

Pilgrim's

October 2011

# HEALTH CONNECTIONS

How beautifully leaves grow old. How full of light and color are their last days. – John Burroughs



1316 N. 4th St.  
Coeur d'Alene  
PH: 208.676.9730

Mon. - Sun 9am - 9pm  
www.PilgrimsMarket.com

## Hot Deals

**NAPOLEON**  
Extra Virgin Olive  
Oil, 34 oz



SALE  
**9<sup>99</sup>**  
SAVE  
**8<sup>00</sup>**

While Supplies Last

**FUJI APPLES**

SALE  
**1.29**  
lb



While Supplies Last



Two Stage Time Release  
Bio-C Buffered C 1000MG  
100 VCAP



SALE  
**4<sup>17</sup>**

70%  
Off

Present Coupon at purchase.

## Taste the sweet flavors of LOCALLY GROWN FOODS

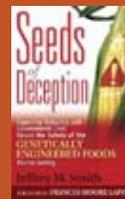


### 1 DAY SALES

20% OFF BEER & WINE DEPARTMENT  
WED., OCT. 12

15% OFF SELECTED FAIR TRADE GIFT AND  
HOUSEWARES PRODUCTS - WED., OCT. 26

### Film: Seeds of Deception



**DATE:** Sat., Oct. 15, 11am

**LOCATION:** Pilgrim's Health Education Center

**FEE:** Complimentary

**DESCRIPTION:** This explosive expose reveals how industry manipulation and political collusion allow dangerous genetically engineered food into your daily diet.



### SAMPLE SATURDAY



SAT., OCT. 15  
12 - 3PM

# Oktoberfest at *Pilgrim's*

Oktoberfest and harvest season are the time to sit back and celebrate the fruits of our labor and the rich flavor of autumnal foods. Pilgrim's Meat Department will have Beef and Pork Bratwursts on sale all month, and Pilgrim's Gourmet Deli's special grill menu item will be one of these Brats topped with our house made sauerkraut and mustard.



## Pumpkin Carving Contest!



Pilgrim's Produce Department is holding their own celebration with a Pumpkin Carving Contest! Here are the details:

Oct. 1-21 – Pick up your fresh pumpkin. \$5 entry fee.

Oct. 21-23 – Drop off your pumpkin carved and endowed with creativity.

Oct. 24-29 – Pumpkins will be on display, so stop in and VOTE! You, our customers, are the judges.

Oct. 29, 5pm – We will tally the votes and award a \$50 Pilgrim's Market Gift Card to the winner!

Oct. 30-31 – Contestants pick up their pumpkins.\*

\*If contestants do not pick up their entries by the end of the day, October 31, Pilgrim's Market will dispose of them.

## FABULOUS OKTOBERFEST BEERS

**DATE:** Sat., Oct. 15 12-3pm

**LOCATION:**

Pilgrim's Beer and Wine Dept.

**FEE:** Complimentary

**DESCRIPTION:** What would Oktoberfest be without a good German style beer! Sara in Pilgrim's Beer and Wine Department will be featuring some fabulous Oktoberfest beers during her Sample Saturday tasting.

Don't miss this taste of fall.



## Specials and Sales!

### Gourmet Deli Specials

AUTUMN SAVORY LENTIL SALAD \$6.99/lb

OKTOBERFEST BRATS W/HOUSE  
SAUERKRAUT & MUSTARD  
\$4.99 with a side salad (\$5.99/lb or less)

### Meat Department Special

Beef & Pork House Made Bratwurst  
Sale \$2.99/lb - Save \$1.00/lb



**1 DAY SALE**  
Beer and Wine Dept.  
Wed., Oct. 12

**20%  
Off**

# PNW SPECIALTY FOODS:

## Real food with local roots



Pacific Northwest Farmers Cooperative, also known as PNW, is a unique family of farmers on the Palouse who are passionate about putting healthier food on your table. PNW products are verified non-Gmo by the Non-GMO Project, kosher certified and ARE unique foods that taste delicious. Check out their products in our Bulk Department!

## ALL PNW LEGUMES



Sale ends 10/31/2011.

## National Bulk Week! - October 16-22



Bulk Department  
Sat., Oct. 22 Only

You can make a big difference in your family's food budget, as well as in the impact you make on the environment, by simply buying bulk foods whenever possible. Stop in on Saturday, October 22 and save 20% on our entire Bulk Department!\*



## Gift & Housewares

### Calendars



Pilgrim's Market is committed to providing you with the most interesting and unique calendars from perennial and culinary favorites to new delights. Check our 2012 selection!



Kyocera's Adjustable Ceramic Mandolin Slicer is perfect for every day use. Food glides effortlessly across the ceramic blade for perfect slices every time. It is also great for storage and has corner notches to fit nicely over a bowl. Pick yours up at Pilgrim's Market today!

