



February - March 2017

# Your Neighborhood Natural Foods Store

You Belong Here

## Announcements

- Grab and Go Lunch: On Monday, Wednesday, and Friday, fresh salads roll out of our kitchen: Lemon-Kale Parmesan, Pesto-Tortellini, Waldorf Chicken Salad, Veggie Sushi...and many more. Easy, healthy lunch!
- Download our Loyalty App on your smartphone (flok.com/app) and save 20% off your next purchase. Includes Punchcard App for a free coffee or cold drink after buying 10, savings for checking in, and sharing on social media.
- Jae is available for health consultations on Wednesday through Saturday from 10:00 until 4:00. There is no charge for this service.



## Mood Matters

*"Limiting sugar, eating traditionally fermented foods, and taking a probiotic supplement are among the best ways to optimize your gut flora and support your brain health and normalize your mood."*

- Dr. Mercola

Colder, darker, more sedentary, and punctuated with holiday fanfare — the winter months can be a challenging time of year. Mood disturbances surge in the winter and may involve many factors. Whether due to distressing circumstances, gut imbalances of probiotics, genetic predisposition, long-term sleep issues, or chronic stress, there are many ways to naturally support positive mood.

These five supplements have pushed to the front row in importance for mood management:

**Probiotics** We now know that imbalances in the gut can impact your mental health and lead to issues like anxiety and depression. The bacteria, fungi, viruses and other microorganisms that comprise your microbiome outnumber your cells 10 to 1 and taken

together they weigh as much as six pounds. Many are referring to this microbiome as an *organ*, and one that is more vitally important to health than previously thought.

**Vitamin D** is vital for maintaining mental health. Supplementation of vitamin D is especially crucial in the winter.

**B-Complex** is known as the "stress vitamin". Being water soluble, B complex needs to be taken daily. Many food sources are destroyed by heat when cooking.

**Omega-3** supplements may allow the "feel good" neurotransmitter serotonin to pass through cell membranes more easily and function more effectively. Dosages typically start at 3 grams daily for mood support.

**Magnesium** deficiency is common. Sugar, caffeine, certain medications, and stress cause this important "stress mineral" to be excreted. An intake of 400 mg daily will enable your body to carry out numerous processes and support positive mood (continued on page 2).

## Homeostasis Anyone?

We now carry CBD Oil! Also known as cannabidiol, CBD is a promising phytocannabinoid found in agricultural hemp. These plant derivatives communicate with nearly every major organ system in the body and have one goal: to restore normal balance and physiologic homeostasis to the body and mind. CBD Oil may help with the following conditions: anxiety, pain, seizures, neurodegenerative disorders, nausea, loss of appetite, insomnia, mood disorders. Look for our in-depth Education Guide on CBD — available soon.



## Connect, Read, Listen, Learn

For every newsletter, we scan the internet for the most current, cutting-edge and inspiring health information to pass on to curious customers. Consider it part of your self-care to take time to relax and learn.

Check out this inspiring website for women: [www.drnorthrup.com](http://www.drnorthrup.com) You may have heard of Christiane Northrup, MD. She has authored several books, appears in interviews and gives talks regularly about women's health. In her new book, *Goddesses Never Age*, Northrup explains that women can get older without *aging* and that much of how we age depends on what we *think* about aging. You can visit her website and find a plethora of short videos to watch and sign-up for regular emails.

This seventeen minute TED Talk by psychologist Guy Winch makes a compelling case about why we should practice emotional hygiene — taking care of our emotions, and our minds — with the same diligence we take care of our bodies. Listen to "Why We all Need to Practice Emotional First Aid" [www.ted.com/speakers/guy\\_winch](http://www.ted.com/speakers/guy_winch)

Stanford University Health Psychologist Kelly McGonigal will give you a new perspective on stress. Her fourteen minute TED Talk, "How to Make Stress Your Friend" gives insightful ideas about we can be good at stress and the benefits that come from doing so. [www.ted.com/speakers/kelly\\_mcgonigal](http://www.ted.com/speakers/kelly_mcgonigal)

This *New York Times Magazine* article published last June has circulated through the staff at Eureka Market and we all agree this is the best article about how probiotics affect mood and behavior. "Can the Bacteria in Your Gut Explain Your Mood?" by Peter Audrey Smith. Find it at <http://nyti.ms/1N45w1F>

## Consider Supplementation to Support Mood:

(continued from page 1)

**Theanine** is an amino acid derived from green tea that shows good results for reducing anxiety conditions.

**GABA** is a chemical made in the brain that manages neurotransmissions. It is typically taken in the evening for relaxation and reducing "brain chatter."

