



# ASHLAND FOOD COOPERATIVE

## *More Than Food*

Sept./Oct. 2004 • Volume 8

**S T O R E   H O U R S**  
Monday – Saturday 8 am - 9 pm  
S u n d a y 9 am - 9 pm

237 North First Street  
Call us at (541)482-2237  
[www.ashlandfood.coop](http://www.ashlandfood.coop)

## *Revised Product Standards Released*

**On July 15, 2004, our Management Team** accepted a revised set of Product Standards Guidelines as final policy. The document took months to come to fruition and several drafts were reviewed before the final guidelines were approved. Thanks to Elaine Deckelman, HABA manager, Kelly McNamara, Specialties manager, Lynne Scionti, Grocery manager and Alix Dworkin, Front End, for diligently tackling the updating of old policy to reflect our current practice.

As is written in our mission statement, the Ashland Food Co-op is charged with selling “natural foods and quality products, emphasizing products which are locally produced, organically grown and ecologically sound.”

Our ideal is to purchase wholesome, organic, local, fair trade, environmentally sensitive and socially responsible products. We also offer a full service selection of natural and gourmet products to meet our customers’ needs.

The Ashland Food Co-op does not carry food products containing hydrogenated oils or artificial sweeteners, preservatives, colors, flavors, or additives unless the Product Standards Committee grants an exception.

The Product Standards Committee will uphold our product standards and maintain a bulletin board with information for owners concerning product standards issues. The committee will meet quarterly, and as needed, to review products submitted by buyers for exception to our stated standards, to address concerns brought by staff or general owner/members and to otherwise work on issues relating to product

standards. Exceptions will be granted on a case by case basis only if all the committee members reach consensus to do so.

Exceptions may be granted for various reasons including shopper demand, notable redeeming qualities of a product, the fact that it is one-of-a-kind or meets some special need or if it is a traditional, seasonal product. If an exception is granted, the committee will post signage at the point of purchase briefly stating that it is an exception and which standard was relaxed. If the committee requires that a product be removed that should not have been on the shelf, it will post signage at the point of purchase where the product used to be displayed, stating why it was removed and leave the sign up for one month.

The Product Standards Committee  
*continued on page 3*

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**& Community Oven Programs**

**BACK TO SCHOOL MENU IDEAS**

See page 4 of the newsletter for some great ideas (and a couple of recipes) to get you ready for the start of a new school year of lunches!

**Publisher:**  
Ashland Food Cooperative  
237 North First Street  
Ashland, Oregon 97520

**Editor:** Annie Hoy

Board meetings are held the **first Tuesday** of each month unless otherwise posted. Members are encouraged to attend.

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## Our Co-op's Mission

Ashland Food Co-op exists to serve our owner/members and our community by:

- Operating a socially responsible business that provides a full selection of natural foods and quality products;
- Emphasizing locally produced, organically grown and ecologically sound products;
- Offering a variety of necessities at basic prices;
- Providing friendly, knowledgeable customer service;
- Promoting awareness about food, nutrition, and health;
- Providing a workplace that fosters opportunities for participation, empowerment and growth in an environment of mutual respect and cooperation.

# Report from the Board

By Glenn Hill, board member

**Now that the full heat of summer** has arrived, the overflowing abundance of the Harvest is upon us with full strength! Zucchini, zucchinis and more zucchinis, peaches, sweet corn and more tomatoes than we know what to do with!

We are so lucky to be living here in this rich valley, with all our local organic farms, and our own family gardens at home, where our children can see their dinner veggies and fruits growing right before their eyes! Growing one's own organic veggies and fruits with our children is a great way to also help grow our families, with a healthy awareness and respect for the vitality of nature, and the gifts that our Mother Earth gives to us.

The abundance of the harvest, and the vitality of our families can also be seen in the aisles of our own Ashland Food Co-op, where the fruits and veggies of the harvest are overflowing from the produce department, and beginning to fill up the rest of the store! The voices of children at play in the store aisles echo the joys of nature in the harvest, celebrating the sweet fruits of summer.

Just as we work hard to support our own families with love and good nutrition, so does AFC work to support the network of Rogue Valley (and beyond), organic farmers, by bringing the fruits of their labors into our store. And just as growing our own gardens helps to feed our own

families, so does AFC help feed and strengthen our community by purchasing local organic produce from the network of growers here in southern Oregon. The history of the modern co-op movement has gone hand and hand with the growth and success of organic farming as a viable alternative to factory farming. As the one has grown, so has the other, each feeding the other, and both helping to feed all of us with healthy living food.