**Wed., Oct. 26**  
**ALL FAIR TRADE GIFT AND**  
**HOUSEWARES PRODUCTS**



## Cypress Grove Gourmet Cheese Tasting

**DATE:** Sat., Oct. 22, 1-4pm  
**LOCATION:** Pilgrim's Market  
**FEE:** Complimentary with wine  
tasting included.



**DESCRIPTION:** For this special tasting, John from Peterson Foods will be offering a unique selection from Cypress Grove Chevre, including the luscious Truffle Tremor Ripened Goat Cheese. Sampling will also include a Cave Aged Gruyere and a Dutch Chili Gouda, and Sara will be putting together a pairing of wines to compliment each flavor. With such exceptional variety, this will be a tasting to remember.



# COMMUNITY EVENTS CALENDAR - OCTOBER 2011

2 S	3 M	4 T What Is an Ombudsman? Roseanna Lewis 6-7:30pm Pilgrim's Market 208.676.9730	5 W Qi Gong Class Dr. Toby Hallowitz 6:30pm Pilgrim's Wellness Center 208.676.0400	6 TH Feldenkrais Class 11am-12pm Pilgrim's Wellness Center 208.676.0400	7 F Downtown Sidewalk Sale 11am-4pm Downtown CDA	1/8 S Downtown Sidewalk Sale 11am-4pm Downtown CDA (10/8)
9 S	10 M	11 T	12 W 1-Day Sale Beer & Wine Dept. 20% Off ..... Qi Gong Class Dr. Toby Hallowitz 6:30pm Pilgrim's Wellness Center 208.676.0400	13 TH Feldenkrais Class 11am-12pm Pilgrim's Wellness Center 208.676.0400 ..... Fall and Winter Guide to Boosting Immunity Dr. Toby Hallowitz 6:30-8pm Pilgrim's Market	14 F Artwalk 5-8pm Downtown CDA	15 S Film: Seeds of Deception 11am Pilgrim's Market ..... Sample Saturday 12-3pm Pilgrim's Market 208.676.9730
16 S	17 M	18 T CDA Holistic Chamber of Commerce General Meeting 6:30pm Pilgrim's Market Laurie 208.819.1716	19 W Taking a Stand Against GMOs Jennifer Woods 6:30-8pm Pilgrim's Market 208.676.9730 ..... Qi Gong Class Cancelled this week.	20 TH Feldenkrais Class 11am-12pm Pilgrim's Wellness Center 208.676.0400 ..... Cold, Flu and the Immune System Dean Morris 6:30-8pm Pilgrim's Market	21 F	22 S Fall Fest 11am-3pm Downtown CDA
23/30 S	24/31 M	25 T	26 W Wed, 10/26 1-Day Sale Fair Trade Gift 15% Off ..... Qi Gong Class Dr. Toby Hallowitz 6:30pm Pilgrim's Wellness Center 208.676.0400	27 TH Feldenkrais Class 11am-12pm Pilgrim's Wellness Center 208.676.0400 ..... Essential First Aid, Using Essential Oils as Medicine Leslie Winsor 6:30-8pm Pilgrim's Market	28 F	29



## Publication Info

Editor

**Michal Bennett**

editor@pilgrimsmarket.com

1316 N 4th Street, Coeur d'Alene, ID 83814  
www.pilgrimsmarket.com

Pilgrim's Health Connections is the monthly publication of Pilgrim's Market and is designed to educate and inform readers on issues pertaining to natural health and wellness. We print 24,000 issues per month, distribute them in-store and insert them into local newspapers. This publication requires no purchase. To inquire about stocking Health Connections at your business, please contact Michal at editor@pilgrimsmarket.com or call (208) 676-9730 (x122 voicemail box).

To inquire about submitting a community calendar event, teaching a class or lecture in the Health Education Center, or having an article considered for publication, please contact Michal editor@pilgrimsmarket.com (208) 676-9730 (x122 voicemail box).

## EXPERIENCE SAMPLE SATURDAY! Sat., Oct. 15, 12-3pm

On the third Saturday of every month, Pilgrim's Market hosts an afternoon of sampling with vendors, recipes, supplements, menu ideas and a wealth of wellness, healthy eating and lifestyle information. This is an incredible opportunity to meet the people who make the products that you love to buy as well as try something new and delicious! Don't miss this month's Sample Saturday on October 15 as you continue on your journey to healthier living and eating.

### A TASTE OF WHAT YOU MIGHT DISCOVER:

- Fresh Ground Nut Butters
- Washington Grown and Produced Camelina Oil
- Spokane-made Pizza - Larocco
- Local Honey
- A Wealth of Gluten Free Foods
- Non-GMO and Fair Trade Resources
- Local Organic Fair Trade Coffee - Doma Coffee Roasting Co.
- Snacks for Adults and Kids



Pilgrim's

October 2011

# HEALTHY SAVINGS

Local - Quality - Service

## Product Spotlight

### ENZYMEDICA - ViraStop

vi-rus (vrs) n. – Any of various simple sub-microscopic parasites that often cause disease and consist of a core of RNA or DNA surrounded by a protein coat. Unable to replicate without a host cell, viruses are typically not considered living organisms.

