to eat but I get over that quickly. It is very simple and I love the simplicity. Everything I need is available at Lakewinds. It is inexpensive and a huge time saver. I mix up the four ingredients—fresh lemon juice, real maple syrup, cayenne pepper and water, before I leave the house in the morning. For the days I am fasting, there are no meals to prepare, no dishes to wash, no groceries to buy,” said John.

John is able to continue his regular day-to-day activities with plenty of energy. He commented, “The fast does not impede me in any way. The cleanse is also



good for weight loss as well as a detox program. I am happy to drop some pounds and might lose 20 pounds in a three-week period. An additional benefit is that I feel so much more limber. All the toxins are released from my joints. This cleanse is easy for me. I am able to get a lot done and I feel lighter, more flexible and have more energy during the fast.”



John Moran, Maria Beams, Mary Moulton and Leslie Smith all feel they have greatly benefited from a cleansing or fasting routine that is now a part of their ongoing nutritional care.

Maria Beams who can be found close to the customer service desk at Lakewinds, is another employee who gives a heartfelt tribute to the healing value of cleansing and fasting.

About four years ago Maria began a quest to restore her health and well-being. Experiencing health problems and general malaise, Maria sought out doctors and had tests performed only to be told that there was nothing wrong with her. Frustrated yet determined to regain her health, Maria went outside western medicine. She began to work with a naturopath and conducted extensive research on her own.

She made changes in her diet. She first gave up dairy for a year, then went wheat-free, then wheat- and gluten-free and began to eat all organic. She lost 50 pounds

in five months with no conscious effort to lose weight. She took supplements that helped support the body to detoxify.

Her research led her to a book she found most valuable, *The Amazing Liver and Gallbladder Flush* by Andreas Moritz. Her initial experience with the flush and detox

Leslie recounts the several stages of the intensive two-week flush. "Initially it is like boot camp ... [But] after three days, I no longer craved sugar. Witnessing my body transform was the most exciting part."

program set out in the book was difficult. "I felt worse for some amount of time," she remembered. "It was not pleasant at first but the results have been amazing. I have flushed thousands of stones. I always had cold hands and feet. No longer. My body temperature used to be high, now it is normal. My hormone balance has been restored. The first

year I did a liver flush once a month, now I do one every two to three months and soon I will do only an annual cleanse."

Maria is delighted with her current digestive health. "I eat more now than I ever ate, but I eat differently. I eat three meals a day. For breakfast I have hot cereal such as oatmeal or I might have pancakes or waffles. Lunch is the biggest meal of the day and often includes meat, salad and dessert. I don't measure how much I eat but I stop eating before I get that full sensation. I am always satisfied. I have no cravings and I am not a snacker," said Maria.

"Once I met my nutritional needs," Maria continues, "my body began its recovery. I am no longer gluten-intolerant. I no longer need to take digestive enzymes as I once did. It has been almost four years since I lost the weight. I never focus on dieting, but rather on detoxifying. I can now eat dairy and gluten. The body has a wonderful ability to heal itself."

Flush of Spring

Leslie Smith, Customer Service Supervisor at Lakewinds, is as eager as Maria to share the benefits she has experienced from cleansing.

“A few years ago I was intensely searching for something that would change my body and the way I felt. I was eating decently and exercising but I wanted to feel good,” said Leslie.