September is Organic Harvest month, and October is National Co-op month. Part of our mission statement at AFC is to be: "Emphasizing locally produced, organically grown and ecologically sound products." All of us who represent you on the board of directors are dedicated to this mission, to support local organic agriculture, and our local community, by making the purchase of local produce the first choice for AFC.

Part of the hope for the future for our beautiful valley, is that growth will continue in the direction of more organic specialty farms, orchards and vineyards, vs. more big houses on the hillsides. As more organic farms sprout up and thrive in our community, they will in turn help build and sustain our community in the direction of a life affirming respect for all the gifts that the Earth provides for us. We at AFC will continue in this focus on our mission statement, to make it more real, each and every harvest season. Among other possibilities for the future, the board has discussed how AFC can further support and encourage organic farms to thrive, here in our region. This is a long term goal that we will continue to work on in the years to come.

So join with us in supporting our local organic farmers, the ones in our own backyards, as well as the ones who are working hard to support the sustainability of our local ecosystem. Enjoy life, and eat more fruits and veggies!

From the whole board of directors, we wish the very best summer and fall to all our members and greater community. Our hope is that all may experience the very best harvest season possible, with an abundance of all good things, and lots of tomatoes too! (But not too many zucchinis!) :-)

Ecstatic, Devotional, Middle Eastern, Funk  
Soul, R&B, & More in a Friendly, Smoke-Free Environment

A Rich DJ'd Blend of World & Afro Beat, Trance, Tribal



Spiral by Sam

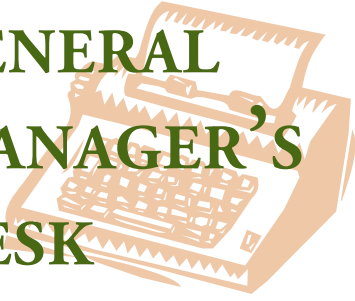
**Community Dance Jam**  
1st & 3rd Sat. Nights Beg. Sept. 18  
The DanceSpace Ashland  
8 - 11pm \$5.00  
more info ☎ ken 301.5006  
email: ken@safeworld.com



Come Dance, Breathe, Move & Play!

From the

# GENERAL MANAGER'S DESK



By Richard Katz



## We are still working on

follow-up details for a variety of topics that concern you, our owners. You should have received your owner survey in the mail by now (if you haven't or if you've misplaced it, please come in and ask for another). We are relying on you to give us direct feedback by completing this survey. We really do want to know what you think is important for the Co-op to focus on in the future, and how we rate in our current services. This will help our board

and management create and implement a strategic plan that will move us in a direction that is consistent with your preferences. Please bring your completed survey to our information desk and get a coupon for a free cookie.

Our basic pricing program seems to be a success based on the positive comments we hear and the increased amount of products purchased at lower margins. Shoppers seem to be selecting these basic items as much as possible. There are now 53 basic pricing products not including flavor varieties. We intend to add new products and perhaps change selections from time to time. Organic Valley orange juice and grapefruit juice were recently added. These half gallons of organic juice now sell for \$4.26 rather than the regular price of \$4.99. Organic bananas, selling at 68 cents per pound, are a popular addition as well.

Many owners have registered their interest in health insurance provided by Elements Health Plans. Arnie Freiman, a co-op owner/member, is preparing a program that will offer personalized insurance coverage with a choice of deductibles and benefit options. All will include Elements' lifestyle management program. He indicated that by mid-September he will have a passworded web page for AFC owner/members that will

show available choices and costs. As soon as we know more we will let you know.

The planned focus group to study owner benefits is taking form. Several owners who have followed this subject have accepted an invitation to participate in the group. There may be room for more, so if you are interested in attending three or four dinner meetings, please contact me soon. The first focus group meeting will be held in our Community Classroom on September 14th.

Parking at the Co-op, especially during the mid-day rush, is becoming increasingly difficult. Another attempt to improve the situation is the addition of a "parking lot coordinator" from 11:30 to 5:30 Monday through Friday. This co-op employee will help shoppers find available parking, assist with carryout and unloading carts, and maintain a presence at the store entrance to keep things tidy and organized. Remember, parking is generally easily available before 10:00a.m. and after 7:30p.m. Try these times for a more relaxed shopping experience.