**L-Methionine** is an amino acid that may offer consistent support for chronic low-grade depression.

**L-5-HTP** is a more effective form of the amino acid L-tryptophan. It works in the brain and central nervous system as a precursor to serotonin, the "feel good" neurotransmitter. It can be used for both anxiety and depressive

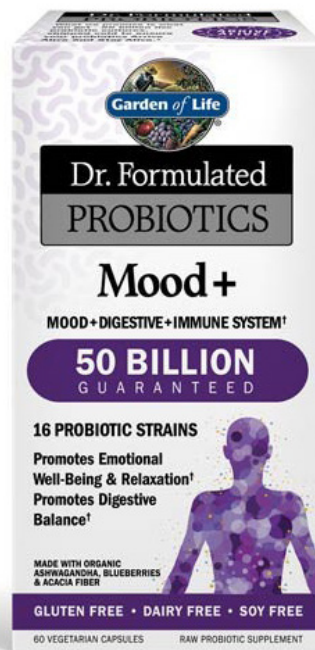
conditions, but is best suited to lift the sinking feeling of depression. These two herbal adaptogens can be helpful for both anxiety and depressive conditions. They work to bring the body back to homeostasis and help one adapt to life's changing conditions:

**Holy Basil** has long been used in Indian Ayurvedic medicine to calm, uplift and balance. Also called by its Hindu name, Tulsi, it is an excellent herb for those with stressful lifestyles.

**Rhodiola** supports stamina, endurance and well-being.

Additional herbal options to supplement for mood issues: **Happy Camper** by Natural Balance, Eureka Market Brand **Relax** and **Anxiet-Ease**.

A new approach to emotional health, it includes 16 probiotic strains, organic ashwaganda and organic blueberries



## Situational vs. Clinical Depression

Mild to moderate depression is often situational—due to events or circumstances in one's life that cause the mood to sink temporarily. Natural supplements may offer relief for this type of depression. *Clinical* depression that is severe, ongoing, and debilitating is best managed by mental health professionals.

Same thing goes for anxiety — if constant, severe and overwhelming — it may constitute an anxiety disorder that requires professional treatment

All Eureka Market Newsletters are intended for educational purposes only. The guides are not intended to substitute for professional medical consultation and as such, do not diagnose, prescribe or offer personal medical advice. Always consult with your health care professional before taking supplements with prescription medications.

*"I can't reiterate this enough: The fate of your health, including that of the brain, is a choice — not a destiny dictated by your genes."*

David Perlmutter, MD

## Healthy Lifestyle = Healthy Mood

author of *Brain Maker*

Supplements can help improve anxiety conditions, depressive episodes and overwhelmed adrenals, but adjusting one's *lifestyle* to reduce stress and committing yourself to self-care will reap the best long-term results for mood management.

- Make a good night sleep a priority. If you don't sleep well, figure out why and work to improve it.
- Make time to relax and do more of what you enjoy
- Get regular exercise and spend time outside
- Eat a whole-food diet with adequate protein with every meal. Minimize sugars.
- Don't overschedule yourself with commitments. Make *yourself* a commitment.
- Use supplements to bridge your nutritional gaps
- Make plans with people. Participate. Or, recognize that time alone is what you need.
- If you struggle with mood issues or emotional health, consider talk-therapy. Seek help for addictions that erode the mind and body.
- Be proactive about all aspects of your health. Taking control of your wellness will make you *feel* better.

You've seen such lists many times and have read about the awesome things you should do and maybe you are discouraged that you don't do these things. Just pick *one* and start there, applauding every step no matter how small.

If you read this list and think, *I'm fine, I do a lot these things* — challenge yourself to do *one* more. Step it up. Our bodies will do their best jobs for us if we take good care of them.