Virastop contains a high potency, exclusive blend of proteases to support the immune system. Proteases are able to dissolve almost all proteins as long as they are not components of living cells.

Come into Pilgrim's Market and ask us about Enzymedica's Virastop as well as our other quality virus-fighting enzyme formulas.

Sale ends 10/31/2011.

Product statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

20% Off



"All viruses are alike in that they have protein coats containing nucleic acid...Enzymes fight viruses by breaking up this protein." (Anthony J. Cichoke, D.C.)

### Bach Rescue Remedy

This combination of Bach Flower Remedies is especially beneficial in traumatic situations, such as stress, emergencies, after receiving bad news, before an exam or job interview and other kinds of situations where your mental balance may be threatened. The Remedies can quickly get you back into your normal balance so that you can calmly deal with any situations.

Sale ends 10/31/2011.



25% Off



Product statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



### Wishgarden Herbs

Kick Ass Immune, Kick Ass Sinus, Kung Flu Fighter. All Sizes

WishGarden Herbs offers highly effective, intelligently-crafted whole herb formulas made from high potency, organic botanicals that target specific health concerns. Researched, developed and time-tested over the past 25 years, their products have a national reputation for being effective, tasty remedies that bring symptom relief and speed healing. Sale ends 10/31/2011.

25% Off



Line Drive- Entire Line.

Family owned and operated Carlson Laboratories is dedicated to providing only the highest quality fish oil supplements to support your healthy lifestyle. Sale ends 10/31/2011

30% Off

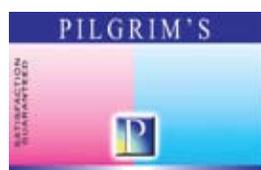
### LINE DRIVE DISCOUNTS

Entire line on sale

Sales ends 10/31/2011



40% OFF



30% OFF



30% OFF



25% OFF



25% OFF



## Now Foods

**35% Off**



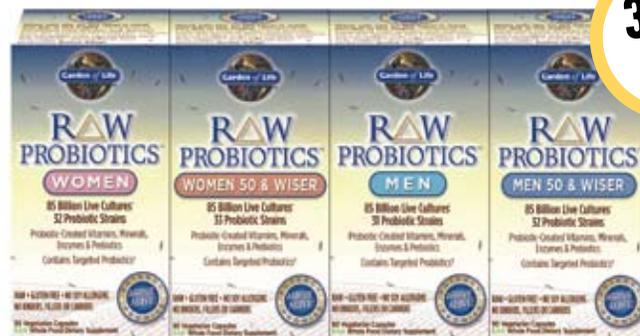
<i>Red Yeast Rice 600 MG</i>	60VCAP	\$16.89	(Save \$9.10)
<i>Red Yeast Rice 600 MG</i>	120 VCAP	\$32.49	(Save \$17.50)
<i>Alpha Lipoic Acid 250 MG</i>	120 VCAP	\$22.09	(Save \$11.90)
<i>Lysine 500 MG</i>	250 CAP	\$12.34	(Save \$6.65)
<i>Omega 3 1000 MG</i>	200 SG	\$9.74	(Save \$5.25)
<i>Gaba 500 MG + B6</i>	100 CAP	\$8.44	(Save \$4.55)

Sale ends 10/31/2011. Sale Includes Items Shown Only.

## Garden of Life - Raw Probiotics



**30% Off**



\*Garden of Life's RAW Probiotics are full spectrum, whole food probiotic formulas specifically designed for the unique needs of men and women. RAW Probiotics offer a broad range of benefits:

- Supports colon health, bowel regularity and overall digestive function
- Supports gut-related immune system function and overall immune system health
- Supports healthy microbial balance by promoting healthy bacteria in the gut
- Supports healthy nutrient absorption and assimilation
- Relieves occasional gas and constipation
- Supports healthy stress levels

Sale ends 10/31/2011.

## Nordic Naturals - Omega Woman, Prenatal DHA, DHA All Sizes



Nordic Naturals provides pure, great tasting and award winning omega oils. Through science, education and community outreach, they promote excellence and integrity worldwide. Sale ends 10/31/2011.

Sale Includes Items Shown Only.



**25% Off**

## Dr. Bronner's Liquid Castile Soap - All 32 oz. Scents

**30% Off**

Dr. Bronner's Magic Soaps are now not only certified Organic, but also certified Fair Trade! A combination of organic extra virgin coconut, olive, jojoba and hemp oils, together with pure essential oils, create a unique soap that leaves your skin silky-smooth and refreshed. Sale ends 10/31/2011



## Introducing:

- Stress Manager Compound 1 oz
- Herbal Respiratory Relief 1 oz

Throughout Herb Pharm's 30-year history, they have built trust with their customers the same way they produce their herbal extracts: with responsible social and environmental policies, meticulous attention to detail and ethical business practices. Their superior quality liquid herbal extracts are earth friendly and Certified Organic. Sale ends 10/31/2011.

