



Choices Natural Market

Natural & Organic Meat & Produce

6551 E. Riverside Blvd.
Rockford, IL 61114

815-282-1861 - www.choicesnaturalmarket.com

NOW OPEN SUNDAYS!

For your convenience, we are open on Sundays from 11am - 4pm through the holiday season. We will also be open until 8pm M-W the week of Thanksgiving.

Holistic Directory now available

The Holistic Directory is finally finished and is available online or at the store. Our website is www.choicesnaturalmarket.com. The directory can be found on the right hand side of home page in the section called, "Store Fliers", right underneath our store hours. You can also find our newsletter in this section as well. Feel free to share the information with your friends or whoever may be able to use the information.

The directory includes contact information for Naturopaths, Acupuncturists, Herbalist, Homeopaths, Reiki Masters, Yoga Instructors and many other areas of natural healing. If I have failed to include any information that was submitted to me, I apologize. I will be periodically be updating the directory so please email your information to me if you would like to be included in the directory. Email is the best way to ensure the information does not get misplaced. Email me at Karen@ChoicesNaturalMarket.com

November 10th - 1 year Celebration

Okay, so we're a little late, but better late than never right? Friday, November 10th, we will celebrate our 1 year anniversary by offering discounts, prizes and free massages between 3pm and 5 pm. Massages will be administered by the Holistic School of Therapeutic Massage, located on Church St. in Rockford, www.holisticschool.com. We will also have some of our farmers, our beekeeper; Phillip Raines with an observation beehive, and a couple vendors available for

you to meet and ask questions. Please come by and some of the people who provide your food as well as watch the bees make honey. Thanks to all of you who have supported us throughout this past year. It is because of you that this is all possible. Thank you so much!!!!

Homeopathy Fist Aid & must haves for the Cold & Flu season.

Information from the Foundation for Homeopathy, Seattle, WA & The Family Guide to Homeopathy; Dr. Andrew Lockie

Flu

Oscillococtium - Nature's #1 Flu Medicine May Quickly Reduce Flu Symptoms & Duration of the flu when taken at the first sign of the flu; fever, chills, body aches and pains.

Gelsemium - Chills up and down spine, feeling tired, week, and shaky, but not thirsty, bursting headache, passing urine seems to relieve symptoms.

Bryonia - Feeling dried out, hot, and irritable, especially when moving about, tremendous thirst at infrequent intervals, headache made worse by coughing, wanting to be in quiet of own home.

Arsenicum - Eyes and nose hot and streaming, chills, exhaustion, feeling thirsty for sips of water.

Aconite - Symptoms come on suddenly, especially in dry, cold weather, person very apprehensive.

Rhus Tox. - Restlessness, muscles feel stiff and painful.

Nux - Feeling very chilly, slightest movement increases cold feeling, nose stuffed up during day and runny at night, fluid seems to make symptoms worse, stomach upset.

Belladonna - Symptoms come on suddenly, very high temperature, excited or incoherent behavior, flushed face and staring eyes.

Fever

Aconite - Fever comes on suddenly and is worse around midnite, pale-faced, restless, and thirsty.

Apis- Feels chilly and won't drink despite fever, feels worse in hot rooms, complaints of sharp, stinging pains, may also be delirious.

Arsenicum- Fever worse between midnight and 2 AM. Restlessness, anxious, exhausted, chilly, thirsty for small sips of water, complains of burning pains in limbs, head feels better for cold but limbs feel better for heat.

Belladonna- Fever comes on suddenly and violently, hot flushed skin, pounding pulse, staring eyes, and delirious.

Bryonia - Very thirsty at long intervals, wants to be left alone, feels worse for moving, especially if there is

a headache, asks to be taken home although already at home.

Ferrum Phos – Fever some on gradually, red cheeks, weak rapid pulse, feels shivery despite frequent sweats, and has a throbbing headache, soothed by cool applications.

Gelsemium – Feels shivery and fluey, with aching muscles and heavy eyelids, not thirsty despite fever, headache made worse by movement.

Mercurius – Feels worse for changes in temperature, very thirsty, salivates and sweats profusely, breath smells foul and sweat offensive, tongue lolls out

Phosphorus – Looks well despite fever, behaves apathetically, seeks sympathy, craves cold drinks, which are vomited as soon as they become warm in stomach, may also have chest infection.