## What's the Difference Between Cocoa & Cacao?

It's complicated. For most of history, cacao referred to the *tree* where cocoa beans grew. In more recent years, the difference between cacao and cocoa is in the processing, plus a little marketing magic. Beans that are minimally processed with low heat are now labeled as *cacao powder*. In contrast, beans that are exposed to high heat roasting and pressed into powder are sold as *cocoa powder*. The *cocoa powder* will have a sweeter, more "commercial" taste, but exposure to high heat alters the molecular structure of the beans, and results in a loss of some beneficial constituents. Cacao is richer in nutrients, antioxidants and enzymes. Cocoa and cacao can be used interchangeably in recipes, smoothies and baking.

No doubt you've heard about the health benefits of chocolate. A high-quality dark chocolate bar will deliver modest health benefits, but studies showing impressive results are using minimally processed cacao given in consistent therapeutic doses. Powerful plant compounds called *flavonoids* are also measured and standardized in the studies yielding the best results.

### The Benefits of Cacao Consumption:

- **Improve and Preserve Cognitive Function:** Growing numbers of studies show that consuming cacao in consistent, therapeutic amounts may help preserve cognitive function, improve memory, and stave off neurodegenerative diseases.
- **Support for Positive Mood:** Containing compounds that encourage production of endorphins and serotonin, the "feel good" chemicals in the body, cacao can boost mood.
- **Heart-Healthy:** Regular consumption is associated with decreased blood pressure, increased blood vessel flexibility, improved cholesterol numbers and overall reduced risk for cardiovascular disease.
- **Powerful Antioxidant:** Cacao scores among the top ten foods on the ORAC scale (stands for Oxygen Radical Absorbency Capacity), which measures the antioxidant capacity of food. Cocoa scores well, but considerably lower than cacao. Cacao even surpasses the heavy-hitters like red wine, green tea, and blueberries.

- **Energizing:** Containing negligible caffeine, it's the theobromine in cacao that is stimulating, and not in the way that caffeine hits hard and fast. Theobromine creates a slow-release of energy throughout the day.
- **Nutrient-Rich:** Good for overall health, cacao is high in magnesium, iron, potassium, calcium, zinc, copper and manganese

Studies that yield impressive results are typically working with cacao that contains 400-900 mg of flavonoids.

1 T. cacao powder = approximately 500 mg of flavonoids

Cacao powder can easily be added to smoothies, hot oats, and yogurt. Traditional hot cocoa will provide some benefits, but high heat will diminish the health perks. Some people just mix their daily dose with coconut oil and let it slide down the hatch. Cacao nibs are also a good option. Nibs are cacao beans that have broken into small pieces and they are easily added to trail mixes and cereals.

## Super Fudge Recipe

This energizing fudge is rich with brain-feeding coconut fat, and is melt-in-your-mouth delicious!

- 1/3 C. coconut butter
- 1 T. coconut oil
- 1 T. nut butter of choice (heaping)
- 1 T. cocoa powder (heaping)
- 1T. honey, maple syrup, or sweetener of choice

Melt coconut butter and oil over very low heat. Once melted, remove from heat and add nut butter, cocoa powder and sweetener. Stir constantly until smooth. Just as mixture begins to thicken, quickly spoon into a glass or stainless steel container and put in refrigerator. Muffin pans coated with coconut oil are ideal, and this recipe will make six mini or three full size dark chocolate fudge "muffins". Once chilled they are easily popped out of the pan and stored in or out of the fridge. Ratios of all ingredients may be adjusted to preferred taste and consistency.

# Eureka Market Crockpot Vegetarian Chili

Our crock pot chili is an easy-peasy favorite that is great when you have to serve a group.

Makes about 6 big bowls of chili

1-28 oz. can of organic black beans

1-15 oz. can organic pinto beans

1-28 oz. can Muir Glen Organic Fire-Roasted Crushed Tomatoes

1-11 oz. bag organic frozen corn or 1 can organic corn

½ c. quinoa and 2 c. water

(For beef chili, you can substitute cooked ground beef for quinoa.)

2 T. chili powder  
2 tsp. cumin  
2 tsp. onion flake  
½ tsp. garlic powder  
¼ tsp. cayenne  
½ tsp. salt

Combine all ingredients and slow cook in crock-pot until quinoa is done (takes about 2 hrs. on high). No crockpot? Cook quinoa separately and combine with other ingredients, simmer at least fifteen minutes on the stove, and serve.