Please feel free to contact me with any questions, comments, or concerns that you have.

— Richard Katz  
manager@ashlandfood.coop  
482-2237, ext. 233

## Product Standards (cont. from page 1)

consists of one manager, one staff member and one owner/member. The term for each committee member is one year. A different manager will serve each year on a rotating

basis. The staff member will be elected by staff and the general member will be a volunteer appointed by the Board of Directors (or will be a board member if a volunteer cannot be found).

If you would like a copy of the new Product Standard Guidelines, contact Annie Hoy, 482-2237 ext. 234.

# Product Standard Guidelines

Each department at the Co-op has specific product standards guidelines as follows:

- Our deli provides prepared foods and bakery items using predominantly organic and minimally processed ingredients, including products that meet the needs of people with special diets. No additives are used in our deli preparations. Our meats and cheeses are hormone and antibiotic free.
- Our produce department offers predominately organic produce and buys from local organic farmers whenever possible.
- Our meat and seafood department offers only naturally and sustainably raised meat and seafood, with no hormones or antibiotics.
- We offer an extensive selection of organic bulk coffees, herbs and spices,

grains, beans and other bulk items, including bulk body care products and household cleaners. This supports our ideal of minimizing packaging and waste. All our bulk coffee is fair-trade, shade grown and organic. Our bulk department emphasizes organic products and includes fair trade and non-irradiated foods.

■ Our grocery department offers clean packaged items that are free of artificial sweeteners, preservatives, additives, colors and flavors and hydrogenated oils. We offer organic and non-GMO (genetically modified organisms) alternatives whenever possible. Our dairy products are rBGH (bovine growth hormone) -free.

■ Our bakery department emphasizes all-natural, local, artisan and organic baked goods.

■ Our cheese department offers all-natural, organic and hand-crafted artisan cheeses from independently owned small creameries and co-ops from our region and around the world.

■ Our beer and wine department features hand-selected beverages from our region and abroad.

■ Our mercantile department supports fair trade importers and local vendors as much as possible.

■ Our body care department offers botanically based, cruelty free products.

■ Our supplements department looks for companies that can provide third party product testing to validate label claims and guarantee quality and purity.



# BACK TO SCHOOL MENU IDEAS

By Mary Shaw, Culinary Education Specialist

## Summer is rapidly drawing to a close and it's school lunch season again.

Cynthia Lair, a Certified Health and Nutrition Counselor, has some great suggestions for school lunches in her book, *Feeding the Whole Family*. Her premise that we nurture through nourishment is borne out in the many helpful ideas for lunch makers. For example, she suggests making a lunchbox chart (see sample). If your child is 5 or older, let them help plan and make the chart. Choose one item that is a "growing food" like a whole grain and bean rollup or a hearty sandwich on whole grain bread. You and your child can use the chart to plan some favorite combinations. Post the chart for easy reference. Cynthia provides a list of sandwich fillings, and all the recipes are in the book. She also suggests sample lunch menus like Asian Noodle Salad with cucumber slices and strawberries or whole-wheat pita bread with Hummus, Tabouli, red radishes, and a pear. Here are a couple recipes from *Feeding the Whole Family* that make good lunchbox meals.

**Sample  
lunchbox chart**

	Growing Food	Vegetable	Fruit
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

### ASIAN NOODLE SALAD WITH TOASTED SESAME DRESSING

#### Salad

- 1 8-ounce package soba noodles
- 1/4 cup chopped cilantro leaves
- 1/4 cup toasted sesame seeds

#### Dressing

- 2 tablespoons toasted sesame oil
- 3 tablespoons tamari or shoyu
- 3 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1 tablespoon hot pepper oil

#### Optional Additions

- Chopped red cabbage
- Cubed tofu
- Finely sliced radishes
- Sliced scallions

Cook soba noodles according to package directions. Drain and rinse in colander. Combine toasted sesame oil, tamari, vinegar, maple syrup, and hot pepper oil in a small bowl; whisk together. Place drained noodles in a large bowl. Add dressing, cilantro and sesame seeds; toss gently. Add optional chopped vegetables and toss again.