Colds

Aconite – Cold comes on suddenly, especially after exposure to cold, dry wind, sneezing, burning throat, restlessness, symptoms worse at night.

Belladonna– Cold comes on suddenly, with a high temperature, skin dry, hot and burning, light hurts eyes, sore throat worse on right side, tickly cough, person very thirsty.

Ferrum Phos – Cold comes on more slowly, mild fever only, person prone to nosebleeds.

Gelsemium – Cold rather like flu, person feels sluggish and shivery, limbs chilly, aching and heavy

Nux – Person more than usually irritable and critical, feels chilly, nose runs during day but becomes blocked at night.

Natrium Mur – Cold in early stages, sneezing worse in morning, mucus like raw egg white, blocked nose, cold sores, person rejects sympathy and wants to be left alone.

Mercurius – Sweating, excessive salivation, sneezing, mucus thick and yellowish-green, bad breath.

Pulsatilla – Person not at all thirsty but wants a lot of attention and sympathy.

Hepar Sulp– Mucus thick and yellowish green.

Infection spreads to ears or to throat, which feels as if he has a splinter in it, person irritable, chilly, very sensitive to drafts, breaks out in smelly sweats.

Bryonia – Cough, headache made worse by coughing, dry mouth, person very thirsty, irritable, wants to be left alone, symptoms worse for slightest movement.

Allium – Eyes streaming, discharge from nose burns upper lip, person feels better in fresh air.

Fist Aid

Arnica Montana – Bumps, Bruises, Trauma. Give immediately for any injury or accident. Bruising to so

soft tissues, sore muscles, shock, falls, head injuries, black eye.

Symptoms: Soreness & bruised feeling, shock, bleeding caused by injury, muscle soreness from over exertion, bruising. In early sprains, to promote healing.

Calendula – Cuts, Abrasions, scratches, burns, gnat bites, incised wounds. As a lotion for cleaning wounds.

Symptoms: Skin irritation or injury requiring a soothing lotion or cleansing. Protects skin and promotes healing., prevents infection. Not to be used for puncture wounds.

Hypericum Perfoliatum–Nerve end injuries – crushed fingertips, tailbone injuries. Puncture, incised or lacerated wounds. Severe concussions of brain or spine.

Symptoms: Pains shooting up the limb or pains shooting centrally in the limb. In spinal injury, pain moves up and down the spine. Worse from touch, cold, dampness, fog. Better from bending the head back.

Ledum Palustre– Puncture wounds from sharp objects, bee or mosquito stings, animal bites and scratches, black eye from blow, long lasting bruises.

Symptoms: Injured area is cold and numb, relieved by cold. Worse at night, from warm applications, and from heat of bed.

Rhus Toxicodendron – Sprains or strains of joints, muscles, tendons, or ligaments. Torn ligaments and tendons. Blistering, itching, burning, and swelling of skin (poison oak/ivy)

Symptoms: Painful when beginning to move – better after continued motion, better from heat. Thirsty, restless. Injured area is hot and swollen. Worse from cold, damp weather.

Ruta Graveolens– Sprains close to the bone and periosteum or involving tendons or ligaments and not helped by Rhus Tox. Bruised bone, shin splints.

Symptoms: Sprains. Worse from cold, lying down, wet weather, being at rest.

Apis Mellifica –Bee stings, insect bites, hives, jelly fish stings, stinging nettle rash. *Symptoms:* Swelling, itching, redness. Pains stinging and burning. Puffy swelling – eyes, throat, tongue, face. Thirstlessness. Better cold application, open air. Worse heat, touch, pressure.

FDA Moves Towards Cloned Meat and Milk

By Lorraine Heller, Oct 25, 2006

If these documents are finalized, cloned animal products will become part of the food supply, without the requirement for such foods to carry special labeling. The move has inspired fierce criticism from consumer advocacy groups, which claim that there is insufficient science to guarantee the safety of products from cloned animals.

There is currently no regulation preventing cloned food from entering the nation's food supply. But the Food and Drug Administration (FDA) has asked clone producers and livestock breeders to voluntarily refrain from introducing food products from clones or their offspring into the food supply until the agency endorses the findings of a National Academy of Science (NAS) report it commissioned in 2002 that declared cloned products safe for human consumption.

The FDA said its draft risk assessment is currently "in the clearance process" and is being reviewed within the department and by other governmental agencies, particularly the US Department of Agriculture (USDA).

