



Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

NEWSLETTER July 2010

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

Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

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Managing Fibromyalgia

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

Fibromyalgia is an arthritic and rheumatic related condition. It includes muscle and joint pain as well as fatigue, more commonly found in women than men. Fibromyalgia causes you to ache all over, with specific tender points on the body being painful to the touch. You may experience swelling, disturbances at a deep level, sleep challenges, mood swings, depression or symptoms of intense fatigue -- even upon arising. Your muscles may feel like they have been overworked or pulled. Other symptoms can be twitching, burning or deep stabbing pains as well as achiness around the joints in the neck, shoulders, back and hips making it difficult to sleep.

These are some other symptoms of fibromyalgia:

- » Abdominal pain
- » Anxiety and depression
- » Chronic headaches
- » Difficulty maintaining sleep
- » Dryness in mouth, nose, and eyes
- » Fatigue upon arising
- » Hypersensitivity to cold and/or heat
- » Inability to concentrate (called "fibro fog")
- » Incontinence
- » Irritable bowel syndrome
- » Numbness or tingling in the fingers and feet
- » Painful menstrual cramps
- » Stiffness in the joints

Fibromyalgia can be mistaken for osteoarthritis, bursitis and tendonitis but the pain of bursitis or tendonitis is localized to a specific area. The feelings of pain and

stiffness with fibromyalgia are widespread.

Essential Oils for Natural Fibromyalgia Pain Relief

Some people have used essential oils for relaxation and pain. Make your own blend using lavender, rosemary and peppermint. These essential oils work synergistically to provide relaxation and to relieve pain and muscle soreness. Basil and marjoram can be used for cramps and spasms.

*Young living has a couple of blends that could be beneficial for people with fibromyalgia. Deep Relief which is a blend of oils formulated to relieve muscle soreness and tension. Peace and Calming, which when diffused helps calm tensions, uplifts the spirit, promoting relaxation and a deep sense of peace. When massaged on the bottoms of the feet, it can be a wonderful prelude to a peaceful night's rest. Peace & Calming may be especially calming and comforting to young children after an overactive and stressful day.

Simple Wellness Tips for Pain

Something as simple as getting up in the morning and drinking a glass of water with 1-2 tsp. lemon juice, a dash of cayenne pepper and a 1-2 tsp maple syrup is a great way to stimulate the liver and flush toxins that have accumulated throughout the night.

Supplements for Fibromyalgia

Magnesium Malate – for pain; Although it is unclear how or if these two elements work synergistically, magnesium and malic acid are both key components in how energy is produced and transported within the cells of the muscles. Evidence suggests that fibromyalgia results from local hypoxia in the muscles (low oxygen),

(continued)

which in turn contributes to muscle tissue breakdown.

Magnesium Deficiency and Fibromyalgia Pain

Magnesium is an essential mineral for good health and is involved in a long list of critical functions in the body including: nerve signaling and muscle contraction, some people with fibromyalgia are low in magnesium.

L-Carnatine - Helps your cells produce energy by breaking down fat and is sometimes used for weight loss. In fibromyalgia studies, it has been shown to lower pain levels and improve mental health.

D-Ribose is beneficial for increasing energy, aiding sleep, reducing pain intensity, increasing mental clarity and overall well-being. D-Ribose has shown to benefit those with a history of decreased blood flow to the

heart and is known to improve quality of life in patients with heart disease.

Cellfood

This information is according to research results from the University of Siena, Italy, published in the medical journal. People who suffer from fibromyalgia are likely to experience reductions in pain and fatigue when taking recommended dosages of Cellfood. For more information on Cellfood, come into Rita's Market, get on Lumina Health Products web page or call them, 800.749.9196, www.luminahealth.com.

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It's summer and what a fun time to make pestos! Of course there is the traditional basil pesto. Compliments of the book 'Pestos! Cooking with Herb Pastes' by Dorothy R a m k i n

here are a few pesto recipes.

Basil Mint Pesto

- 1 cup fresh organic mint leaves
- 1 cup fresh organic basil leaves
- 2 organic cloves of garlic
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup organic pine nuts or walnuts
- 1/2 cup organic extra virgin olive oil
- salt and freshly ground pepper to taste

Combine the basil, mint, garlic, cheese and pine nuts or walnuts in a food processor. Once blended, add the olive oil and continue to mix until desired consistency. Season with salt and pepper. This pesto has a sharp flavor. Use it to stuff mushrooms, or on toast as a side to a hearty soup. Great on lamb. Enjoy!

Basil and Oregano Pesto

- 2 cups fresh organic basil leaves
 - 3 tablespoons fresh organic oregano leaves
 - 2 organic cloves of garlic
 - 1/4 cup freshly grated Parmesan cheese
 - 1/4 cup organic raw walnuts
 - 1/2 cup organic extra virgin olive oil
 - salt and freshly ground pepper to taste
- Use in summer soups, salads, toast and on pasta. Enjoy!

Combine the basil, oregano, garlic, cheese and walnuts in a food processor. Mix and then slowly start to add the olive oil. Season with salt and pepper, mix until it's the desired consistency. Enjoy!

Rosemary Pesto

- 1/3 cup fresh organic rosemary leaves
- 1 1/2 cups fresh organic parsley leaves
- 2 large organic cloves of garlic
- 1/4 cup freshly grated Parmesan cheese
- 1/2 cup walnuts
- 1/2 cup organic extra virgin olive oil
- salt and freshly ground pepper to taste

Combine the rosemary, parsley, garlic, cheese and walnuts in a food processor. Mix and then slowly start to add the olive oil. Season with salt and pepper, mix until it's the desired consistency. This is an intense and aromatic pesto. Use as a sauce or marinade on vegetables, lamb or fish. Enjoy!