*Reprinted with permission from Feeding the Whole Family by Cynthia Lair (Moon Smile Press, 1998) www.feedingfamily.com.*

### SANTA FE BLACK BEAN SALAD

#### Salad

- 1 red pepper, roasted, peeled, and cut into small strips
- 2 cups cooked black beans
- 1/2 cup corn
- 1/3 cup chopped cilantro

#### Dressing

- 2-3 cloves garlic minced with 1/2 teaspoon sea salt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lime juice
- 1/4 teaspoon cayenne

#### To roast red peppers

Place red pepper in shallow pan and put in oven under the broiler. Let the skin char. Turn the pepper every few minutes until the skin is completely charred. Remove pepper from oven and place in brown paper bag. Close bag and let the pepper sweat for 15-30 minutes. Remove pepper and peel off charred skin under cool, running water. Cut pepper open and remove seeds and stem.

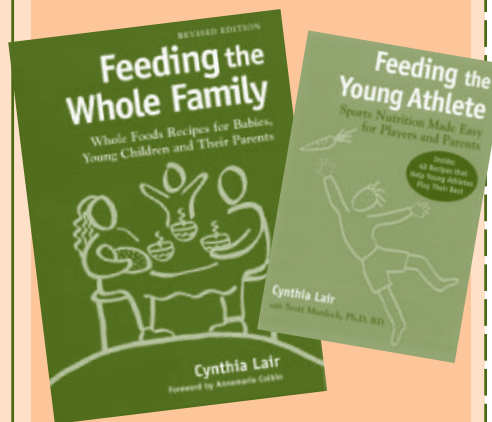
#### To make salad

Combine strips of roasted red pepper, beans, corn, and cilantro in medium-size

mixing bowl; set aside. Place garlic and salt on a cutting board; chop to a paste-like consistency. In a separate small bowl, mix together garlic paste, oil, lime juice, and cayenne. Pour dressing over beans and vegetables; toss gently.

*Reprinted with permission from Feeding the Whole Family by Cynthia Lair (Moon Smile Press, 1998) www.feedingfamily.com.*

*Feeding the Whole Family and Feeding the Young Athlete Sports Nutrition Made Easy for Players and Parents, by Cynthia Lair are now available at the Ashland Food Co-op.*



# Go to The Source

CO-OP SPONSORED FARM TOUR IN SEPTEMBER

## Meet Ranchers & Growers from the Umpqua Valley

The Ashland Food Co-op is unabashedly proud of its sustainably and humanely raised lamb and beef, and would like to offer the community an opportunity to visit the sources for Emerald Hills beef and Magnolia Farms lamb. One of our finest produce growers, Pride of the Umpqua, is also included in this one day tour slated for Saturday, September 18. We will meet at The Co-op at 8:00am, and travel by van to the beautiful Umpqua Valley where the farms are located. The tour will include visits to all three farms, a lunch stop at Stewart Park in Roseburg, and an early barbecue dinner at the end of the tour.

Harmon and Noreen Walker have been farming in the Umpqua Valley for over 30 years. They have three produce farms. We will tour the farm closest to Canyonville to see their late summer crops including tomatoes, eggplant, and squash.

After a lunch stop, we'll continue on to Magnolia Farms to see the beautiful ryegrass and white clover pastures where Suffolk, Texel, and Montadale sheep graze. As a part of our visit to the farm, we'll meet Grace, Clear, and Riof, three of the working border collies who keep this farm running smoothly. Each of them has a herding specialty. Clear, for

example, is a "lamb specialist," and will demonstrate her skills for us. As farm owner Elissa Thau says, "The contribution the dogs make is priceless. Sometimes I think the name of the farm should be One Woman, Four Border Collies, and Some Bailing String." Her husband Mel is the pasture management expert making sure the fences are mended and the fields are irrigated.



*Elissa Thau with the working dogs of Magnolia Farms*

Thirty minutes away, we'll reach our final destination, Emerald Hills Ranch, the exclusive beef supplier to the Co-op. Kathy Panner has been in the cattle business for a long time, and the quality of her animals and their pasturage

reflect her wisdom and commitment to sustainable animal husbandry. Her cattle are always on pasture, which Kathy has specifically designed to provide the majority of their diet throughout year. Following a stroll through the pristine pastures, we will gather for an early barbecue dinner featuring produce from Pride of The Umpqua, beef from Emerald Hills, and lamb from Magnolia Farms.

*Price for the tour is \$20 to ride in the van or \$10 if you follow in your own car. For more information or to register for the tour, call Annie Hoy at the Co-op, 482-2237, ex 234.*

## Cultivating the Profits of Place

THRIVE – The Rogue Initiative For a Vital Economy

By Wendy Siporen

**A healthy economy, just like a healthy body, requires effort.** Corporate monopolies and cloned chain stores can efficiently deliver profits to executives and stockholders, but too often they leave only dregs for the people and businesses rooted in the local community. A truly vital economy is one that is diverse, balanced and sustainable.

