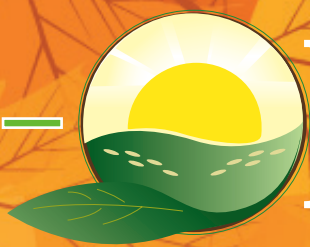


C-OPTIONS



SEVANANDA
NATURAL FOODS MARKET

October 2015

Vol. XVI Issue 4

Fall Into The Season with Good Health !

pg. 2

SEVANANDA IS THE BENEFIT WITHIN THE BENEFIT

pg. 3

HAPPY 41ST BIRTHDAY SEVANANDA

pg. 4

WHY YOU SHOULD AVOID PAPAYA IN YOUR SKIN CARE

pg. 4

FROM THE HEART AND DESK OF ADAMA

pg. 5

FIGHT PAIN FAST WITHOUT RISK

pg. 6-7

ORDER YOUR HOLIDAY DINNER NOW

pg. 8-9

VEGAN AND VEGITARIAN NEWS AROUND THE WORKD

pg. 10

COLD AND FLU SEASON IS COMING

pg. 10

HOW TO ENJOY A HEALTHY HOLIDAY

pg. 11

RECIPES

pg. 12

TOP 12 ORGANIC FOODS HIGHEST IN ANTIOXIDANTS

pg. 13-15

BE THE CHANGE PARTNERS

pg. 16

EVENTS

SEVANANDA IS THE BENEFIT WITHIN THE BENEFIT



Sevananda Natural Foods Market

467 Moreland Avenue NE
 Atlanta, GA 30307
 404-681-2831
 fax 404-577-3940
 www.sevananda.coop
 email: joinus@sevananda.coop

Store Hours

Monday-Sunday
 8am - 10pm

Co-Options Staff

Sharlise Lowe (Editor/Layout/Graphics)
 Ifini Sheppard (Proofing/Editing)
 Cheranna Dottin (Team)

Opinions expressed in this newsletter are the writers' own and do not necessarily reflect the opinions of Sevananda Natural Foods Market. Permission to reprint any article must be obtained from the Editor. Submissions from the general public are accepted, but there is no guarantee of publication.

Sevananda Board of Directors

Quandra Stroud (President)
 Debra Bonaparte (Vice President)
 Chi Ma'at (Secretary)
 Brian Sherman (Treasurer)
 Ntianu Alghanee
 Jed Davis
 Sharon Mack
 Rajnikant Mehta
 Tim O'Donnell



Co-operatives embody a community centered vibration and working in a consumer co-op is a fast track to serving the community. The cooperative grocery store is where you can count on finding a unique gathering of people — from the workers to the shoppers. Sevananda Natural Foods Market is a hub for the natural living community. As members of the staff and management team, it is both a privilege and honor to work for Sevananda.

By Carolyn Renée

We have access to benefits such as medical, dental and 401 K retirement plans as a rite of employment. Staff and management also experience the benefit of working at the co-op by having access to and serving a community of diverse individuals. This is topped off by being engulfed by healing products and services, and knowledgeable teammates.

When most people are hired by an organization, they typically receive training to carry out the duties of the job. However, at Sevananda, a wonderful benefit that team members experience is cross training. Every staff member that comes on-board is cross-trained. At the start of 2015, Sevananda's General Manager, Gary Hilliard had Human Resources develop a cross training program. Each new hire has the benefit of developing their knowledge, skills, and abilities by training two days in every department

before being placed in the department in which they were hired. This allows team members to be able to step up and offer awesome service to owners and shoppers. It also provides them with a wealth of experience working in other areas of the co-op.

You really can't put a price on intangible benefits that have value, but don't have a physical presence that you can see or feel. For example, being hired to work in the Kitchen, and fulfilling ones longing to learn about herbs from the Wellness Team; or always having had a desire to learn how to prepare tofu scramble, but not having a clue of where to start. The benefits of cross training are endless, and the benefit within the benefit of working at Sevananda Natural Foods Cooperative is both fulfilling and rewarding!



Shanice James
 Grocery



Deborah "Deeds" Davis
 Kitchen



Dreshaud "Dre" Britton
 Kitchen



Tiara James



Markea Wildins
 Front End



Halima Mbwana
 Front End



Dimitri "Tree" Lefever
 Inter. Asst. Grocery Manager
 Promotion



Brian Jackson
 Interim Grocery Manager
 Promotion

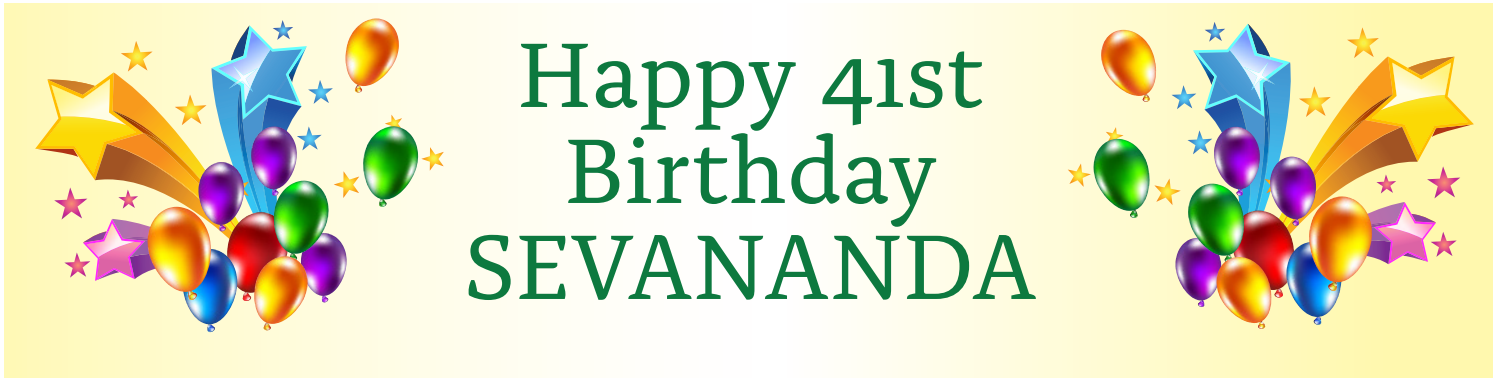


Chris Morris
 Front End Supervisor
 Promotion



Moe Bisoonharry
 Kitchen

NEW HIRES & PROMOTIONS



Happy 41st Birthday SEVANANDA

Come out and Celebrate with Us!



Ifini Sheppard (Marketing/Outreach Asst.)
 Sharlise Lowe (Marketing/Member Services Manager)
 Cheranna Dotting (Marketing/Member Services Asst.)