Try adding diced fresh onion, garlic, or peppers. Top with grated cheese.



## Berry Bombshell: Tart Cherry for Gout

Gout is a type of inflammatory arthritis. It is caused by high levels of uric acid in the body. At normal levels, uric acid is dissolved in the blood stream. In gout-prone individuals it can rise to high levels. When this occurs, crystals with needle-like projections form in the joints. The body responds with inflammation, and joints become swollen and painful. The most frequent joint affected is the big toe, where pain can be intense.

Taken preventatively, tart cherry has been found to markedly reduce the risk of gout attacks in those that suffer recurrent attacks. It can also be used to resolve the condition after it has set in. All cherries provide substantial quantities of antioxidant's and other nutrients, but *tart* cherries deliver a much greater content of beneficial anthocyanins. They also have twice the phenol content and are much lower in sugar.

Adhering to an anti-gout diet that is low in purines is also recommended to keep the condition at bay. Gout is historically associated with the wealthy nobility of the middle

ages and Renaissance because of their high consumption of meat and alcohol. High-purine meats to avoid include seafood like anchovies, sardines, trout, scallops, cod, mackerel and herring. Bacon, turkey, veal and venison are also high in purines. Purines occurring in vegetables are not associated with gout, but high-purine beans like garbanzo and fava may increase uric acid. Sugar increases risk of gout attacks and should be avoided.

Dosages for controlling gout vary. A capsulized supplement may range from 400-1,200 mg per dose, with the higher potency dose often proving more effective. Supplementing with a daily dose of pure tart cherry juice requires about 2 tablespoons per day, which is the equivalent of approximately 80 tart cherries.

Benefits of tart cherries aren't just limited to gout. A flurry of clinical trials have noted reduction in pain and faster recovery times for those using tart cherries before and after exercise. The sour berry also looks promising for reducing arthritic symptoms, preventing oxidative damage in the brain, and improving sleep.





## Staff Picks

**Question: What do you eat for breakfast?**

- **David:** "Now Pea Protein shake or White Mountain Yogurt ...it has great flavor and health benefits."
- **Piper:** "Chobani Black Cherry Yogurt or Garden of Life Protein and Greens smoothie with frozen cherries added."
- **Jae:** "I eat non-traditional breakfast foods, usually whatever I eat for lunch or dinner I eat for breakfast too... soups, casseroles, Applegate sausages and sometimes eggs and veggies."
- **Josh:** "A piece of fresh fruit like an apple or banana and hot oats with peanut butter added."
- **Megan:** "Either a Garden of Life Chocolate protein smoothie with added blueberries and coconut oil, or a bowl of mixed nuts with goji berries and dark chocolate chips."
- **Suzanne:** "The Garden of Life Raw Meal protein drink with added peanut butter, liquid D, vitamin C powder, and agave nectar."
- **Carrie:** "Fresh or frozen blueberries, fresh apple chunks, toasted pumpkin seeds and sunflower seeds, on top of White Mountain yogurt with added cinnamon."
- **Kate:** "Smoothie for breakfast with added avocado, almond milk, almond butter, fresh greens, and whey protein powder ... whatever brand is on special."
- **Renee:** "Steel cut oats with sugar, butter, and milk or celery and peanut butter ... it's good for gout."
- **Anna:** "Rolled oats with crystalized ginger, cranberries, fresh apple, and honey."
- **Terry:** "First water. If I'm in a hurry I have Peace Maple Pecan cereal. I also eat grapefruit, White Mountain Yogurt topped with berries, and always herbal tea."
- **Richard:** "I like Applegate Apple-Sage Chicken Sausages with eggs and Van's Waffles."
- **Sam:** "A Garden of Life Chocolate Protein shake with frozen blueberries and a heap of extra Sunfoods raw cacao powder."
- **Heidi:** "I have Silk Dairy-free yogurt with granola on top or apples dipped in Cadia No-Stir Peanut Butter."

### Newsletter Staff

**Megan Kirk - Writer & Editor**  
**Sam Kirk - Layout & Design**  
**Jae - Consultant & Editing**

**The Eureka Market**  
**121 E Van Buren Ste B**  
**Eureka Springs AR 72632**  
**(479) 763-3729**  
**www.eurekamarket.biz**  
**naturalfoods@arkansas.net**