THRIVE is a not-for-profit actively working to grow a vital economy by helping independent, locally owned businesses connect with each other and with the community. This spring, we held the first annual Food Connection conference designed to foster collaboration between the buyers and sellers of locally produced food. These connections produce fertile soil for growing a living economy – one that values human relationships, the environment and long-term sustainability.

Consider what happens when you spend a dollar at a locally owned business instead of a chain. Not only does more of their profit stay in the community, your dollar is multiplied when these local businesses, in turn, buy from other local businesses. Unique locally controlled businesses also contribute to the personality of place and give you more buying choices – whether it's the hottest new music or the bursting flavor of a heritage tomato.

One of the easiest ways to exercise your local economy is to buy local food. We urge you to visit the growers market and the Ashland Food Cooperative every week and then once a year, spend some time on a family farm, getting to know the people and their growing methods. Building relationships and connections between people is an important part of cultivating a living economy.

If you would like to learn more about our work or how to integrate local food into your next event, please contact Wendy at 772-4029 or [justsolutions@hotmail.com](mailto:justsolutions@hotmail.com). We can send you a guide to serving local food at your next event or put you in touch with local growers and the restaurants that buy from them.

### Go to the Source

Co-op Farm Tour

Saturday, Sept. 18, 8:00am-8:00pm

Tour three farms in the Umpqua Valley. You bring a sandwich for lunch. We'll provide drinks, cookies and fruit. BBQ Dinner included.

*Price for the tour is \$20 to ride in the van or \$10 if you follow in your own car.*

*Reserve your spot by Monday, Sept. 13.*

*Call Annie Hoy, 482-2237 ext. 234*

### Little Applegate Valley

Tour Sponsored by THRIVE

Monday, Sept. 20

A half day tour for local chefs, caterers, kitchen managers and community leaders. Visit a goat dairy and cheesemaker, vegetable farm and salmon-safe cattle ranch.

*For more information contact Wendy Siporen, 772-4029.*



# Wines for Health

by James Fitzjames

**The jury is in and the verdict is clear**—wine, particularly red wine (and especially pinot noir), has enough verifiable benefits to place right up there with broccoli and orange juice at the top of the good-for-you food list. The anecdotal evidence has always been strong: moderate, daily wine drinking is a dietary staple of some of the world's healthiest populations. Most Europeans grow up with wine drinking as part of their culture. Ours however, is a society where numbers often speak louder than words. To borrow a phrase from the X Files, people want to believe but need some data. Well there's no shortage of data now and it's quite impressive. Here is a quick rundown on some of the latest findings.

In a recent study longevity researchers linked the antioxidant polyphenol compound resveratrol or resveratrol to extended cell life. It seems to mimic the anti-aging effect of calorie restriction and positively influence age-regulating genes. Specifically resveratrol activates enzymes that slow cellular aging and increases the stability of DNA (*Nature*, August, 24, 2003) Red wine has previously been linked to reduced risk of heart disease, cancer, and Alzheimers but ongoing studies have shed light on the processes involved. The polyphenols in red wine can reverse the negative effects cigarette smoking has on arteries within an hour of consumption (Findings of the European Cardiology Congress, August 30-Sept. 3). In a related study these same compounds dilated arteries and increased blood flow (*European Heart Journal*, January, 2004). Resveratrol together with quercetin, another phenolic found in wine, raised levels of HDL or 'good' cholesterol while reducing levels of LDL or 'bad' cholesterol (*Pharmacology, Biochemistry, Behavior*, May 2002). More importantly, even when high levels of LDL were present, the phenols in wine minimized the damage to arteries caused by LDL (*Journal of Nutrition and Biochemistry*, November 2002).

In other studies red wine phenols were shown to suppress the cell growth of breast and prostate cancer (*Journal of Cellular Biochemistry*, June 2000). At about the same time French researchers were reporting that resveratrol suppressed the growth of liver cancer cells (*Oncology Reports*, July-August,

# Coming Soon

## Direct from your Co-op

**October is Co-op Month – a chance for us to** reflect on what co-ops bring to our lives. For some, co-ops bring affordable housing or access to high quality food. For others, co-ops provide child care, financial services, specialized equipment, or even jobs. Throughout the U.S., four out of ten citizens have come to depend on co-ops for a range of goods and services.