We are gearing up to bring you another year of "Great Celebration"

Sevananda Natural Foods Market will be celebrating our 41st Anniversary. Yes! It was October of 1974 when a few dedicated folks got together to form what has become a landmark of health and wellness in Atlanta. Sevananda is a word formed from two Sanskrit words – "Seva" (service) and "Ananda" (joy or bliss). Together these words mean "The Joy of Service". True to our name, our priority is to serve our community members who cooperatively own and control our store. Sevananda is so much more than just a grocery store. We are a trusted resource for health and wellness products, services and at the forefront of food safety and education! And by the way, we are the only strictly vegetarian/vegan grocery store on the East Coast! No meat or meat by-products are sold for humans here!!

We are celebrating our 41st Anniversary on Saturday, October 24th from 3pm to 6pm at the Montessori School. It will be a celebration with food, drinks, entertainment, craft vendors and much more! We will honor our members and patrons with a day of fun, festivities and celebration!! And, appropriately our anniversary happens to fall during National Co-Op Month...

In the past four decades we've gone through many changes, including our address, as we expanded in the eclectic Little Five Points Community. But one thing has remained the same as we grew to become one of the largest Natural Food Co-Ops in the Southeast: our commitment to serving the community! We invite you to come and help us celebrate and please bring your family and friends! We will continue assisting and supporting our mission to empower the community toward health and well-being through education and cooperation.



Save The Date !!
 October 24, 2015
 3pm - 6pm

It's Another Sevananda Celebration

Sevananda's 41st Birthday & Mixer

Free Admission for Member-Owners
 with current/valid Sevananda Card
 \$5 Admission for Friends, Family &
 General Public

International Montessori Academy
 1240 Euclid Avenue NE
 Atlanta 30307



WHY YOU SHOULD AVOID PAPAYA IN YOUR SKIN CARE

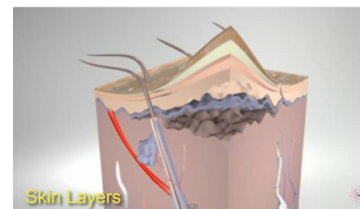
healthy beauty science



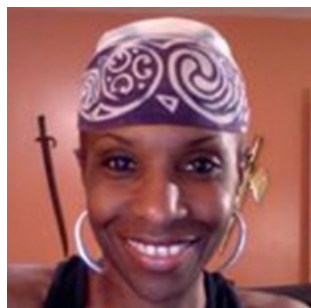
Papaya has long been considered a go-to natural ingredient that will leave you with a radiant, glowing complexion. This is due to the active enzyme in papaya called papain. However, recent evidence has shown that papain can actually leave you with just the opposite of a healthy glow. A study published in the Journal of Investigative Dermatology reported that papain, the enzyme found in papaya, can induce allergic reactions. This is breaking news not only for do-it-yourselfers, but also for the cosmetic industry. Countless

skin care products on the market use papain in their formulations. It is an effective exfoliating treatment to remove dead cells from the surface of the skin. The head of the Department of Comparative Medicine at the Messerli Research Institute, Erika Jensen-Jarolim, and her team used the skin of mice and human skin cells in petri dishes to research the effects of papain. The scientists found when humans or animals came in contact with papain, strong allergic reactions of the skin could result. On the skin, papain can also

result in a loss of the barrier function. The skin is made up of several layers. The research showed that papain caused a breakdown of the skin's permeability. The skin is our first line of defense against pathogens in the environment. The breakdown of this natural barrier could have detrimental consequences to our beauty as well as our health. In conclusion to the study, Jensen-Jarolim stated that "people with sensitive skin as well as small children should avoid the enzyme (EC Number 3.4.22.2) as much as possible and observe the ingredients declaration for consumer products as regulated by EU Directive 2000/13/EC". This does not take away from the fact that papaya is loaded with nutrition that can do your body good from the inside-out. So, the next time you have a papaya keep it away from your skin and eat it! For more healthy beauty tips and visit MsToi.com.



FROM THE HEART AND DESK OF ADAMA



by Adama

Eating by any means necessary is the national pass time! Eat for any occasion, to

satisfy every emotion and sublimate every desire. The old paradigm of "3 square meals a day" incorporating the four food groups is still in full effect for the masses. The populace is inundated with television, radio, internet and bill board advertisements that subliminally seduce with colors, pictures, slogans, jingles and celebrity into thinking that good food does not have to be good for them. Food, as we have come to know it, is in effect, hazardous to our health and by time you add alcohol, tobacco products, carbonated beverages, processed, de-germinated, bleached flours, refined sugar products, artificial colors, artificial flavors, preservatives, GMO's and meat that came from mad cows, pissed-off chickens, devastated pigs, traumatized turkeys, and catatonic fish and other sea creatures; what has become pleasing to the palate is disastrous to the body, blood, heart, mind, life and disconnects us from our Souls.

At this point of our collective globally warmed real-

ity, masses of people are drowning in the seas of misinformation, propaganda, pharmaceuticals, procedures, surgeries and just plain ole' disregard. They are ignorant of the fact that our bodies, as well as our purpose in being on the planet, are designed by the Intelligence of Existence, which is beginning-less, endless, infinite, eternal, ever-present, never absent, all-pervasive and filling all spaces. We are not human eating machines and our purpose in Existence is to be ever intentional. Self-actualizing, self-realizing and becoming all that we truly are as points of Absolute and Supreme Intelligence. After eating so much of all the wrong things over decades, the issue is not just what we're eating, but how much light, life-force and mineralization can we truly absorb without being diligent in cleansing.

We will heal, regain our health, be restored in the integrity of our humanity when we are intensely intentional in exalting a full life's urge, doing nothing to undermine ourselves or our cells and instead of living to eat, we live knowing that it is our breath and that which beats our hearts that truly maintains and sustains us. We have to release and let go of the memories of our transgressions, trespasses, mistakes and those committed against us, forgive and forget.

It is necessary that we nourish our spirits with life-affirming thoughts, truth, information and inspiration and rejoice in the blessing of being. Realizing that the body and the earth are at least 80% water, we have to truly embrace the power of the sun, air and water. Fasting and eating from the smorgasbord of Mother Earth's and Mother Nature's table of clays, herbs, fruit, vegetation, nuts and seeds. That which you consume should be satisfying, and also cleansing the toxins, mucus and waste from the body. When the cells are liberated, cleansed, nourished charged and regenerative, you become healed and the Intelligence of your being is freed to function as Intelligence does, always in its own best interest and always in the best interest of the whole.



FIGHT PAIN FAST, WITHOUT RISK

By Bob Taylor

One of the biggest barriers to people staying healthy and fit is physical pain. Unfortunately, many pain-relieving products take a toll on our health overall. They can wear away the lining of your stomach, damage your liver, and create a 'feedback loop' in which the more of the drug you take, the more you need because it actually starts causing pain or muscle aches.