**20% Off**



**35% Off**

Entire line on sale

For over five years, Natural Vitality's Natural Calm has been the best-selling magnesium supplement in any form. Try their liquid food based multi-vitamins as well. Sale ends 10/31/2011





35%  
Off



## Nature's Way - All Umcka Products

Conventional cold remedies mask symptoms. However, the right natural extract addresses the cause. Pelargonium sidoides (Eps 7630), the main ingredient in Umcka ColdCare, works with the immune system to help support the body's own natural antiviral defense mechanisms. That means you're getting a medicine that works safely with your body, not against it. Umcka® ColdCare and Cold+Flu shorten the duration and reduce the severity of throat, sinus and bronchial irritations with great-tasting liquid formulas, chewables, hot drinks and FastActives powders. Whichever you choose, it can mean relief of congestion, cough, sore throat, minor aches and the other unpleasantness of coughs and colds. All Sizes. Sale ends 10/31/2011.

Product statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# BOIRON®

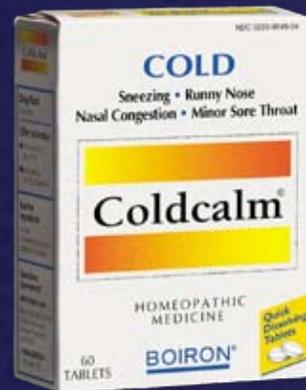
## OSCILLOCOCCINUM, CHESTAL, COLDCALM

### TOUGH ON YOUR COLDS AND FLU. EASY ON YOU.

Founded in 1932 in Lyon, France, Boiron is now the world leader in homeopathy. Their mission is to stimulate the evolution of healthcare by promoting scientific homeopathy as a more compassionate, ecological and comprehensive approach to medicine.

Boiron's Oscillococcinum is a well-known homeopathic flu and cold product supported by published clinical studies as well as more than 65 years of use throughout the world. Clinical studies show that Oscillo reduces the severity and duration of flu-like symptoms. It is also great tasting and has no side effects or drug interactions. Safe for everyone 2 years of age and older, Oscillo® is the #1 choice for you and your family this flu and cold season. Sale ends 10/31/2011. Sale Includes Items Shown Only.

Product statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



30%  
Off



## Nature Cure Tip

### An Apple A Day

Dr. Toby Hallowitz, ND, MSOM, LAc



Historically, apples have been used to remedy a variety of ailments - hence the adage "an apple a day keeps the doctor away."

Modern research reveals the healthy attributes of the phytonutrients in apples. Apples contain a variety of phytochemicals, including quercetin, catechin, phloridzin and chlorogenic acid, all of which are strong antioxidants. Apples have as much

antioxidant activity as 1,500 mg of vitamin C (20 times the recommended daily intake for women). Malic and tartaric acids inhibit the growth of disease promoting bacteria in the digestive tract.

Compounds found in apples can lower LDL cholesterol levels and protect against atherosclerosis. Pectin, a soluble fiber found in the skin, lowers cholesterol and blood glucose levels, and also can bind and remove toxic metals (such as lead and mercury). Eating apples has been consistently linked with reduced risks of lung, breast, colon and digestive cancers, heart disease, asthma, and type 2 diabetes. They have been found to



aid respiratory health and even help women lose weight. A 2003 Brazilian study showed that eating three apples a day for 12 weeks helped participants lower their blood-glucose levels and lose an average of 2.7 pounds.

Dr. Toby Hallowitz is Pilgrim's resident naturopath and acupuncturist, taking appointments weekly in Pilgrim's Wellness Center and consulting in the Supplements Department. For more information, call 208.676.0400.

## Fall and Winter Guide to Boosting Immunity\*

Dr. Toby Hallowitz,

ND, MSOM, LAc

**DATE:** Thur., Oct. 13, 6:30-8pm

**LOCATION:** Pilgrim's Health Education Center

**FEE:** Complimentary

**DESCRIPTION:** Join Dr. Toby as he discusses some of the best ways to improve your immune system and help stave off fall and winter viral infections using natural therapies. He will review some of the latest research, including Vitamin D, Vitamin A, Zinc, Echinacea, Elderberry and other western botanicals. Bring your questions!

**BIO:** Dr. Toby Hallowitz is a naturopathic doctor (ND), classically trained Chinese medicine practitioner and licensed acupuncturist providing alternative medicine options to the Inland Northwest community. His treatments concentrate on whole-patient wellness and are tailored to each individual patient's unique condition. Using natural treatment modalities such as acupuncture, dietary modification and nutritional supplements, botanical medicine, homeopathy, and hydrotherapy, he emphasizes prevention and a restoration of balance to the physical body, mind and spirit.