We're celebrating Co-op Month this year by offering a special benefit. We've collaborated with 29 western and southwestern co-ops to produce a coupon book full of great special offers available just to co-op owner/members. The buyers at these co-ops have been working together to negotiate great prices and special deals as a group through the "Co-op Advantage" program. This program is now being extended to bring even greater savings to you as a co-op owner/member. Look for coupons on products from Organic Valley, Nancy's, Golden Temple, Drew's, Hansen's, Nature's Path, Cascadian Farm, Kiss My Face, and others. You'll be eligible for savings totaling over \$34 on some of your favorite products by using these coupons.

Co-ops in Colorado, New Mexico, Arizona, California, Oregon, Washington, Idaho, and Montana will offer the special deals available through these coupons. If you're traveling to those states, you're welcome to use your coupons at any of the participating co-op stores. A complete listing of the stores operated by the participating co-ops will be included in the book.

Without strong owner/member support, food co-ops would be "just another grocery store." We hope you'll also notice the short features throughout the coupon book that illustrate how a few of our co-ops contribute to building strong local communities. Your investment, support, and patronage, help your co-op be successful as an independent grocery store and as a positive community force.

This coupon book is just one small way for us to say "thanks." Watch your mailbox, or check at your co-op in early October for this coupon book packed full of great deals available just for co-op owner/members.

And, most importantly, thanks for your support of your community owned co-op!



2000). One of the most surprising studies revealed that women who drank 11 to 29 grams (2 to 3 glasses of wine) per day had much higher bone mineral density (the accepted measure of bone health) than non-drinkers (*American Journal of Epidemiology*, May 2000). A follow-up study of 500 elderly women was even more emphatic finding 12% to 16% percent greater bone density in moderate wine drinkers than in non-drinkers (*American Journal of Clinical Nutrition*, November 2003).

Since Pinot Noirs are highest of all red wines in resveratrol as well as being the varietal that put Oregon on the world wine map, the Ashland Food Co-op offers the area's best selection. Try the delicious Oregon pinots from local producers like Foris and Erath or go international with an award winning pinot from New Zealand producer, Kim Crawford. Open a bottle, raise your glass and drink to your health in one of the most enjoyable manners possible.



## Call for Assistants

**If you love to cook** and would enjoy helping with the Community Oven Cooking Classes, we are looking for well-organized and intuitive volunteers to help instructors prep for class, serve, and clean up after the class. For more information, call Mary Shaw at 482-2237 ext. 309.

## In-store Cooking Demonstration Program Needs Volunteers!

Do you love to cook and talk to people at the same time? Do you love to feed people and have them rave about your tasty creations? If so, we have an opening for you. Our new in-store Cooking Demonstration program is looking for 2 outgoing cooks to be available once a week for in-store demonstrations. For more information, call Mary Shaw at 482-2237 ext. 309

# Natural Support for Diabetes

By Dr. Michael Murray

**Natural medicine can help people** with diabetes; in fact the most effective treatment of diabetes and other blood sugar problems requires the utilization of key lifestyle, dietary and nutritional supplement strategies. When used properly, the natural medicine approach to diabetes can:

- Significantly reduce the risk for developing diabetes — even if your family members or ancestors are or were diabetic.
- Possibly reverse Type 2 diabetes.
- Improve the sensitivity of cells to the action of insulin thereby improving glucose tolerance and normalizing blood sugar.
- Promote weight loss and slow down or block the absorption of sugar from the intestinal tract.
- Effectively reduce the complications of diabetes including heart disease and retinopathy.
- Improve the actions of drugs and insulin while at the same time reducing their side effects.

Along with exercise and a healthy diet I recommend specific natural products to help improve blood sugar control. Dr. Michael Lyon and I have created the

WellBetX line for Natural Factors — a family of nutritional and herbal products designed to address the special nutritional needs of people with diabetes. The WellBetX products are designed to impact one or all of the following goals:

1. Reduce after meal elevations in blood sugar levels.
2. Provide optimal nutrient status.
3. Improve insulin function and sensitivity.
4. Prevent nutritional and oxidative stress.