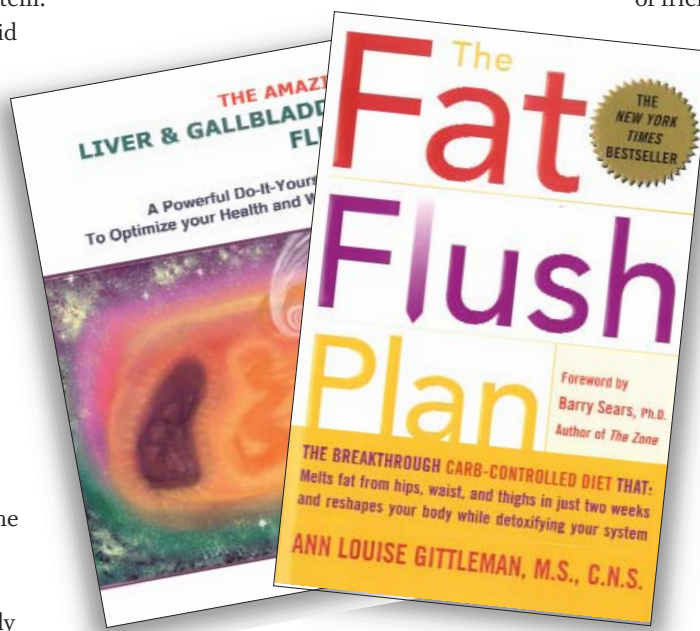
Leslie followed the fat flush diet laid out by Ann Louise Gittleman in her book *The Fat Flush Plan*. The book presents a diet and fitness program that stresses good nutrition and balanced eating and maps out an intensive two week cleansing program which Leslie followed. She was astounded at the results and added, “It was incredible to feel so comfortable in my body. And it was amazing to see my body change is such a short amount of time.”

Leslie recounts the several stages of the intensive two-week flush. “Initially it is like boot camp. It is hard for the first few days as you get the sugar out of your system. During this initial detox period I did not feel good. After three days, I no longer craved sugar. Witnessing my body transform was the most exciting part.” Leslie added, “The transformation was noticeable and visible to others and to myself by the middle of the second week. After the initial two-week liver cleanse the program became easier, I felt better and I wanted to continue with the program.”

Leslie offers some tips for anyone considering a cleanse. “Planning is very important. I can’t stress that enough. If you have your juice ready and your food ready, you don’t get hungry. Because eating is such a social activity, I need to restrict my social engagements during the strict phase of the program. I avoid parties and events where it is easy to stand around and nosh. But the program is not hard to follow after the initial flush. When I make family meals, I make meat and vegetables that we all can eat, then add potatoes for the rest of my family. I put flax oil on my string beans while I pass the butter around the table. And I try to have a friend who is also on

the program so we can support and encourage one another,” said Leslie.

Leslie has done the master cleanse like John Moran and the liver flush like Maria. “My basic guideline to follow is to eat healthy on a regular basis and then fast or cleanse with an intensive focus when needed. The fat flush is more of a modification of my eating habits. I can feel in my body when I need to do a flush.” Leslie continued, “When I feel especially stressed then I consider it. I like to cleanse this time of year when it gets closer to spring, when the weather is a little warmer. After the initial intensive phase, I continue to stick to basic principles and I modify the plan to fit my life. I need not be overly restrictive. I may go out with friends and have a glass of wine. I make it work for me, for my life.”



Mary Moulton, Outreach and Member Services Manager of Lakewinds, is a fat flush veteran and aficionado like Leslie. She also advocates this time of year to get ready for a spring cleansing. “Many of us load up during the darker colder days with heavier foods and breads. We also indulge in all the rich foods and sweets offered through the holidays. Now it is no longer necessary to be sated the way we needed to be in the darkest days of winter. I find I am lightening up on the warming foods. My

soups are less hearty though still filled with plenty of vegetables,” said Mary.

Mary describes this time of year as coming out of hibernation, but not yet time for the grill. “I am still hungry but I don’t need to eat for the winter. I need as much water as in summer. Fluids are essential. I drink cranberry water recommended in the Fat Flush plan and I increase my water intake. I drink green tea which helps with weight control. It is time to return to eating more fresh fruits and vegetables. Lemons and limes are especially important this time of year. I keep healthy frozen food on hand for the teenagers in my life but I buy fresh food frequently for myself.”

She values doing a cleansing program with the participation of a friend or group of friends. “Food is about sharing. I value others spurring me on and me them. I like a collaborative approach to good health. I also am starting Pilates where I can participate in group activity where I am held accountable,” added Mary.

Mary also honors how food nourishes the spirit. She said, “We can take this time to cleanse our bodily systems and also take time to appreciate what we have. The best food in the world is now available to us in great abundance on a daily basis. As I approach food with more mindfulness, I am filled with reverence and gratitude for our daily fare and for all who provide it to us.”

This article describes personal journeys that a few employees at Lakewinds have taken as part of their fasting or cleansing approaches. This article is meant to explore their experiences in an informative manner and not meant to be prescriptive or diagnose health issues. You should consult your physician or holistic practitioner before starting any type of fast or cleanse.