## Fair Trade Spotlight Ganesh Himal Trading



Their goal has always been to support work that enhances people's lives and traditions. One example is the story of Laxmi.

Laxmi is a traditional weaver in Nepal who did not receive an education as a child. Due to her husband's insufficient income, they were also unable to provide schooling for their three children. Over 20 years ago, Laxmi approached the Association for Craft Producers (ACP), a group that Ganesh Himal works with, and asked them to help her earn money with her weaving. They helped her get started, and she was able to send her children to school. Her daughter, Sudha, received a Masters in Social Work from Tribhuvan University and became the first educated woman in the family. Today, Laxmi has a weaving group of over 60 women, overseen by Sudha. They make a good income and the village men have started working for them as well!

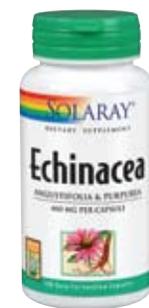
When Spokane-based Ganesh Himal Trading began choosing their partners in Nepal 27 years ago, there was no "Fair Trade Federation" or "Fair Trade criteria." They knew what they perceived as fair working partnerships, and, as the movement grew, they were thrilled to see that their model fit within the guidelines of what others also perceived as fair.

Today, Spokane-based Ganesh Himal supplies North American shops and retail customers with high quality, handcrafted clothing, jewelry, textiles and paper. As the only step between producers and stores, they import from small cottage industries in Nepal.

This is the type of cultural change that Ganesh Himal sees as long lasting and sustainable, and one that they strive to promote. Because of this desire, they are members of the Fair Trade Federation, an organization dedicated to promoting respect and fair interaction, at all levels, between producers and consumers. They are also part of the Green America Business Network and co-founders, with Sita Gurung, of the Baseri Health Clinic in Baseri, Nepal.

Ganesh Himal products are high quality and affordable. To keep expenses low and pass on affordability to the consumer, Ganesh Himal owns its own warehouse and promotes environmental sustainability. One example is a line of bags made from recycled rubber inner tube tires, created to keep a Nepalese junkyard from burning the tires and creating air pollution. Shop Ganesh Himal for all your holiday and gift needs and support Fair Trade!

Check out our selection of Ganesh Himal products (including the tire tube bags) and shop on Wednesday, October 26 to receive 15% off all of our Fair Trade gift and housewares products.



Echinacea  
100 cap.

BUY one GET one FREE

SALE **11<sup>17</sup>** SAVE **18<sup>31</sup>**

Present coupon at purchase.  
Sale ends 10/31/2011.



# New Chapter Multi-Vitamins: The Whole Multi-Vitamin

## *Beyond an "Insurance Policy"*

New Chapter believes that simply avoiding deficiency misses a major opportunity to promote wellness. So, we set each nutrient's potency level in our multi-vitamins based upon supporting optimal health, not just overcoming nutrient deficiency.

## *A Targeted Multi-Vitamin For Each Life Stage*

Each daily multi-vitamin in New Chapter's complete line is uniquely formulated with targeted herbal blends to support critical areas of health for men and women, young and old and even pregnant women." Every Woman's One Daily is formulated for stress, immune and bone health\* in active women – Every Man® II for prostate, heart and digestion support\* in men 40+. For each life stage, there's a New Chapter multi-vitamin. Just pick the multi-vitamin that's right for you!

## *Whole Food That's Gentle On Your Stomach*

Many conventional multi-vitamins are synthetic, chemical "isolates" that lack the whole-food benefits found in nature. It's no wonder they can upset your stomach!

But New Chapter vitamins are easy on your stomach, because they're whole-food complexed, cultured in probiotics with organic fruits, vegetables, and herbs. You can even take them on an empty stomach. It's nutrition your body easily recognizes and absorbs, the way nature intended.

Unlike most brands, New Chapter:

- Cultures each vitamin in live probiotics to create a whole-food complex your body easily recognizes and absorbs.
- Selects the purest whole-food fruits and vegetables, many of which are organically grown and all are Non-GMO Project Verified.
- Uses only chemical and solvent free extraction methods, including supercritical CO2 extraction.

## *A Whole-Food Approach*

Many of us seek out specific nutrients to target precise areas of health. Perhaps your doctor has told you that you need more Iron or Vitamin E. Maybe you're interested in the immune support of Zinc or you've read about the benefits of CoQ10\*.

Now ask yourself:

Do I want to eat the chemical isolate vitamins or do I want whole food complexed vitamins and minerals my body easily recognizes and absorbs? If you prefer the latter, you're ready for New Chapter.

## *Probiotic, Synergistic*

All of our Targeted Vitamins & Nutrients are cultured in probiotics -- the healthy bacteria every human body needs, found naturally in select foods such as yogurt. We also believe nutrients are best delivered as part of an entire nutritional complex, not as a stand-alone "magic bullet." That's why many of our targeted nutrients are combined with organic superfoods, spices and herbal extracts to compliment the health benefits of each targeted nutrient.