The WellBetX product line consists of:

- **PGX with Mulberry** — a unique blend of selected, highly viscous soluble fibers along with a special extract of mulberry leaves. Fiber supplements have been shown to enhance blood sugar control, decrease insulin levels, and reduce the number of calories absorbed by the body. When taken with water before meals, PGX binds

to the water in the stomach and small intestine to form a gelatinous, viscous mass that not only slows down the absorption of glucose, but also induces a sense of satiety (fullness) and reduces the absorption of calories.

- **WellBetX Meal Replacement Drink Mix with PGX** — A delicious way to improve blood sugar levels and promote satiety.
- **WellBetX Daily Packets** — Complete Nutritional Support for Glucose Balance. This product consists of packets containing complete nutritional support for the diabetic including: a multi, herbal Glucose Balance, high potency EPA/DHA capsule, Vitamin E and Alpha Lipoic Acid capsules—all at the ideal ratio and dosage specifically formulated for people with diabetes.

Knowledge and awareness are the greatest allies for people with diabetes. To learn more about dietary, lifestyle and supplement strategies please read my book, *How to Prevent and Treat Diabetes with Natural Medicine*.

*The WellBetX product line, and Dr. Murray's books, are available at the Co-op. References available at [www.doctormurray.com](http://www.doctormurray.com)*

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Rebecca Spencer-owner



## Andy Bayliss

Through Body Awareness  
and Personal Inquiry,  
Allow Yourself To Simply Be

- Heal Guilt and Shame
- Explore Life Patterns and Relationships
- Integrate Spiritual Awakening
- Educators' Support Group
- Find Heart's Connection to Nature

Free Initial Consultation

482-4324





## ASHLAND FOOD COOPERATIVE

237 N. First St., Ashland, OR 97520

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# September/October Newsletter

OWNER

Appreciation  
DAY

Saturday,  
October 23,  
2004

All Owner/Members  
receive 10% off all  
regular purchases.

*Make sure to bring your owner card  
to receive the discount.*

*Not good on special orders.*

*Attention Senior Owners:*

*The 10% discount supersedes your  
senior discount.*



## Community Oven Programs

### Monday Night Free Lectures

*The new Community Classroom at 195 A St. is now the location for our Monday Night Free Lecture series. You may park in the lot adjacent to the A Street Marketplace. Look for our sign over the door of the classroom.*

#### Monday, September 13, 7-9pm

**Robust Health and Spiritual Peace Through T'ai Chi and Qigong** with *Nando Reynolds*  
Come learn how T'ai Chi and Qigong, ancient exercises from China, can improve your health and sense of centeredness. We will talk about the energy medicine theories underlying these practices and learn some simple balancing techniques. Be prepared to have fun, move, and learn! These exercises are suitable for all ages and abilities.

#### Monday, September 20, 7-9pm

**Clearing Lands, Buildings, and the People in Them** with *Linda Freya & White Tiger*  
White Tiger is a collective of shamanic practitioners who specialize in the healing of land, buildings, and the people in them. Using shamanic journeys, space clearing, feng shui and other forms of ceremony, they help bring the places in which we live and ourselves into harmony and vibrancy. Come learn ways you can awaken the spirit of place in your home and land, and how that awakening can enliven and energize your life.

#### Monday, September 27, 7-9pm

**The Wellness Process™** with *Dr. John Kalb*  
The Wellness Process™ is a breakthrough in self-motivation technology applied to personal health. Participants in this workshop come away with increased understanding of their health issues and powerful tools for ongoing use. The key innovation of this process is its simplicity and the ease with which self-sabotage and the hidden risks of becoming truly healthy can be uncovered and neutralized! This allows one to move ahead and successfully create a healthy lifestyle congruent with personal core values.

#### Monday, October 4, 7-9pm

**Healing from Stored Traumas**  
with *Dr. Joyce Patten, DC*

Network Care uses low-force spinal contacts to help change patterns in the Central Nervous System. As the body learns to self-regulate its tension and energy states, stored traumas are released. The body-mind can then reorganize, and heal much more profoundly. The final result — you feel much better — **much better**. For more information call 488-8248.

#### Monday, October 25, 7-9pm

**Uncovering Gluten Sensitivity**  
with *Carolyn Self, FNP*

Once considered rare, Celiac Sprue/Gluten Intolerance is now estimated 1 in 130 (or 3 million Americans), and on average takes over 10 years to diagnose. It can appear at any age and is associated with iron deficiency, skin rash, dental defects, thyroid dysfunction and irritable bowels. Come and discuss simple new blood tests to help diagnose gluten sensitivity and how to implement a gluten-free diet with someone who has first-hand experience!