THE MAKINGS OF AN ALTERNATIVE

By Mary Tellers

Years ago, my older sister won a hope chest in a church raffle. After this treasure box was delivered, my mother and sister lovingly admired the intricate needlework on the variety of table linens, quilts, towels and doilies inside.

Before sitting down to write this article, I appreciated a different kind of hope chest. My alternative medicine chest contains herbal and homeopathic remedies, flower essences, essential oils, creams and ointments plus a vitamin and mineral supplement. Like the crewel work stitched onto one of my sister's kitchen towels, I'm reminded of the attention to detail that Mother Nature weaves into her creations. Each remedy's special features work their magic on the body, healing and bringing comfort in times of stress and illness.

Self Heal Flower Essence

This plant's sturdy square stem is a sign of how well it works in stimulating strong, inner vital forces for deep healing of both body and soul. Self Heal helps a person recover his or her emotional capacity to heal. It is also good for healing physical wounds, when used in the form of poultices, compresses or creams.

Lavender Essential Oil (Lavandula angustifolia)

Considered the "first aid kit" of aromatherapy because of its many uses, lavender's gentle ways alleviate headaches, earaches, sinus congestion, cuts/scrapes, burns and menstrual cramps. Either used topically or added to bath water, it helps relieve anxiety and depression. Cosmetically, it's also great for scar prevention, daily skin care, difficult skin

conditions such as eczema or acne, and as a natural deodorant.

Arnica (Arnica Montana)

Also known as Leopard's Bane or Wolfsbane, Arnica's yellow flower blossoms in the spring. Both the plant's animal names and its tooth-edged heart shaped leaves tell us how fierce this remedy is in taking "a bite out of pain" that accompanies strains, muscle injuries, dental work, surgery and childbirth. Arnica is the perfect homeopathic remedy for athletes and fitness buffs to carry in their gym bag

because it works so well to relieve sore muscles. Arnica also helps heal bruises (when applied topically) and reduce swelling.



Colloidal Silver

Prior to the introduction of antibiotics to the medical establishment, silver was the top choice of doctors as an immune-building medicine. The effectiveness of today's formulations comes from its smaller particle size. Colloidal silver's ion power, a positive electrical charge, explains why it works so quickly in stopping a cold or infection from overwhelming the body.

Probiotics

If I had known about probiotics when I was younger, I could have prevented a peptic ulcer at age 26 and later, systemic candidiasis and multiple chemical sensitivities. Lactobacillus and Bifidobacteria are the two most important probiotic bacteria needed to maintain a healthy balance of flora in the digestive tract. These bacteria help prevent the harmful bacteria from reproducing and they create substances that act as natural antibiotics.

Daily probiotic supplementation (such as acidophilus) along with a consumption of fermented foods such as yogurt, tempeh or sauerkraut (kim chee) are essential for re-colonizing a digestive system that is unbalanced due to antibiotics, chlorinated drinking water and highly processed foods. A probiotic formula with a high concentration of bacterial strains will address the symptoms of digestive upset, constipation, diarrhea and flatulence that are common side effects from a poor diet.

Enzymes

Enzymes are the keys in an alternative medicine chest that unlock the body's ability to digest food and metabolize nutrients for energy production. Enzyme supplementation is one way to build up a reserve that may be depleted from the aging process, from stresses such as overeating or eating highly processed and microwaved foods, and from acute or chronic illness.

In his book *Conscious Eating*, Gabriel Cousins, M.D., states that plant enzymes can take stress off the digestive system because they are "active at a much fuller pH range than animal enzymes." Besides taking digestive enzymes, other ways to enhance and preserve the body's store is by eating raw foods that are naturally loaded with enzymes and by taking proteolytic enzymes, such as bromelain and papain, between meals.



NATIVE MEDICINE CABINET



Essential Fatty Acids

After a long, stressful day at work, taking a hot bath and massaging my limbs with body oil are the necessary ingredients for reviving my weary muscles. The recipe for nourishing my skin from the inside out includes daily supplementation of essential fatty acids (EFAs) such as Omega-3's and Omega-6's. From a scientific perspective, EFAs are long-chain polyunsaturated fatty acids derived from linolenic, linoleic and oleic acids. Simply put, EFAs are good fats that the body needs and the benefits of consuming them go beyond skin health. They also support cardiovascular, reproductive, immune and nervous systems.