But there is a much better way to stop pain with four ingredients that work quickly, safely, and effectively. Two of them are botanicals with a long history of use that have benefited from scientific advances – curcumin from turmeric and boswellia.

Turmeric is well known, but is often confused with curcumin. Curcumin is one of the rhizome's primary compounds noted for its anti-inflammatory and cell-protecting properties. It is extracted from turmeric to use as a natural medicine, because turmeric on its own only provides about 2 to 5 percent curcumin.¹

However, many plain curcumin extracts are poorly absorbed. That's why it is important to use a curcumin that blends the extract with turmeric oils, which makes it up to 10 times better absorbed, and helps it remain in the bloodstream at significant levels longer than plain extracts. This form also remains in the bloodstream longer at significant levels, making it a much better choice to fight pain and inflammation throughout the body.^{2,3}

Boswellia is especially potent at reducing pain associated by inhibiting the inflammatory enzyme, 5-LOX. However, not all boswellia extracts are the same. The best form for fighting pain and inflammation is low in β -boswellic acid (which interferes with beneficial activity) and has higher levels of acetyl-11-keto- β -boswellic acid, or "AKBA", which boosts its effectiveness.^{4,5}

D,L- phenylalanine, (or DLPA) contains two forms of the amino acid phenylalanine. The "l" form improves mood-elevating chemicals in the brain, such as dopamine, epinephrine and norepinephrine. The "d" form of phenylalanine appears to block a nervous system enzyme that intensifies pain signals. The combination of these two forms may prevent the breakdown of one of the brain's natural pain-killing substances, enkephalins, which are in the same family as endorphins. So it reduces pain and improves mood.^{6,7,8}

Nattokinase is an enzyme that enables other compounds carried in the bloodstream (such as curcumin, boswellia and pain-killing endorphins) to reach the areas where they are needed the most.^{9,10}

Clinically Tested Power Against Pain and Inflammation:

The high-absorption curcumin recommended here is clinically studied. In one study, combined with the high-AKBA boswellia, it reduced pain in 64 percent of participants with osteoarthritis vs. 29 percent taking a generic celecoxib.¹¹

In a rheumatoid arthritis study, one group used curcumin alone, another used diclofenac sodium, and a third used a combination of the two. In both curcumin groups, there were no drop outs due to adverse effects, but in the diclofenac sodium group, 14 percent withdrew.

The results: curcumin alone reduced symptoms the best, followed by the curcumin and diclofenac sodium combination. Diclofenac sodium scored last.¹²

Great Results, No Side Effects

Who wouldn't you want a safe, effective alternative to the risks and side effects of over-the-counter and prescription drugs? With high-absorption curcumin and these other supportive nutrients you can have an active life without compromising your health in the process.



References:

1. Goel A, Kunnumakkara AB, Aggarwal BB. Curcumin as "Curecumin": from kitchen to clinic. *Biochem Pharmacol.* 2008 Feb 15;75(4):787-809.
2. Antony B, Merina B, Iyer VS, Judy N, Lennertz K, Joyal S. A pilot cross-over study to evaluate human oral bioavailability of BCM-95 CG (Biocurcumax™) a novel bioenhanced preparation of curcumin. *Ind J Pharm Sci.* 2008:445-449.
3. Benny B, Antony B. Bioavailability of Biocurcumax (BCM-95). *Spice India.* September, 2006:11-15.
4. Ammon HP. Boswellic acids in chronic inflammatory diseases. *Planta Med.* 2006 Oct;72(12):1100-16.
5. Poeckel D, Tausch L, Altmann A, et al. Induction of central signaling pathways and select functional effects in human platelets by beta-boswellic acid. *Br J Pharmacol.* 2005 Oct;146(4):514-24.
6. Ehrenpreis S. Analgesic properties of enkephalinase inhibitors: animal and human studies. *Prog Clin Biol Res.* 1985;192:363-70.
7. Ehrenpreis S. D-phenylalanine and other enkephalinase inhibitors as pharmacological agents: implications for some important therapeutic application. *cAupunct Electrother Res.* 1982;7(2-3):157-72.
8. DLPA. In: *Hendler SS, ed. PDR for Nutritional Supplements. 2nd ed.* Montvale, NJ: Physician's Desk Reference; 2008:189
9. Hsia CH, Shen MC, Lin JS, et al. Nattokinase decreases plasma levels of fibrinogen, factor VII, and factor VIII in human subjects. *Nutr Res.* 2009;29(3):190-6.
10. Fujita M, Hong K, Ito Y, Fujii R, Kariya K, Nishimuro S. Thrombolytic effect of nattokinase on a chemically induced thrombosis model in rat. *Biol Pharm Bull.* 1995;18(10):1387-91.
11. Antony B, Kizhakedath R, Benny M, Kuruvilla BT. Clinical Evaluation of a herbal product (Rhulief™) in the management of knee osteoarthritis. Abstract 316. *Osteoarthritis Cartilage.* 2011;19(S1):S145-S146.
12. Chandran B, Goel A. A Randomized, Pilot Study to Assess the Efficacy and Safety of Curcumin in Patients with Active Rheumatoid Arthritis. *Phytother Res.* 2012 Mar 9. doi: 10.1002/ptr.4639.

Vegan/Vegetarian Nov

PLACE YOUR

SEVANANDA
NATURAL FOODS MARKET

All Dinners Include

1 Pint Rosemary Gravy & 12 oz. Cranberry Relish

Holiday Dinner for 2 - \$39.99

1 Entree
2 Sides
1 Dessert
1Pt. of Rosemary Gravy
12 oz. Cranberry Relish
4 Dinner Rolls

Holiday Dinner for 6 - \$69.99

2 Entrees
3 Sides
1 Dessert
1Pt. of Rosemary Gravy
12 oz. Cranberry Relish
8 Dinner Rolls

Entree

- Field Roast Celebration Roast
- Tofurkey Roast
- Lentil Walnut Loaf



Sides

- Vegan Macaroni and Cheese
- Sweet Potato Casserole
- Spicy Collard Greens
- Broccoli Casserole
- Cornbread Stuffing
- Candied Yams
- Green Bean Almondine
- Green Salad
- Spicy Kale
- Mashed Potatoes
- Blackeyed Peas



 Happy 
Tofurkey
 Day! 

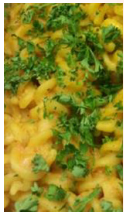
& Dec Holiday Menu

ORDER NOW!