The documents are expected to be released by December, said the FDA in a statement earlier this month.

But while the government continues to examine the issue, a number of consumer and industry groups have raised their voices against the approval of such products.

According to public interest group Center for Food Safety (CFS), there is "serious scientific concern about the food safety of products from clones." The group points in particular to a 2004 New England Journal of Medicine report, which stated that "given the available evidence, it may be exceedingly difficult, if not impossible, to generate healthy cloned animals."

However, the FDA said its draft risk assessment drew on over 100 scientific studies. Published in 2003, it concluded that "the current weight of evidence suggests that there are no biological reasons to indicate that consumption of edible products from the clones of cattle, pigs, sheep or goats poses a greater risk than consumption of those products from their non-clone counterparts."

At this stage, one of the main concerns for the industry is a lack of definitive and forceful guidance from the FDA.

But other groups are taking a harder stand. Last week, the CFS, along with reproductive rights, animal welfare, and consumer protection organizations, filed a legal petition with the FDA calling for a moratorium on the introduction of food products from cloned animals.

The petition calls for the establishment of mandatory rules for pre-market food safety and environmental review of cloned foods. The petition also calls for the Department of Health and Human Services to establish a federal review committee to advise FDA on the troubling ethical issues raised by animal cloning.

According to CFS, recent polls have shown that Americans would refuse to buy food from cloned animals, and that they have serious concerns about the ethics of animal cloning, with a majority of consumers saying they would not buy cloned food, even if FDA deemed the products safe.

However, according to Dr Mark Richards of KRC Research, "it is hard to predict consumer behavior from polls, especially when they know little about the issue."

Before the introduction of rBST (a genetically engineered bovine growth hormone that increases milk production in cows), experts predicted up to a 20 percent drop in milk consumption. But milk consumption levels were not affected at all.

For the time being, the FDA said that "in the spirit of transparency" it is requesting producers of cloned animal products to continue to refrain from introducing their products into the food supply until there has been an opportunity for public comment and the risk assessment is finalized.

Headlines from the OCA

The Organic Consumers Association (OCA) is an online and grassroots non-profit public interest organization campaigning for health, justice, and sustainability. The following headlines have been sent out by the OCA (Organic Consumers Association). You can sign up to receive updates, action alerts and important information at their website; www.organicconsumers.org.

PUT FOOD, FARMING, & CLIMATE CHANGE ON THE TABLE IN THE 2006 ELECTIONS

The Organic Consumers 2006 Political Candidate Survey and Voter Guide are spreading across the country. If you haven't already done so, please visit the Organic Consumers Fund web page to see how candidates from your area have responded and how to get involved. <http://www.organicconsumersfund.org>

INDIA BANS GE FIELD TESTS: India's supreme court has ordered a ban on all field trials of genetically engineered plants until further notice. The decision comes in response to widespread complaints by farmers and consumer groups, who pointed out that the safety claims made by the biotech companies were based on skewed studies the companies paid for themselves. Indian farmers are adamantly opposed to introducing any more biotech crops, in the wake of the widespread cultivation of a genetically engineered cotton variety patented by Monsanto that has caused widespread crop failures, driving thousands of Indian cotton farmers into desperate poverty. Since Monsanto's GE cotton was introduced, 20,000 bankrupt farmers have committed suicide.

SENATOR REQUESTS ASPARTAME BAN: A New Mexico State Senator is calling on the Bush Administration to ban the artificial sweetener aspartame. Now present in more than 6,000 consumer products, aspartame has been repeatedly found to have ill health effects ranging from neurodegenerative diseases to brain tumors to birth defects. Senator Gerald Ortiz y Pino and members of the New Mexico Legislative Health and Human Services Committee filed a letter with the President's office, requesting he call on the FDA commissioner's office to rescind the approval of aspartame, which has been the source of more health effect complaints to the FDA than any other chemical on the market.

Illinois State Officials

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(217) 492-4382 - fax

Senator Barack Obama
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(202) 224-2854
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Representative Donald A. Manzullo
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Washington, DC 20515
(815)394-1231
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Congressional Switchboard (202)224-3121
(calls to this number are at no charge)

We will soon be sending out an email newsletter containing the latest health information. To sign up, email me at karen@choicesnaturalmarket.com.



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Store Hours

M-F 9am - 7pm
Sat 9am - 5pm
Sun - 11:00 - 4:00

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