One tablespoon of flaxseed oil provides the recommended daily adult portion of the Omega-3 linolenic acid. Additional Omega-3 foods include Brazil nuts, sesame seeds, avocados, dark green leafy vegetables, and fish such as salmon, sardines, anchovies, and tuna. Omega-6's are also found in grapeseed oil, pine nuts, pistachio nuts, raw sunflower seeds, olive oil, olives, borage oil, evening primrose oil, black currant seed oil, and chicken.

Vitamin/Mineral Supplement

Today's savvy shoppers seek better quality vitamin and mineral supplements. Taking a multivitamin and calcium/magnesium supplements are easy to incorporate into your daily routine. Since most of us do not have a perfectly balanced diet, these supplements can fill in the "gaps" by providing the daily nutrients we need. When selecting a multi, look for "whole food based" vitamins that are nutrient-rich and easily assimilated by the body.

Cal/mag supplements are important for women to take on a regular basis to prevent bone loss. Women need more calcium than men—about 1000 to 1200 mg daily from all sources. Both men and women tend to not get enough magnesium though it is easy to incorporate into the diet by eating whole grains, leafy green vegetables, nuts and beans.

Mary Tellers is a Lakewinds Natural Foods team member and works in the wellness department. The purpose of this article is to provide information on nutraceuticals and alternative medicine. It is not intended to be prescriptive or diagnose health problems.

Employee Wellness Favorites

When shopping at Lakewinds, have you ever wanted to know more about a specific product before you bought it? Well, here are some favorite products from the staff at Lakewinds in Chanhasen that might give you a little more inspiration the next time you shop.

Herb Pharm Liquid Extracts

"This company has been around for 28 years. They use a testing technique called chromatography that isolates the most active and beneficial elements of an herb. This greatly enhances the quality and purity of their products." —Michelle, Wellness

Burt's Bees Shea Butter Hand Repair

This is the best winter hand cream that I've ever used. It has a great smell, absorbs well, and has helped prevent my hands from their normal winter cracking." —Leslie, E-grocery and Customer Service

New Chapter Berry Green

"A wonderful green drink that is also a probiotic. It mixes well with juice and gives me energy. I also recommend it to anyone who wants more fruits and vegetables in their diet." —Rachael, Wellness

Cell Food's Oxygen Gel

"I use it as an aftershave, and it is unscented. It is great for minimizing the appearance of wrinkles and evens out my skin tone. I suggest that women use it as a base before applying their make-up or daily moisturizer." —Sam, Wellness

Dr. Bronner's Liquid Soap

"This is a wonderful multi-purpose product made with clean and organic ingredients that you can pronounce. In my home, we use it as a shampoo, body wash, hand soap and bubble bath. It's a great cleaner for kitchens, floors and bathrooms too." —AnnMarie, Bookkeeper

Himalaya Goji Juice

"Where do I start?! There are so many benefits to taking Goji juice. It has anti-aging properties, improves the mood, aids in digestion and helps strengthen the immune system. It's an all around great product. It does have to be taken daily and takes a month or two to see results, but many of our customers seem really happy with it." —Penni, Store Manager

Looking for Love in All the Right Places: Our Special Connection with Pets

By Dawn Margavage

Moose was a scrawny 7-week-old tabby when I met him. He cautiously wobbled around my friend's living room, his unique walking style a result of his mother having suffered distemper. Any special care he might need wasn't on my mind; I was only there for a visit. He circled the room, crawled up onto the couch and made his way over to my lap. I gently rubbed his cheeks, he leaned his head back, his mouth opening enough for his tongue to poke out. He was cute as a button. Our eyes connected and a relationship began. Perhaps some would call it "love at first sight."

You probably have your own adoption or rescue story that you cherish. Some bonds occur quickly, others take time and exceptional patience. Today, many people feel their cat or dog is a member of the family, rather than just a "pet." And when you love and cherish a being, you want to invest time to maintain and grow that loving connection.