SEVANANDA
NATURAL FOODS MARKET

All Dinners Include

1 Pint Rosemary Gravy & 12 oz. Cranberry Relish



Dessert

- Pie Pumpkin Pie
- Lemon Pound Cake
- Apple Pie
- Cherry Pie
- Chocolate Cake
- Carrot Cake

Holiday Dinner for 4 - \$49.99

- 1 Entree
- 3 Sides
- 1 Dessert
- 1Pt. of Rosemary Gravy
- 12 oz. Cranberry Relish



Holiday Dinner for 4 - \$109.99

- 2 Entrees
- 4 Sides
- 2 Desserts
- 2Pts. of Rosemary Gravy
- 24 oz. Cranberry Relish



Happy Holidays



VEGAN AND VEGETARIAN NEWS AROUND THE WORLD

New Smartphone Game, 'Butcher Goes Vegan,' Aims to Encourage Compassion

Nobody wants to see an animal killed, yet 10 billion of them are slaughtered for food every year in the U.S. What's wrong with this picture?

A new smartphone game, *Butcher Goes Vegan*, is designed to help people make the connection between the animals they empathize with and the food on their plates.

The recently launched single-touch game has a simple theme: help farm animals survive. Players lead cows, pigs, chickens, sheep, and turkeys (and a mystery animal) away from dangerous obstacles including butchers, cleavers, bombs and monsters.

In addition, the path features collectible gems (that can be used for power-ups like karate, boost and shield), as well as hearts for revivals.

The game covers more than just farm animal issues—it also

addresses fur, adopting pets, helping stray animals and animal shelters.

The game's creator, Arvin of Arvin Games, had a long held dream of creating a game that could help animals. Currently, he and his team are looking to garner positive ratings in the app stores so they can get the attention of larger animal rights groups and NGOs. All in all, they hope the game can serve as a fun way to open people's eyes and help animals in need.

The game is free, and available in both the Apple App Store and through Google Play.

Follow Latest Vegan News on Facebook, on Twitter @ LatestVeganNews, and Google+ , and sign up to receive our daily headlines in your inbox here.



Philadelphia Tourism Bureau Reaching Out to Veg Travelers

Given that a whopping 36% of Americans are open to plant-based eating, it's no surprise that companies and organizations are eager to get a piece of the [vegan] pie. Now, Visit Philadelphia—the famous city's official tourism org—is reaching out to vegan and vegetarian travelers.

A new press release from the organization showcases the city's myriad options for meat-free dining, from Vedge's impossibly fresh "Dirt List" to Sprig & Vine's delectable brunch menu. The release also cites national statistics—namely, that the number of vegetarians in the U.S. has increased from about one in 100 to almost one in 30 over the past 10 years.

"Philadelphia is lucky to be located in a 100-mile food shed from Amish Country to the Atlantic Ocean, an agriculturally rich area of the country," says Donna Schorr, director of communications for Visit Philadelphia, of the city's unique plant-based options. "We are also a city that has so many community gardens that help teach new generations about healthy food choices. There are many CSA and urban farms, like Greensgrow."

The release mentions destination dining, casual fare, meatless bar options, Asian-inspired eats, gluten-free foods and shops, with items like fried green tomato po' boys, waffles with miso caramel and crispy jerk "chick'n" Caesar salads highlighted for travelers.

"As Travel + Leisure, Bon Appetit, Esquire, the national food blogs and others are writing—eating in Philadelphia is an incredible (edible) experience. Such innovation and great taste. And sometimes it is the vegan places making the headlines—Vedge, V Street, Charlie Was a Sinner, etc." says media relations rep Cara Schneider.

With the city's lengthy lineup of veggie-friendly eateries, it's clear that Visit Philadelphia is after herbivorous visitors—and vice versa.

"We are finding more interest in vegetarian and healthy dining," adds Schorr. "Folks who love to travel still want to make good food choices and the beauty of Philly is that healthy dining can be had at casual as well as our most formal restaurants. Staff no longer bat an eye when you ask for vegetarian options on the menu. I think families want to feed their children healthy choices as well and

so many children have food sensitivities today that parents are much more conscious of the choices they are making."

Veg travel is the wave of the future, and Philly is leading the way. Maybe now's the time to plan that summer vacation?



Reduce your carbon footprint

Cutting out meat will cut your carbon footprint

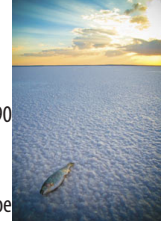
- Livestock farming is responsible for almost 20% of all greenhouse gas emissions from human-related activities.
- Nitrous oxide is almost 300 times as damaging to the climate as carbon dioxide and 65% of the total quantity produced by human activity comes from livestock, mostly their manure.
- Methane has 25 times the global warming impact of carbon dioxide and a single cow can produce 500 litres of methane a day.
- Cows and sheep are responsible for 37% of the total methane generated by human activity.
- Carbon dioxide is emitted when forests are cleared for grazing or for growing grain to feed animals. Fossil fuels are used to transport animals and to power the production of their feed.



Protect the oceans

Cutting out meat will help protect the oceans

- In 2011, total world fisheries produced 154 million tonnes of fish, 90 million tons from capture and 64 million tons from aquaculture.
- 131 million tons (84%) was consumed by humans.
- By the year 2030 an additional 37 million tons of fish per year will be needed.
- 19% of major commercial marine fish stocks monitored by the FAO are overexploited, 8% are depleted and 1% ranked as recovering from depletion.
- 300,000 whales, dolphins and porpoises are killed every year as 'by-catch' of the fishing industries.
- Over-fishing, by-catch, climate change, invasive species and coastal development have resulted in a decline in the number of marine species, such as sharks, seabirds and turtles.



Save water

Cutting out meat will save water

- Watering the land 780 million people worldwide do not have access to clean water and 2.5 billion do not have proper sanitation.
- By 2025 there will be 1.8 billion people living with absolute water scarcity.
- Farming accounts for around 70% of all freshwater withdrawn from lakes, waterways and aquifers.
- Meat production, especially the feeding of cattle, is a particularly water-intensive process.
- Livestock production accounts for over 8% of global human water consumption.
- Estimates of the water required to produce a kilo of beef vary, from 13,000 litres up to 100,000 litres. The water required to produce a kilo of wheat is somewhere between 1,000-2,000 litres.
- Agricultural products account for 73% of the total water footprint.



Save land

Cutting out meat will help save land

- Men shaking hands in front of a pile of felled logs 30% of the earth's entire land surface (70% of all agricultural land) is used for rearing farmed animals.
- Cattle require approximately 7kg of grain in order to generate 1 kg of beef while pigs require 4kg grain for 1 kg of pork.
- Livestock production is responsible for 70% of the Amazon deforestation in Latin America, where the rainforest has been cleared to create new pastures.
- A typical meat eater's diet requires up to 2.5 times the amount of land compared to a vegetarian diet and 5 times that of a vegan diet.
- A farmer can feed up to 30 people throughout the year with vegetables, fruits, cereals and vegetable fats on one hectare of land. If the same area is used for the production of eggs, milk and/or meat the number of people fed varies from 5-10.





