

# EAT-RITE NEWS

Holiday 2011

## THE TURKEYS ARE HERE!!



Mary's Free Range turkeys are an excellent quality turkey. They are free of antibiotics, steroids, and other harmful chemicals like arsenic, which are found in conventional grocery store turkeys. These turkeys sell fast and the number is limited. If you are interested in a good turkey for **Thanksgiving** and **Christmas** you will want to give us a call and get your turkey reserved. Keep in mind that Eat-Rite will also have available to you various baked goodies, breads, dressing and all the fixings for your holiday dinners. Take the stress out of the holidays and let us prepare your meal for you. This year we will also have available for the first time a **Gluten-Free** option on our famous dinners. Everything from pies to stuffing will be available. Give us a call at 353-7476.

**Tune in to 88.3 fm Thursday at 5:00  
for the Eat-Rite Wellness Hour**  
Sign up for E-mail at [www.eat-rite.com](http://www.eat-rite.com)

10% OFF  
Organic Produce  
November and December

Offer expires 12/31/2011  
Must present coupon

**E**at-Rite has all of your holiday cooking needs. Free-Range Turkeys are now available for a limited time and quantity at Eat-Rite. These turkeys are raised without hormones, antibiotics, animal by-products, preservatives or additives. Every bird grows naturally with plenty of open space where it can grow healthfully in a caring environment. These turkeys are limited so get your order in today. Eat-Rite carries a large variety of herbs and spices. Most of our spices are organically raised, and all of them are non-irradiated. Many of our spices are in bulk, making them much cheaper than bottled grocery store spices. All of our nuts are raw and unsalted, and we have a large selection of wheat and gluten free foods and mixes. Take some time and browse our grocery aisles to see the large variety of healthy good tasting food. For those of you who do not cook or bake, we will prepare your baked goodies or holiday meal for you. Pick up a special **holiday menu** at any of the registers. Be sure and get your orders in early. We can prepare the whole dinner, or just the pecan pie. Our baked breads and cakes are wonderful presents for your kids teachers, the mail man, or for your favorite aunt and uncle.



## HAPPY HOLIDAY

**C**hristmas is just around the corner. Eat-Rite has some great gift ideas for your loved ones. What better gift to give than a gift of health. Eat-Rite has a large selection of juicers, body tools, books, yoga products, dehydrators, yogurt makers, tea pots, coffee presses, and many other items for your holiday gift giving. **The Omega juicer** is the best juicer on the market. This style of juicer is the most efficient and easiest to clean. The vertical basket spins the juice out of the pulp

continuously, leaving a very dry pulp. This unit will extract 20-30% more juice than most other style juicers according to independent laboratory tests. The functional parts for juicing are all comprised of surgical stainless steel. All of the other parts are comprised of a heavy-duty polycarbonate. The high quality materials and workmanship will help these juicers last a lifetime. The Omega Juicer carries a 10 to 15 year guarantee, and is made in the United States. In purchasing an Omega Juicer, you are buying the world's finest juice extractor and the only juicer you will ever need to own!

## Exercise, Heart-Healthy Diets Contribute to Early Menopause

About 6,000 women enter into menopause every day, but there is little information available about when a particular woman will go through “the change” and which factors contribute to menopause.

Executives at the North American Menopause Society, which publishes *Menopause*, said the study may have an impact on breast cancer research because the earlier a woman goes through menopause, the less exposure she has to high estrogen levels. Estrogen is associated with breast tumors.

A Japanese study published in September in the journal *Menopause* attempts to remedy that situation by providing a comprehensive look at how diet and exercise influence menopause. Researchers found that women who exercise the most—about eight to 10 hours per week—are 17 percent more likely to begin menopause before their sedentary peers. And those who eat a diet rich in polyunsaturated fats—the “good fats” found in fish and vegetable oils—are 15 percent more likely to enter into menopause.

Researchers tracked 3,115 premenopausal Japanese women, ages 35 to 56, for 10 years. At the beginning of the study, the women answered questionnaires about their level of physical activity and how much polyunsaturated and saturated fat, fiber, soy and alcohol they consumed. By the end of the study, 1,790 women had entered menopause. Researchers found that although the women's polyunsaturated fat consumption and exercise levels affected the timing of menopause, saturated fat, fiber, soy and alcohol consumption had no effect.

## Probiotics Aid in the Treatment of Childhood Constipation

**Background:** Constipation in children is a very common occurrence, affecting roughly 10 percent of children. It is characterized by bowel movements occurring less frequently than usual or stool that tends to be hard, dry, and difficult and painful to pass. The following are common causes of constipation in children:

- **Milk allergy** – about 70 percent of cases of childhood constipation end by eliminating cow's milk from the diet and substituting with almond or rice milk
- **A low-fiber diet** – just as with adults, a high-fiber diet is important for intestinal health
- **Certain medications or drugs**, such as antacids, opiates and antidepressants
- **Various diseases and anatomic abnormalities**
- **Stool withholding** – children may hold back stools because they are stressed about potty training, are embarrassed to use a public bathroom, don't want to interrupt playtime or are fearful of having a painful or unpleasant bowel movement

**Probiotics for Children:** There is some preliminary evidence that probiotics, or beneficial bacteria, are useful in childhood (and adult) cases of constipation. It makes sense. After all, bacteria constitute about 30 percent or more of the typical stool weight. Rather than using a single strain of probiotic bacteria, my recommendation is to use a multi-strain formula composed of highly viable and compatible strains such as *Bifidobacterium bifidum*, *Bifidobacterium breve*, *Bifidobacterium infantis*, *Lactobacillus acidophilus*, *Lactobacillus lactis*, *Lactobacillus fermentum* and *Lactobacillus rhamnosus*. **New Data:** In a pilot study involving 20 children (average age of 7.4 years) with constipation, daily supplementation with a probiotic (100 million to 1 billion colony forming units of *Bifidobacterium breve*) for four weeks was found to significantly increase the frequency of bowel movements. Children who began the study with an average of less than one bowel movement per week improved to an average of about five per week after four weeks. They also had increased stool consistency and a significant decrease in fecal incontinence—from nine incidents per week at the beginning of the study to 1.5 in week four. In addition, there was a significant decrease in the number of abdominal pain episodes—4.2 at the beginning of the study to 1.9 in week four.

Previous clinical studies have shown even newborn infants can safely take probiotics at a daily dosage of up to 9 billion bacteria.