Rescue animals, or those from puppy mills or pet stores, have typically suffered trauma or neglect that can create challenges in establishing a bond. Even if you adopt a well-adjusted companion, consider these things to further deepen the bond.

Establish routines: Like humans, animals relish their routines. It can be a daily walk, an opportunity to sit in the sun on the 3-season porch or a time to play catch. When our lives are busy or we are dealing with a crisis, it is especially important to find time for routines, even if the 20-minute walk becomes a five-minute walk. When clipping nails, pick a quiet, unrushed time and if your animal is sensitive do just a few nails, and then reward with a treat.



Communication: Yes, you can train animals to understand certain words or gestures. But even more important is the daily communication. It is believed that animals communicate with humans telepathically, seeing pictures rather than fully comprehending words or sentences. Try sending your companion an image of when you are getting home from work (like when the sun is setting). For an animal that experiences separation anxiety, send an image of coming home and greeting your companion for reassurance. If your cat is afraid when strangers come into the home, create an area when she can comfortably hide and feel safe, and remind her of that spot before the electrician shows up.

Recognize and support unique behavior: Does your animal shy away from new people or bark loudly? While you are helping him learn to be more comfortable with new people, accept his feelings. Communicate your animals preferred mode of greeting (Max prefers to sit next to me and doesn't like to be petted right away). If your cat loves to climb your expensive curio cabinet, invest in a tall cat condo, or find an

acceptable cabinet and put a comfortable bed on top for her to enjoy.

Be open to change: If your 17 year old Persian no longer likes to be groomed, maybe due to arthritis, groom more often but for shorter periods of time. The lab who is suddenly terrified of fireworks might be much more comfortable if you spend the evening together, feeding treats and playing as a distraction. If unsure about the changes in your animal, consider a check-up with the vet to rule out an illness.

Incorporate natural resources: Read food labels and avoid meals or treats that include by-products, colors, or additives, as they can cause chronic illnesses, immune disorders and behavioral problems. Herbs, supplements and flower essences are options to support your animal's emotional well-being. The Bach Flower Essence, Rescue Remedy, is good in any crisis or to prepare an animal for a challenging situation. And the dried herb lavender can be bundled into a muslin tea bag or an old pillow case and placed near or on your animal's bed, to induce a calming and relaxing atmosphere.

Most herbs are safe when used appropriately but always check with a reliable source or qualified practitioner if your animal has any health issues, is pregnant or lactating.

Whatever you try, your loving companion is sure to appreciate your efforts!

Dawn Margavage is an herbalist and owner of Natural Pet Care. She teaches classes and individual appointments that focus on natural wellness routines and natural approaches to chronic pet concerns. ThePetHerbalist@aol.com.

Take Another Look at Cleaners: Create a Healthier Home

By Laurie Brown of RESTORE

Consumers must educate themselves and be the gatekeeper for their own homes if they wish to limit their exposure to toxic chemicals. A good place to start is with cleaning products. Over 30 million pounds of household cleaners are poured down the drains of American homes each day and many of them are hazardous to your health and the health of the environment. Consider removing these types of products from your home. The best form of disposal is through a hazardous waste collection site. You can find one in your county at www.greenguardian.com.

1. Avoid bathroom cleaning products composed of harsh acids. At Restore, we use citric acid derived from fruits for getting rid of stains and hard water deposits and our customers report that it works as well as the national brands.

2. Avoid all-purpose and window cleaners that contain ammonia, chlorine, disinfectants and neurotoxins like butyl cellosolve. These ingredients are harmful if swallowed, inhaled, or absorbed through your skin. Most natural cleaners use plant based solvents derived from soy and orange, and do not contain ingredients that are listed as hazardous by OSHA.

3. Find a safer substitute for “air fresheners.” Rather than freshen the air, they only mask odors and contribute to indoor air pollution. Scientists are now finding that infants living in homes where they are used have a greater incidence of ear infections. Instead, open windows, run the exhaust fan or purchase a natural, non aerosol air fresheners like Orange-Mate.



4. Avoid solvent-based cleaners often found in furniture polishes, spot removers, metal polishes and floor wax. These can be extremely poisonous and are also absorbed through the skin and dangerous to inhale.

