



# Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

## NEWSLETTER September 2010

Monday - Friday 10-6; Saturday - 10 - 4; Closed Sunday  
New Braunfels, Texas; 830-625-7472 - ritasmart@gmail.com

### Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

### Strengthen your Immune System

*Disclaimer: This information is not intended to prescribe, diagnose, cure or prevent any disease. Always consult your doctor for advice.*

**G**etting ready for fall and winter? We are! This is a great time to strengthen your immune system. Whether you are working, going to school, home schooling or have children in public or private school, eating healthy foods and taking natural vitamins, herbs and supplements is an important part of your lifestyle.

Here are some great products to strengthen you and your family's immune system:

#### Children Immune Enhancers

**Nature's Plus Animal Parade D3 500 IU**, Black Cherry Flavor, gluten free and chewable for children 2 and older.

**Nature's Plus Animal Parade Kid Zinc Lozenges** with Echinacea, Olive Leaf & Slippery Elm, tangerine flavor, gluten free.

**Sunny Green Fruit Punch** Yummy Greens, Chewable, Organic Wheat Grass, Organic Barley Grass, Organic Alfalfa Leaf, Organic Spirulina, Chlorea Algae, Kelp. Wonderful dietary supplement for kids (or adults) that have the 'not so perfect diets.' Ages 2 or older. 1 tablet up to four times per day.

**DayCare Defense Probiotics, D and Colostrum, Powder by KAL.** Mix with formula, water, juice or food up to three times daily. ½ teaspoon (1500 mg)

**Primadophilus for children by Nature's Way**, orange,

cherry chewable, also available in powder.

**Herbs for Kids** – Echinacea/Astragalus, Nettles/Eyebright and Echinacea/Eyebright. All have been used with great success for allergies, colds and flu, for adults too.

**Children's Allergy Relief by NatraBio** – temporary relief of the allergy symptoms of itchy, watery eyes, upset stomach, nasal congestion, runny nose, sneezing, insect bites and skin rashes. Treating children (and adults) with homeopathy utilizes nature's medicines to gently relieve symptoms and promote healing. Precise

levels of homeopathic ingredients work safely without side effects. Made in accordance with the U.S. Homeopathic Pharmacopoeia.

**Source Natural** has a great line of Wellness Colloidal Silver products.

**TriMedica** has Silva Solution Pro 50 homeopathic synergistic blend and Regular Silva Solution. Both used to aid the body to recover from colds and flu including runny nose,

cough, stuffy nose, sore throat, headaches and nausea.

**Oregano Oil** – is derived from Origanum Vulgare not to be confused with common oregano, typically Origanum Marjoram. Oil of Oregano is a potent antiviral, antibacterial, antifungal, and antiparasitic oil that can reduce pain and inflammation and effectively fight off infections.

Some of the benefits of Oil of Oregano are:

- » Destroying organisms that contribute to skin infections and digestive problems.
- » Strengthening the immune system.
- » Increasing joint and muscle flexibility.
- » Improving respiratory health.

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**Warning:** Oregano oil may reduce the body's ability to absorb iron. Therefore, it is recommended that any regular use be combined with regular consumption of iron supplements. For this reason, women are advised not to take oil of oregano during their pregnancy.

Pregnant women should also avoid oil of oregano since it can stimulate blood flow in the uterus, which can weaken the lining that surrounds the fetus in the womb.

People that have allergies to thyme, basil, mint, or sage may be sensitive to oil of oregano as well, since they are in the same family of plants. If any skin irritation, rashes, or vomiting occurs when using it, it is recommended that you discontinue use and consult your doctor.

**Olive Leaf Extract** – well known in Mediterranean and Middle Eastern countries for centuries. Olive Leaf benefits are protecting the body from viruses and bacteria, treating existing viruses including herpes and shingles, improving circulation, aid in healing colds, flu and pneumonia, aid in digestion; great prevention to take before dental and any surgical procedure. There have not been any known side effects with the use of Olive Leaf Helps. Research has been done in the New York University School of Medicine and the University of Durban Westville in South Africa on the benefits of Olive Leaf. <http://www.mskcc.org/mskcc/html/69315.cfm>.

**Virastop by Enzymedica** contains a high potency, exclusive blend of proteases enzymes to support the immune system. Virastop contains eight different proteases which can break down undigested protein,

### Raw Food Snack Bar

2 cups of your favorite nuts and seeds, soaked 4-6 hours  
6 dates, soaked 15-30 minutes  
1/3 cup agave or  
2 1/2 cups raw cocoa powder  
2 Tbs. organic coconut oil or coconut butter  
1/2 cup raw organic goji berries (optional)

After nuts, seeds and dates are soaked, place all ingredients EXCEPT the goji berries in a food processor and mix until the desired consistency. It will be thick and gooey. Place in a large bowl, mix goji berries and dry in a dehydrator for 7 – 12 hours or until completely dry. Store in a container. I always keep mine in the refrigerator but if completely dry it is not necessary. Enjoy!

cellular debris, and toxins in the blood. Protease is able to dissolve almost all proteins as long as they are not components of living cells. For a protease enzyme to digest proteins they have to be attached to a dead organism, damaged or be a protein that does not belong in the body. <http://www.enzymedica.com/>.

Our observation over the years is as soon as symptoms begin to indicate your immune system is getting challenged, that is when you need to take action. Increase your awareness of eating more greens, vegetables, salads along with decreasing any processed foods including sugar. Start taking homeopathic remedies, cell salts, herbs, supplements and vitamins to aid in strengthening the immune system.

For more information our web page contains archived newsletters, February – August.

We also have numerous books for sale and for store use. You are always welcome to come into the store and read a store copy book. Stay healthy and laugh a lot!

### Pizza

This recipe is quick, easy, and when served with a salad it's a complete meal. (If making more than 1 pizza, just chop more veggies.)

1 Udi's Pizza Crust – Gluten Free

Olive Oil

1 or 2 handfuls of fresh basil

2 4-inch stems of fresh marjoram or oregano

1/2 small onion

3/4 bell pepper – any color or a mix

1/2 – 3/4 can of artichoke hearts

1 1/2-inch piece of yellow squash

1 1/2-inch piece of zucchini

Mozzarella cheese, desired amount

4 cups lightly steamed greens, spinach, chard, collards or kale or a mixture.

Preheat oven to 425 degrees. Drizzle the crust with olive oil. Place fresh basil leaves to cover crust, chop all the veggies including artichoke hearts to desired size and sprinkle over basil. Shred mozzarella cheese over pizza and bake for 8- 12 minutes keeping close watch. While pizza is cooking, chop washed greens, place in a small saucepan with 1 or 2 tbs. of water and steam for 1-3 minutes. Squeeze excess liquid from greens and set aside. When pizza is done you can spread the greens on top of pizza or mix in with your salad. Enjoy!