Atlanta Vegan Food & Tea FESTIVAL

Sunday, October 18, 2015

2:00PM-7:00PM

Enjoy cooking demonstrations from culinary celebs and local chefs, book signings, the Art of Tea Experience, body work pavilion, market place, panel discussion and gift bags to the first 300 attendees!

Atlanta Metropolitan State College
 Edwin Thompson Student Center /
 Easley Pavilion Conference Center
 1630 Metropolitan Parkway
 Atlanta, GA 30310

INVESTMENT

BVSGA members FREE
 \$10.00 advance
 \$15.00 door

PRESENTED BY



BVSGA
 BLACK VEGETARIAN SOCIETY OF GEORGIA

Visit ATLVEGANFOODTEAFEST.com

Volunteers,
 Sponsors and
 Vendor
 Opportunities,
 call 404-585-1043

COLD AND FLU SEASON IS COMING !!



By Sonia Nielson

Cold and flu season is here and it's time to do all that you can to stimulate the immune system. Here at Sevananda there is so much to choose from as far as raising the immune system. We have colloidal silver, elderberry, olive leaf, astragalus, propolis, manuka honey and hundreds of teas and bulk herbals. Vitamin C and zinc and keeping vitamin D levels high are all great choices. All of these have wonderful properties and yet my number one go to product isdrum roll please OREGANO OIL! And yes, it's hot going down and a little goes along way.



My experience with Oregano oil is that as far as a good fight to invaders is concerned such as bacteria, fungus, viral and even parasite infections I have seen miracles. In his book "The Cure is in the Cupboard" Dr. Cass Ingram describes how oregano saved his life from a fungus infection from an infected needle. I personally had the pleasure of having dinner with Dr. Cass Ingram and I was amazed at the versatility of this powerful oil and started using it with hundreds of people from all ages 4 to 94. This product needs to be in everyone's cupboard!!! I am thrilled to share this with you and have found it to be very effective in upper respiratory and sinus infections.

So we have many forms of this powerful oil. Liquid extract is one of the best and also capsule forms are good. All the brands that we have are top of the line.



However, oregano in the spice section won't do the trick. It has to have been extracted so that the carvacrol content is between 20 - 80 per cent. Oregano grows wild around the world especially in the mountain areas of Greece and Turkey where the highest medicinal oregano is found.

One can use this herb for prevention but I really like other herbs for that and they are considered tonics such as astragalus. I prefer dosing Oregano Oil when symptoms arise with a one two three punch of 10 drops every couple of hours for 2 to 3 days or 2 capsules every couple of hours. Please

note these are suggestions only and to please see your doctor for any serious concern.



Thanks for shopping at Sevananda and supporting your CO-OP!!

HOW TO ENJOY A HEALTHY HOLISTIC HOLIDAY



By Marilyn Johnson, ND

Isn't it amazing that 2016 is just a few days away? It seems like yesterday we made resolutions to live our dreams in 2015. Now it's time to claim being Kings and Queens in 2016. The good news is, there is a bit more time in 2015 to accomplish our goals so that we can bring in the New Year fulfilled, inspired and with tools to transform any trauma into triumph! Sit back and take a deep breath and let's dig in.

Above all, the most important factor to achieving anything is to practice self-love. Release those old worn out opinions and guilty feelings about taking care of yourself because, even though you've heard it a million times, for many of us, lack of self-worth and self-love is the source of pain that blocks our blessings. Before you can receive anything; love, money, success, happiness, or anything else your heart desires, daily doses self-love must become a healthy habit!!! In short, whatever happens in your life is up to you and you are responsible for the outcome! Reducing stress, anxiety, fear, anger and any other emotion is key to becoming the best you can be.

Now is the time to empower yourself with thoughts, words, and actions that inspire you, so that when we ring in 2016 your soul goals will be coming to you. If you are true to yourself, transitioning to the New Year will be a joy like never before because you will have created the foundation for a fabulous future. The suggested steps below are nothing new just a gentle reminder to support you on your path to perfection:

1. Remove any pressure to conform to the norm. You don't have to get caught up in the holiday hustle and bustle. Take time to visualize what a holistically healthy holiday and life means to you, set goals, write them out in full detail, and feel confident in welcoming them to you.

2. Creating a vision board of what you want in 2016 is a great tool to trigger the transformation.

3. Get Crafty! There are so many ideas that you can make for holiday cheer around your home and for gift-giving. Take the delicious vegan treat to the party and enjoy the surprised response of those who just thought you were weird. The precious time you spend to create goodies and gifts will bring love and joy especially to you and to everyone else.

4. Volunteer at any time of year. Service is the secret sauce for success and happiness!

5. Clear out Clutter – Now this is a big one. Anything that is worn out or hasn't been used does not support your spirit. Share these treasures with others by donating them to your favorite non-profit and gain a tax deduction as well.

6. Get your finances and business organized. Put your receipts, mileage and expenses in order. If you have investments, visit a tax consultant so that all possible deductions are accounted for before the end of 2015.

7. Seek balance in your life by evaluating your daily environment. Commit to calm, constructive self-talk and communication that is encouraging to others. Avoid negative media, people and situations that aren't supportive of your vision.

8. Live in Gratitude at all times! Challenges appear for our good. Life happens for us and not to us. Make the best of every situation because your attitude determines your altitude. Why not make 2016 a Holistically Healthy year, where you actually live your purpose and do what your heart, mind, body, and spirit is calling out to you?

COCONUT WATER MOJITO (RECIPE)

Spring may be a long way off but that doesn't mean the winter blues need to get you down. Draw yourself a warm bath, close your eyes, and take a sip of this coconut water mojito (delicious with or without alcohol) to instantly transport yourself to a tropical beach. Coconut water is rich in vitamins and minerals but palm trees are also treated liberally with pesticides meaning that your coconut water may also be rich in chemicals such as carbamates, pyrethroids and organochlorine. When making this drink be sure to choose organic coconut water to reduce your exposure to pesticides!

The Research

Palm trees used to produce coconuts are often treated with by way of foliar sprays and trunk injections. Despite the intensive use of dangerous pesticides for coconut cultivation in South East Asia and South America, few governments have established maximum levels of pesticide residues for coconut water. A recent study published in *Microchemical Journal* aimed to quantify the presence of residues from these chemicals in coconut water that may be a risk to consumer health. Three different brands (not specified in the study) of coconut water from commercial markets as well as fresh coconut water were tested for pesticide residues. Researchers found residues from 19 different pesticides including carbamate, pyrethroid, and organochlorine pesticides, across all sampled coconut waters. The highest concentrations of pesticide residues were found in the three brands of coconut water compared to the fresh coconut water. The authors suspect that coconut palms grown commercially for coconut water retail are treated more heavily with chemicals to increase production.