Discover today how targeted whole food vitamins and nutrients can address your body's specific needs.



## New Chapter Multi-Vitamins



**35% Off**

Sale ends 10/31/2011



## Choice Tea - 16 bags

### Organic Oolong Tea

A firm belief in organics, with a dedication to ensure the ethical treatment of workers who cultivate tea, and a team of dedicated employees at Choice Organic Teas, has made the company a modern day tea pioneer. In 2000, Choice Organic Teas became the first tea crafter in the United States to offer Fair Trade Certified™ tea. Today, they proudly offer more varieties of Fair Trade Certified tea than any other tea company in North America, expanding awareness of a just form of trade with the developing world.

Choice Organic Teas are manufactured in a certified organic facility where Green Certified renewable energy certificates (RECs) from wind power are purchased to offset 100 percent of the facility's electricity. And their organic teas taste pretty amazing too. Plus Selected Varieties. Sale ends 10/30/2011.



**SALE**  
**3<sup>98</sup>**  
**SAVE**  
**1<sup>01</sup>**

## Annie Chun - 5.5 oz



**SALE**  
**2<sup>47</sup>**  
**SAVE**  
**1<sup>32</sup>**

**Hot & Sour Soup Bowl**  
Annie Chun founded the company in 1992 with the dream of creating healthy, delicious Asian foods that would introduce America to the diversity of Asian foods and flavors. Today, Annie Chun's brings you all-natural, gourmet Pan-Asian foods that are easy to make and delicious to eat. They have taken all the work out of Asian cooking – enjoy your favorite Asian flavors at home in minutes. Plus Selected Varieties. Sale ends 10/30/2011.

## French Meadow - 9 count



**SALE**  
**5<sup>47</sup>**  
**SAVE**  
**2<sup>52</sup>**

**Fudge Brownie Gluten Free**  
French Meadow Bakery is an organic and gluten-free bakery with organic, all-natural, gluten-free, vegan, hemp and wheat-free breads and bakery products. We have one body and one planet – let's eat well! Plus Selected Varieties. Sale ends 10/30/2011.

## Bumble Bar - 1.4 oz



**SALE**  
**99¢** **SAVE**  
**1<sup>00</sup>**

**Organic Chocolate Crunch**  
The Bumble Bar, handcrafted in small batches in the Inland Northwest, is gluten-free, wheat free, dairy free, and certified organic by the Washington State Dept. of Agriculture. Their ingredients – flax seeds, sesame seeds and other yummys – are not only good for you, but are also ethically sourced. BumbleBars provide positive energy for mind body and planet! Plus Selected Varieties. Sale ends 10/30/2011.

## Surf Sweets



**SALE**  
**1<sup>78</sup>**  
**SAVE**  
**21¢**

*Jelly Beans* - 2.75 oz. Plus Selected Varieties. Sale ends 10/30/2011.

## Helios



**SALE**  
**3<sup>98</sup>**  
**SAVE**  
**81¢**

*Organic Raspberry Kefir* - 32 oz. Plus Selected Varieties. Sale ends 10/30/2011.

## Ya Ya's



**SALE**  
**1<sup>78</sup>**  
**SAVE**  
**51¢**

*Herb Popcorn* - 6 oz. YaYa's Popcorn is a healthy, no cholesterol snack that is air popped as well as 100% natural. Once you taste it, you won't be able to stop munching! Plus Selected Varieties. Sale ends 10/30/2011.

## Back to Nature



**SALE**  
**3<sup>97</sup>**  
**SAVE**  
**1<sup>52</sup>**

*Chocolate Delight Granola* - 12 oz. Flavorful. Nutritious. Simple. From Classic Granola to Apple Blueberry, they have created oh-so-scrumptious ways to fill you up. Have a taste – we're pretty sure you'll agree. Plus Selected Varieties. Sale ends 10/30/2011.

## Wellpet



**SALE**  
**13<sup>77</sup>**  
**SAVE**  
**3<sup>02</sup>**

*Super 5 Mix Dry Dog Food* - 6 LBS- At WellPet, your pet's wellbeing is at the heart of all we do. That's why they do whatever it takes to make the healthiest natural products. Plus Selected Varieties. Sale ends 10/30/2011.

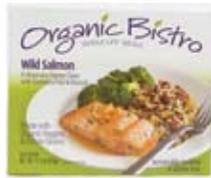
## Organicville



**SALE**  
**3<sup>48</sup>**  
**SAVE**  
**81¢**

*Sun Dried Tomato & Garlic Dressing* - 8 oz.. Dress up the taste of your salads, veggies, pastas and main dishes. All flavors are USDA certified organic, gluten free, dairy free and vegan and contain no added sugar. Plus Selected Varieties. Sale ends 10/30/2011.

## Organic Bistro



**SALE**  
**5<sup>48</sup>**  
**SAVE**  
**1<sup>31</sup>**

*Wild Salmon Cake* - 10 oz.  
 Plus Selected Varieties.  
 Sale ends 10/30/2011.