Restore's All Purpose Cleaner is a great alternative and works well on all types of surfaces.

When you become aware of these issues, you can make better choices for you and your family, and create a safer home and healthier planet. You can trust stores like Lakewind's Natural Foods to supply you with better alternatives for all your cleaning needs.

Laurie Brown is the founder of Minneapolis-based RESTORE Cleaning Products. You can reach her at laurie@restoreproducts.com or visit the company's website at www.restoreproducts.com.

Leadership Transitions at Lakewinds

By Jane Howard, President,
Lakewinds Board of Directors



As we progress into the New Year, I would like you to know about recent leadership transitions at Lakewinds. In December, realignment of

certain senior management positions with our current business needs resulted in an opening for the Anoka store manager. Dave Yarbrough, who served in this role before assuming these responsibilities at the Minnetonka store, requested and was given the opportunity to return to Anoka as store manager.

In January, Kris Nelson, General Manager of Lakewinds, elected to fill the role of Minnetonka store manager, a role she performed with great success for over 17 years. In her letter to Lakewinds' staff, Kris wrote, "When I daydream about what I have liked most about working here over the years and how my skills and interests can best be used, I cannot avoid the conclusion that I love working in the store and my biggest impact on the business comes from focusing my efforts on operations."

I am very pleased that John Case, former Treasurer of the Lakewinds' Board of Directors and current consultant to Lakewinds, has agreed to serve as interim general manager. John was CEO of Kellogg Commission Company, a grain merchant-

dising company, for 25 years until 1993. He then held similar positions at subsidiaries of Conagra Foods and Farmland Industries. We will conduct a national search for a general manager, and expect this could take six months or longer.

We want to take this opportunity to thank you for supporting Lakewinds through your membership and your shopping. As we continue to change to meet the needs of our members and our community, one constant is the spirit and commitment of our member-owners. Your thoughts and input always are valuable in shaping our direction, and the Board of Directors welcomes your suggestions or questions. Please send any comments to us at lakewinds@lakewinds.com.

Lakewinds Wins Environmental Award

Last December, Lakewinds Natural Foods received the Environmental Excellence Award from the City of Chanhassen, presented by Mayor Tom Furlong, for its commitment to sustainable practices, storewide recycling and its recent installation of solar panels at the store. Since being installed in August, the solar panels have stopped the production of more than 3,000 pounds of carbon dioxide.

Crisis Nursery Volunteers Wanted

Lakewinds invites our shoppers to volunteer for the Cooks for Kids program at the Greater Minneapolis Crisis Nursery. On the 4th Wednesday of every month we provide dinner to the children and nursery staff. If you have about three hours of your time (including travel) to help our staff with this effort, please contact Mary Moulton at 952-742-1211.

Gabriele Kushi Book Signing

Gabriele Kushi, president of kushiskitchen.com, a Macrobiotic certified health consultant and cooking teacher, will sign her new book "Embracing Menopause Naturally" at Lakewinds in Minnetonka on Saturday, March 24 from 12-2 p.m. The book is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout her midlife years and beyond.

More Value for Your Membership

Every month, we will offer a number of member specials throughout the store. In order to identify them easily, the items are marked with new red and white shelf signs. In addition, we will keep extra cases on hand of many of the best selling items already on sale. Any co-op member can receive an "instant case discount" of 5% off the already low sale price on unopened cases. We will continue to special order any case item not immediately available. See customer service for details.



Lakewinds General Manager

Kris Nelson

Board of Directors

Mary Chasin
John DePaolis
Janice Hardin
Jane Howard
Katherine Roseth
Joseph M. Wagner
Sharann Watson
Dale Woodbeck

Lakewinds is proud to be a member of the National Cooperative Grocers Association and the Association of Twin Cities Natural Foods Co-ops.

Design and layout by
Triangle Park Creative



Minnetonka

17501 Minnetonka Blvd.
952-473-0292

Anoka

1917 2nd Avenue South
763-427-4340

Chanhassen

435 Pond Promenade
Just off Hwy 5 at
Great Plains Blvd near Hwy 101
952-697-3366

www.lakewinds.coop

PRSR STD
U.S. Postage
PAID
Permit #1
Minneapolis, MN