Photo credit: Ines Hegedus-Garcia

This Recipe makes 1 drink

Ingredients:

- 1 sprig of fresh mint plus another for garnish
- 2 tbs organic fresh lime juice
- 1 tbs organic sugar (add a little more if you prefer a sweeter beverage)
- 12 oz organic coconut water ice

Directions

- Muddle 1 sprig of fresh mint with lime juice and sugar in the bottom of a glass.
- Add coconut water.
- Stir to mix.
- Add ice, garnish drink with the second sprig of mint and enjoy!



SOUR CHANA MASALA (INDIAN SOUR CURRIED GARBANZO BEANS) (RECIPE)

If you are looking for an easy recipe to spice up your menu, try this delicious dish. This robust vegetarian curry, commonly served on the streets of Northern India, is robust enough that it will satisfy both vegans and meat lovers and it is loaded with flavor, thanks to the array of delicious spices. Be sure to choose organic spices to avoid any unnecessary pesticide exposure.

The Research

A study in the *Bulletin of Environmental Contamination and Toxicology* examined Indian spices for organochlorine pesticide residues. Scientists tested multiple samples of commonly exported spices from India including cumin, chili pepper, dry ginger, caraway seed, anise seed, black pepper, fenugreek, turmeric, and coriander. They found that most samples tested positive for low levels of organochlorine residues. Due to the toxicity of these chemicals at higher levels, the authors conclude, "Spices should be monitored periodically as these products are exported in various countries."

Photo credit: Jennifer

This Recipe makes 6 servings

Ingredients

- 2 tbsp. vegetable oil
- 2 tsp. organic cumin seeds
- 1 organic medium yellow onion, chopped
- 2 tbsp. organic ginger, peeled and finely grated
- 4 organic garlic cloves, finely chopped
- 1 organic serrano chili (2 if you prefer more spice), finely chopped
- 2 tsp. organic garam masala
- 1 tsp. organic ground coriander
- ½ tsp. organic turmeric
- 2 cans of organic garbanzo beans, drained, liquid set aside
- 4 large ripe organic tomatoes, chopped
- 4 tbsp. fresh organic lemon juice
- 1 bunch fresh organic cilantro, coarsely chopped

Directions

Heat the oil in a large pot over medium heat. Once hot, add the cumin seeds and fry for about 1 minute. Add the garlic, onion, ginger, and chili. Stirring occasionally, fry the mixture until the onions are translucent, about 8 minutes. Add the garam masala, coriander, and turmeric to the onion mixture. Cook for 1 minute more, stirring occasionally. Now add the garbanzo beans, and tomatoes to the mixture. Stirring continuously, cook until the tomatoes break apart, about 10 – 15 minutes. Using a fork, coarsely mash about 1/3 of the garbanzo beans in the pot. Add 2 cups of the reserved garbanzo bean liquid. Reduce the heat to medium/low and simmer, stirring occasionally for about 20 minutes. Remove from heat and stir in the fresh lemon juice. Top with fresh cilantro and serve hot with steamed rice or naan.



TOP TWELVE ORGANIC FOODS HIGHEST IN ANTIOXIDANTS

Organic fruits and vegetables, grown without the stimulation of chemical fertilizers, are slower growing, allowing plants more time to sink deep roots and extract health-promoting nutrients including vitamins and hundreds of antioxidants from the soil. These powerful antioxidants give fruits their bright color and help fight free radicals in the body, which cause cell deterioration.



1. Wild Blueberries—This tiny but mighty wild berry is a true nutritional powerhouse. Loaded with the highest level of antioxidant properties, wild blueberries are also one of the few fruits native to North America.



2. Artichokes—With only 65 calories, this member of the thistle family is chock full of essential nutrients, especially quercetin, known for its anti-inflammatory properties. While most people love the heart of the artichoke, the majority of its health benefits come from the steamed leaves.

3. Cranberries—When eaten as a whole food (think cranberry salsa or a few added to a smoothie) cranberries offer the body a plethora of anti-inflammatory benefits for healthy joints. Beware of non-organic cranberries, as they contain the highest level of pesticide risk per serving of any fruit.



4. Black Plums—Eating fresh black plums and their dried companions, prunes, has shown to help the body absorb more iron, an essential mineral for keeping us in top shape. Don't forget, when plums are in season they are the perfect lunchbox treat!

5. Blackberries—Thanks to the presence of anthocyanins (pigment producing antioxidants), the blackberry's claim to fame is its dark, rich color which aids in the prevention of cancer and heart disease.



6. Raspberries—This tiny fruit, a member of the rose family, delivers over 50% of your daily requirement of Vitamin C with just one cup. When in season, stock up and freeze; studies have found that frozen raspberries still maintain their antioxidant benefits.



7. Farmed Blueberries—Ranked only second to strawberries in terms of popularity, cultivated blueberries are also full of phytonutrients, such as anthocyanins, which gives them their deep blue pigment. Highest in Organic Foods



8. Pomegranate—Juice isn't the only way to get the health benefits of the pomegranate—the seeds provide an extra healthful boost of dietary fiber. Here's a tip: to easily remove the seeds, slice it in half, whack the back with a heavy spoon and watch the seeds pop right out!



9. Strawberries—This summertime favorite is high in ellagic acid, which is known to have anti-cancer properties. Strawberries are also high in Vitamin C, which improves collagen production. What's not to love: healthy skin and cancer prevention all wrapped up in a sweet treat!



10. Red Delicious Apples—Believe it or not, that bright red skin contains most of the antioxidants, so go for the red! Apples also contain pectin, which helps lower cholesterol, as well as boron, which helps the body absorb calcium. An apple a day...



11. Sweet Cherries—Fresh, sweet cherries have been shown to ease the pain of arthritis due to their anti-inflammatory properties. These summer jewels are also full of potassium and calcium.

12. Red Cabbage—While you might be more familiar with green cabbage, red cabbage contains considerably more phytonutrients—all of which aid the body in disease prevention.



WHAT IS ORGANIC?

Organic food production methods promote biodiversity, the biological cycling of nutrients, and plant and animal health. Certified organic farmers may not use toxic synthetic pesticides, artificial fertilizers, and unnecessary hormones or antibiotics. Instead, they use practices that restore, maintain, and enhance soil and ecosystem health. GMOs, artificial ingredients, or trans fats may not be used.