## Double Rainbow



**SALE**  
**4<sup>95</sup>**  
**SAVE**  
**1<sup>54</sup>**

*Organic Mint Chip Ice Cream* - 1 QT. Plus  
 Selected Varieties. Sale ends 10/30/2011.

## Arico



**SALE**  
**2<sup>48</sup>**  
**SAVE**  
**81¢**

*Crisproot Sea Salt Mist* 5 oz.  
 Plus Selected Varieties.  
 Sale ends 10/30/2011.

## Yami Organics



**SALE**  
**78¢**  
**SAVE**  
**21¢**

*Blueberry Bonanza Yogurt*- 6 oz. Plus  
 Selected Varieties.  
 Sale ends 10/30/2011.

## Amande



**SALE**  
**1<sup>18</sup>**  
**SAVE**  
**31¢**

*Coconut Cultured Almondmilk Yo-  
 gurt* - 6 oz. Plus Selected Varieties. Sale  
 ends 10/30/2011.

## Dominex



**SALE**  
**3<sup>98</sup>**  
**SAVE**  
**1<sup>01</sup>**

*Eggplant Cutlets*- 16 oz.  
 Plus Selected Varieties.  
 Sale ends 10/30/2011.

## Guru



**SALE**  
**1<sup>98</sup>**  
**SAVE**  
**51¢**

*Lite Energy Drink* - 8.3 oz. Plus  
 Selected Varieties.  
 Sale ends 10/30/2011.

## GloryBee Foods



**SALE**  
**8<sup>48</sup>**  
**SAVE**  
**1<sup>51</sup>**

*Organic Raw Honey* - 18 oz.  
 Sale ends 10/30/2011.



### GMO FAQs\*

October 2011 marks the second ever Non-GMO Month. This year, Pilgrim's Market continues its involvement in educating our customers so that all of us can make informed decisions about our health and our food.

### WHAT ARE GMOS?

GMOS ("genetically modified organisms") are organisms that have been created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This relatively new science merges DNA from different species, creating combinations of plant, animal, bacteria and viral genes that cannot occur in nature or in traditional crossbreeding.

Virtually all commercial GMOs are bred to withstand direct application of herbicide and/or to produce an

insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition or any other consumer benefit. Meanwhile, a growing body of evidence connects GMOs with health problems, environmental damage and violation of farmers' and consumers' rights.

### Are GMOs Safe to Eat?

In 30 countries around the world, including Australia, Janapan and all the countries in the European Union, there are significant restrictions or outright bans on the production of GMOs, because they are not considered proven safe. In the U.S., on the other hand, the government has approved commercial production of GMOs based on studies conducted by the companies who created them and profit from their sale.

### What Foods Might Be GMO?

The following crops carry risk of being genetically modified, because GMO varieties are commercially produced in North America and certain other parts of the world or because there are known instances of contamination.

Alfalfa, Flax, Sugar Beets, Canola, Papaya Zucchini, Corn, Rice, Yellow Summer Squash, Cotton Soy.

Animal derivatives such as milk, meat and eggs are also considered high-risk, because of potential GMO contamination in feed.

### Are GMOs Labeled?

Many health-conscious shoppers find the results of rigorous, independent, scientific examination on the impact of consuming GM foods to be cause for concern. Unfortunately, even though polls consistently show that a significant majority of Americans would like to be able to tell if the food they're purchasing contains GMOs, the federal government has chosen not to require that companies disclose this information. In the absence of mandatory labeling, the non-GMO Project was created to give consumers the informed choice they deserve.

### How Can I Avoid GMOs?

Look for the Non-GMO Project Verified level on products. For more details, go to nongmoproject.org or pick up a Non-GMO Shopping Guide in Pilgrim's Market. We will also be showing the film Seeds of Deception, Saturday, October 15 at 11am. This film is a thorough look at the GMO crisis in our country today.

Resource: Non-GMO Project, GMO FAQs Brochure

# EVENTS

## PILGRIM'S HEALTH EDUCATION CENTER

SIGN UP TO RECEIVE EMAIL UPDATES

VIEW all CLASSES at [www.PILGRIMSMARKET.com/CLASSES](http://www.PILGRIMSMARKET.com/CLASSES)

1316 N. 4th St. Coeur d'Alene / 208.676.9730 Mon.-Sun. 9am-9pm



### Cold, Flu and the Immune System\*

Dean G. Morris, Master Herbalist

#### Enzymatic Therapy

**DATE:** Thurs., Oct. 20, 6:30-8pm

**LOCATION:** Pilgrim's Health Education Center

**FEE:** Complimentary

**DESCRIPTION:** Learn how herbs and supplements can help you ward off the cold, build defense against the flu and boost your immune system.

**BIO:** A fifth-generation herbalist, Dean Morris has diverse experience in organic horticulture, the natural foods industry and healthcare. After attending Brigham Young University, he served as dean of admissions, author, editor and teacher for John R. Christopher's School of Natural Healing. In 1997, he was granted full practicing privileges as an herbalist at the Columbia Hospital Miami Heart Institute in Miami Beach, FL. Today, Dean is an independent consultant for the dietary supplement industry, and he and his wife Lorinne are raising a sixth generation of herbalists in the foothills of the Wasatch mountains in Utah.



### Taking a Stand Against GMOs\*

Jennifer Woods,

New Chapter Whole Food Vitamins

**DATE:** Wed., Oct. 19, 6:30-8pm

**LOCATION:** Pilgrim's Health Education Center

**FEE:** Complimentary

**DESCRIPTION:** Come learn more about GMOs and the non-GMO movement. New Chapter has long been committed to rooting out genetically modified organisms (GMOs). More than 75% of their products have already been granted verified status by the Non-GMO Project. They are the first and only vitamin and supplement company to achieve this, and they are intent on achieving 100% Non-GMO Project verification for their entire line of whole-food vitamins, minerals and herbs.

**BIO:** Jennifer Woods offers 18 years of experience in alternative approaches to health and wellness. She is the Northwest Regional Manager for New Chapter. Jennifer's experience and passion for natural healing and belief in the wisdom of nature has made her a compelling and knowledgeable speaker throughout the United States.



### Essential First Aid – Using Essential Oils as Medicine\*

Leslie Winsor, Aroma Cafe

**DATE:** Thur., Oct. 27, 6:30-8pm

**LOCATION:** Pilgrim's Health Education Center

**FEE:** Complimentary

**DESCRIPTION:** Learn how to use essential oils for everyday first intervention. Essential oils offer us many health benefits that anyone can safely and easily use. Join us as we cover applications for such ailments as burns and infections, injuries, common winter viruses, wound healing and more.

**BIO:** Leslie Winsor, alumni of the College of Botanical Healing Arts in Santa Cruz, CA, has been the owner of local aromatherapy company, AromaCafe, since 1999. She is an Essential Oil Medicinal Blend formulator dedicated to the scientific verification of essential oil quality. She is also the preferred essential oil supplier to Ann Louise Gittleman. AromaCafe donates to international medical causes, most recently with oils to treat 24-36 orphans in Ethiopia for malaria, yellow fever, typhoid and polio.



### Fall and Winter Guide to Boosting Immunity\*

Dr. Toby Hallowitz, ND, MSOM, LAc

**DATE:** Thur., Oct. 13, 6:30-8pm

**LOCATION:** Pilgrim's Health Education Center

**FEE:** Complimentary

**DESCRIPTION:** Join Dr. Toby as he discusses some of the best ways to improve your immune system and help stave off fall and winter viral infections using natural therapies. He will review some of the latest research, including Vitamin D, Vitamin A, Zinc, Echinacea, Elderberry and other western botanicals. Bring your questions!

**BIO:** Dr. Toby Hallowitz is a naturopathic doctor (ND), classically trained Chinese medicine practitioner and licensed acupuncturist providing alternative medicine options to the Inland Northwest community. His treatments concentrate on whole-patient wellness and are tailored to each individual patient's unique condition. Using natural treatment modalities such as acupuncture, dietary modification and nutritional supplements, botanical medicine, homeopathy, and hydrotherapy, he emphasizes prevention and a restoration of balance to the physical body, mind and spirit.

### What Is an Ombudsman?\*

Roseanna Lewis, Volunteer Ombudsman Mentor



**DATE:** Tues., Oct. 4, 6-7:30pm

**LOCATION:** Pilgrim's Health Education Center

**FEE:** Complimentary

**DESCRIPTION:** As a representative of the Area Agency on Aging of North Idaho, ombudsmen serve as advocates for persons over the age of 60 residing in long term care facilities, including assisted living facilities or skilled nursing and rehabilitation centers. Join this discussion on the value of ombudsman and how you could get involved.

**BIO:** After Roseanna Lewis retired as Director of Purchasing at the College of Notre Dame of Maryland, she moved to the Coeur d'Alene area and joined the volunteer ombudsman program. Roseanna's skill working with the volunteers and advocating for the residents turned into part-time employment as a Volunteer Ombudsman Mentor. Her focus is always on resident rights, quality of care and quality of life.

\* The information provided in these educational events and any discussions between the customer and an employee, agent or affiliate of Pilgrim's Market are not intended for the diagnosis, treatment, mitigation or prevention of a specific disease or the assessment of a specific health condition. They are instead intended for informational purposes, that when added to other information, aid the participants in making more informed personal decisions regarding their health. They are not intended to replace the attention or advice of a physician or other health-care professional. Anyone who wishes to embark on any dietary, drug, exercise or other lifestyle change intended to prevent or treat a specific disease or condition should consult with and seek clearance from a qualified health-care professional.