BE THE CHANGE

OCTOBER PARTNER: YELLS

Youth Empowerment through Learning, Leading & Serving, Inc.

YELLS is an innovative program that combines mentorship with a focus on leadership development, academic achievement, community involvement, and service. YELLS's Mission is to empower youth to be active, healthy, and productive servant-leaders within their communities. Our vision is a community where the youth have a voice that is valued. YELLS ensures that the youth possess the leadership skills, confidence, character, and collaborative networks needed to shape their world. YELLS has been blessed with the opportunity to touch the lives of hundreds of youth and families. We pride ourselves in building community stability in the Franklin Road neighborhood. YELLS's main objective is to empower a generation with the ethos and skills to serve as active citizens throughout their lives.

Currently we have three wonderful programs and a beautiful garden. Our first program is the YELLS Mentoring Program. It services 20 elementary "Littles" and 20 high school "Bigs". The YELLS Mentoring Program's Service Learning model is rooted in youth voice and allows youth to rise as the leaders of their communities. Consistent with the Big Brothers Big Sisters approach, YELLS matches high school "Bigs" one-on-one with elementary school "Littles." Every Tuesday, YELLS provides Bigs with interactive leadership workshops, which they redeliver to the Littles. Empowered with these new skills, together they design and implement youth led service projects to better their communities. This system of Bigs and Littles working together creates a climate of achievement, while nurturing a strong mentoring relationship.

Our second Program is our YELLS After School Program that serves 40 youth. We offer academic enrichment, homework help, arts and recreational activities, leadership workshops, and character development to school-aged children five days a week.

Our most recent program is our newly launched YELLS Community Action Café that serves 30 high school teens. The new teen-led YELLS Community

Action Café and Teen Center offers engaging leadership activities while teens gain the experience to actually manage the Café and lead events and workshops to draw in residents. The trendy and inviting Café provides a fully-equipped computer lab while serving as a welcoming hub for community members to gather to learn, lead, and serve together. YELLS youth also receive opportunities to work on and even eat food out of our community garden. The YELLS Community Garden arose from the passions of four high school "Bigs" who wanted to build community, teach environmental education, and provide healthy food alternatives for the community we serve. They garnered support, planted, and now maintain this beautiful garden.

YELLS is based in the Franklin Road community in Marietta, Georgia. With the support of dedicated community leaders, interns and our board members, we pride ourselves in creating a safe haven and source for empowerment for our YELLS community.

YELLS



Organization Name: Youth Empowerment through Learning, Leading & Serving, Inc. (YELLS)

Mission: To empower youth to be active, healthy, and productive servant-leaders within their communities.

Contact: Laura Keefe, (Executive Director)

Address: 1156 Piedmont Ave. NE, #86 Atlanta Ga. 30309

Website: www.yellsinc.org

NOVEMBER PARTNER: Academy Theatre



The Academy Theatre is the longest running professional theatre in Georgia. Founded in 1956 by Frank Wittow, a 25 year old Army veteran with a degree in psychology, the Academy began its life as the Southeastern Academy of Theatre and Music, Inc., and soon housed both a resident company dedicated to bringing the best of classical and contemporary work to Atlanta audiences and a School of Performing Arts.

The Academy pioneered a number of developments in Atlanta's professional theatre community which were:

- * It was the first professional theatre in the South to be integrated.
- * It premiered the First Southeastern Shakespeare Festival (1960).
- * In the late '60s and early '70s, it broke new ground with its educational theatre programs.
- * Launching Member of C4Atlanta (2010).
- * First Atlanta theater to incorporate QR code technology (2011).

In 1967 the Theatre was credited with being the major influence for the spread of serious theatre in Atlanta by the Georgia Commission on the Arts; in the same year, the Atlanta Public Schools and the Sears Roebuck Foundation provided additional support for Academy's arts-in-education program. This work was recognized and rewarded by major grants from government and foundation sources that included the Rockefeller Foundation, the National Endowment for the Arts, and the Ford

Foundation. The Theatre was also selected twice to represent the United States at international festivals. For his part, Frank Wittow has been the recipient of a number of awards, including the 1995 Coca-Cola Lifetime Achievement Award.

Over its 50-year history, the Academy has maintained two unique visions that have remained central to its mission.

- * The first is that of an ensemble system, which believes that the most thought-provoking theatre is created by a group of artists working intimately over a long period of time towards the development of a specific and cohesive style.
- * The second is the belief that theatre can be of enormous use to those members of the community for whom it would not ordinarily be a resource.

In the late '70s and early '80s, the Theatre — which was already breaking new ground with company-developed work in addition to a sterling reputation for fostering the work of promising playwrights — steered its attentions away from the conventions of a mainstage, subscription repertoire and towards the needs of the community. Artistic energy now became channeled through the Theatre's outreach programs, all of which used new work and various theatrical forms to provide a creative voice for the underserved and disenfranchised. These programs are now staples of the Academy Theatre's mission.

The philosophy of the Academy Theatre stressed from the beginning not only the importance of an ensemble but the importance within that structure of the artist-as-teacher. A mission that highlighted

the creative capacity of human beings working with and learning from professional actors, playwrights, and directors has fostered, not surprisingly, an impressive roster of alumni. This includes the playwright Barbara Lebow (who remains the Academy Theatre's Playwriting Consultant) and a number of actors and directors who have gone on to start or to lead the theatres that now share with the Academy responsibility for Atlanta's burgeoning cultural life: Kenny Leon (Artistic Director True Colors Theatre Company recently directing *A Raisin in the Sun* on Broadway), John Stephens (Artistic Director Theatre Gael), Mira Hirsch, and Jeff and Lisa Adler (Co-Artistic Directors The Horizon Theatre). For its own part, the Academy has premiered over 350 new plays by local and regional playwrights and has — in addition to mainstage audiences exceeding 500,000 — reached over two million children and 200,000 adults through its outreach programs alone.

Today, the Academy Theatre continues its outreach work to people who don't usually have a theatrical voice, incubates new theater companies, produces new mainstage works, and remains a vital component of the Southeast's theater community. The Academy produces and tours provocative work that challenges their audiences while still entertaining them.



Organization Name:
Academy Theatre

Mission: Exists as an arts center to enrich the Southern Crescent by providing a space for the exploration of all forms of art.

Contact: Lorraine Fey,
Managing Director

Address: 600 King Arnold Street
Hapeville Ga. 30354

Website: www.academytheatre.org



DECEMBER PARTNER: TORCH

Together Orchestras Revitalize Community Harmony

The TORCH Story

Flames are meant to burn brighter and grow larger as time goes on ... And music can be the fuel that keeps the flame going. Each child that learns music carries a flame to pass on to others. This is Torch: Together, Orchestras Revitalize Community Harmony.

Children involved with Torch Academy are learning about what it means to be part of something special—a community where their opinion matters. They are learning to respect themselves as well as their peers. They are learning how to become responsible caring human beings who are strong musicians. The results of our program are astounding. We are seeing fewer discipline problems with bullying. We are seeing more children become better students and stay in school. We are seeing siblings and parents discover ways to become involved in supporting the students. Not only do they attend concerts, but they also arrange special performances of Torch Students for family and community gatherings.

Since its inception in 2012, more than 100 students have come through the Torch program. Some stayed for a month; others have been with us since the beginning. All have been transformed by the experience of working side by side with professional artist/teachers and their peers, and their flames are shining brighter because of the Torch experience.

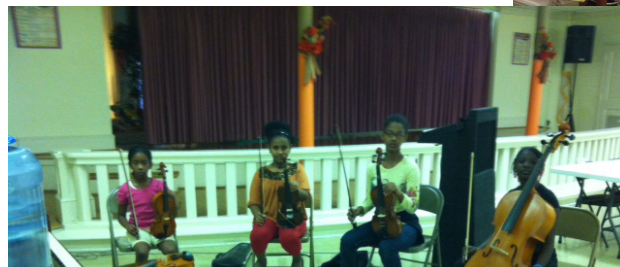
For example, Claudia (name changed), an eight year-old student, kept getting into trouble at school. Her teacher expressed concern that Claudia was not doing her homework and was hesitant to recommend her to the program. After being with Torch for about 10 months, Claudia's grandmother noticed great changes. Claudia does better work in school. She is more focused with a positive outlook on life. She is a joy to be around. And importantly, as Claudia sees her mom enthusiastically attending performances, a visibly stronger bond is growing between them.

Torch Academy provides free formal music instruction in the form of group lessons to underserved children ages 7-12 in Metro Atlanta neighborhoods. The children also enjoy social empowerment opportunities that include concert outings and other social events. The children who are currently in the summer program are from Bankhead, Cleveland Avenue and Grove Park

communities. We are meeting at Agnes Scott College during the summer months on Saturday mornings through July 26. Starting in August, we will meet with students four times a week, Monday through Thursday. We would like to expand the core group to 15-25 students and focus on developing a dedicated core string ensemble. Instruction is currently limited to violin, viola, cello and bass.

Torch students have performed extensively throughout Metro Atlanta including concerts at Cleveland Avenue Library, Usher Elementary School, Rosel Fann Community Center, Big Bethel A.M.E. Church, The Galloway School, and the Ray Charles Center for the Performing Arts.

Torch Academy, founded in March 2012, represents a living model of the possibilities inherent in a well-structured, formal music education. Outcomes have demonstrated how this model can potentially re-shape, re-connect, and revitalize communities that embrace arts-based education as an important developmental endeavor.



Organization Name: Together Orchestras Revitalize Community Harmony (TORCH)

Mission: To empower youth to become global citizens by way of formal music and life skills education.

Contact: Jacqueline Pickett, President

Address: P.O. Box 858
Ellenwood Ga. 30294

Website: www.torchacademy.org



UPCOMING OUTREACH EVENTS



Ifini Sheppard
Outreach Assist

LIVING ART AMERICA
BODYPAINTING CHAMPIONSHIP
THURSDAY, OCT. 1 - SATURDAY OCT. 3
The Georgia Freight Depo
Atlanta, GA 30334

EMORY SUSTAINABLE FOOD FAIR
FRIDAY, OCTOBER 2 - 10am to 1pm
Emory University Cox Bridge
Atlanta, GA 30322

49 DAYS 2 FABULOUS FORMULA
Seminar Series for Health & Wealth
Tuesdays Oct. 7, 14, 21, 27 & Nov. 4 & 11
Sevananda Natural Foods Market ~
Atlanta, GA 30307

HABESHA'S HARVEST FEST
SATURDAY, OCTOBER 3 - 12pm to 8pm
Omenala African Griot Museum
Atlanta, GA 30310

WALK FOR FARM ANIMALS
SUNDAY, OCTOBER 4 - 10am
Piedmont Park
Atlanta, GA 30058

14th ANNUAL URBAN MEDIAMAKERS
FILM FESTIVAL
THURSDAY, OCTOBER 8 - SUNDAY, OCTOBER 11
Hilton Atlanta Northeast Hotel
5993 Peachtree Industrial Blvd, Norcross, GA

THE VEGGIE CONNECTION
SATURDAY, OCTOBER 10 - 10am to 4pm
The Banquet Hall
200 Village Green Circle SE Smyrna GA 30080

ATLANTA VEGAN FOOD & TEA FESTIVAL
SATURDAY, OCTOBER 18 - 2pm to 7pm
Atlanta Metropolitan State College
Easley Conference Pavilion ~ Atlanta GA 30310

SEVANANDA'S 41st Birthday & Mixer Party
SATURDAY, OCTOBER 24 - 3pm to 6pm
International Montessori Academy
1240 Euclid Ave. Atlanta GA 30307

HOW TO USE ELECTO-MAGNETISM
TO CREATE A SUPER HAPPY RELATIONSHIP
WEDNESDAY, OCTOBER 28 - 6:30pm
Sevananda Natural Foods Market ~
Atlanta, GA 30307

A TIME FOR HEALING, EDUCATING & REBUILDING CONFERENCE
SATURDAY, OCTOBER 31 - 8:30am to 8:30pm
Shrine of the Black Madonna Atlanta, GA.30310

ATLANTA VEGAN FOOD & TEA FESTIVAL
SATURDAY, OCTOBER 18 - 2pm to 7pm
Atlanta Metropolitan State College
Easley Conference Pavilion ~ Atlanta 30310

ATLANTA VEG FEST
SATURDAY, NOVEMBER 7 - 10am to 5pm
Atlanta Metropolitan State College
Easley Conference Pavilion
Atlanta, GA 30310

CENTER FOR BLACK WOMEN'S WELLNESS, INC.
FAMILY HEALTH & BEAUTY EXPO
SATURDAY, NOVEMBER 14 - 11am to 4pm
Atlanta Metropolitan State College
Easley Conference Pavilion
Atlanta, GA 30310

Sevananda's Board of Directors & GM

Quanda Stround



Board President

Debra Bonaparte



Board Vice-President

Chi-Ma'at



Board Secretary

Brian Sherman



Board Treasurer



Ntianu Alghanee



Board Member

Jed Davis



Board Member

Sharon Mack



Board Member

Tim O'Donnell



Board Member

Rajnikant Mehta



Board Member

Gary Hilliard



General Manager

www.sevananda.coop



www.Twitter.com/Sevananda



www.facebook.com/Sevananda.ATL



Instagram.com/Sevananda_ATL