Round Up Fundraiser
Benefitting The Inland Northwest Food Network

Consider rounding up the cents on your January purchases to support local farmers and resources!

The Inland Northwest Food Network (INFN) is comprised of individuals, organizations, businesses and others committed to growing a resilient, environmentally responsible and cohesive regional food system. The INFN hosts public programs, including a book club, educational events, farm tours and other food-related activities. Plans are also underway to support young farmers and initiatives aimed at improving access to healthy, local food.

www.infarmu.org
Employee Spotlight:

Kelly, Bakery Manager

Kelly’s fascination with all things culinary began as a kid when he discovered a TV show called “Great Chefs of The East”, whose mission still is to “showcase the world’s greatest chefs and mentor a new generation.” He says, “I like the artistic side of food, because it’s all about high end restaurants and fancy plate designs. So, that’s what I got into. And then I learned all about cooking and was able to apply that with the artistic side.” At the age of 16, he began working in a kitchen, eventually going through culinary school and holding restaurant jobs for most of his career. He also has a talent for baking. This could be due to his ability to take simple, basic ingredients and create quality foods that people crave. “I used to try to re-invent the wheel and do funky combinations,” says Kelly, “but it’s just not for me. I just try to make things people will enjoy.”

His Idaho life as a baker has opened up more opportunities to cook at home in Spokane. “Now that I’m in a bakery, I really enjoy cooking at home again,” he says. “My son loves it a lot more.” His love of food has certainly rubbed off on 10-year-old Cameron, who will sometimes try his hand at creating recipes. However, “I don’t know if I’d trust him with a knife yet,” admits Kelly.

As a single dad, Kelly does his best to cook and eat healthy outside of work. For him, this means combining quality ingredients with an easy cooking style. At Pilgrim’s Bakehouse, he focuses more on customer satisfaction. “I like using butter and heavy cream,” he states. His favorite thing to bake? Apple pie. “I don’t know why,” he chuckles. “Maybe because I like to eat it!”

We are grateful to have Kelly on the Pilgrim’s team, crafting deliciousness every day in the forms of bread, desserts, snacks and ice creams. “One of the things I like about my job,” says Kelly, “is that it is always changing, there’s always something new, things to remind myself to think about for the future.” We look forward to all the goodness he will bring to the Bakehouse in years to come.

Producer Spotlight:

Hip Foods

It’s Hip to be Healthy

This Silver Valley-based bakery has taken gluten free baked goods to a whole new, delightfully yummy level! They specialize in nutritious baked goods that are not just gluten free, but also suitable for Paleo, Keto and grain-free diets. From pizza crusts and breads to brownies and cookies, this little bakery is making its mark on the Inland Northwest. Find Hip Foods next to our Bakehouse case and in Aisle 7’s frozen bread and pizza sections.

www.facebook.com/hipfoods

Product Spotlight:

REBBLBL Tonics


REBBL was created to be the world’s finest organic, ethically-sourced, therapeutic strength herbal tonic. They set out to provide an easy, delicious way to experience the amazing benefits of tonic herbs while supporting a unique business model with direct positive impact on the fight to end global human trafficking.

This company is one of our top picks for January, not only because their tonics are delicious, but also because of their innovation, sustainability and market-based solution to stop exploitation in the Peruvian Amazon. Try one of their True Tonics today! rebbltonic.com

SALE 278 Reg 3.49
31-Day Real Food Challenge
recipes - info - tips - wellness

Join us throughout the month of January as we embark on a 31-day real food journey, highlighting a different nutritious whole-food each day to add to your kitchen. See the calendar below for each day’s food item. Follow us on Facebook, and discover daily posts providing preparation ideas, nutrition facts, tips, tricks and recipes. Share your ideas and see what others are doing on Twitter.

Free Store Tour: Eating Lean in 2015
with Darci Barman, MSN, RDN, LD
Wed., Jan. 21, 4:30-5:30pm

Food illustrations by Felicia Weston.
Fat Hormones & Belly Fat
by Dr. Toby Hallowitz, ND, MSOM, LAc

“Understanding your unique hormone situation could illuminate the reasons behind stubborn belly fat and struggles with losing weight.”

When we think of stubborn belly fat, we often associate difficulty burning that fat with an imbalance of sex hormones, like estrogen and testosterone. This type of hormone imbalance can contribute to obesity, but belly fat often indicates that other hormones are out of balance in the body. Understanding your unique hormone situation could illuminate the reasons behind stubborn belly fat and struggles with losing weight.

Fat is a type of tissue called adipose tissue. It helps with insulation and mechanical support, and is the major site for storing surplus fuel. Over the last 20 years, research has also recognized an additional vital function: adipose tissue is an endocrine organ and an important source of hormones that have both local and systemic actions. The hormones secreted from adipose tissue are called adipokines. Adipokines provide vital communication between numerous organs within the body, resulting in many actions, such as regulating blood sugar balance, inflammation, immune system, lipid metabolism (cholesterol and triglycerides) and even affecting blood pressure. Three of the most important fat hormones are insulin, leptin and adiponectin.

Metabolism can roughly be defined as the chemistry that turns food into life. Fat hormones work together to control the rate and quality of your metabolism. Insulin, although not an adipokine, works mostly at the cellular level, communicating to cells whether to burn or store fat and sugar, or whether to utilize that energy for maintenance, repair or reproduction. Leptin, on the other hand, controls energy storage and utilization on a larger scale, allowing the body to communicate with the brain regarding how much energy (fat) the body has stored, and whether it needs more or should burn some off. Adiponectin supports weight management via the brain, similar to the action of leptin. It is needed to burn fat, decrease inflammation, and prevent atherosclerosis, fatty liver, and insulin and leptin resistance.

Insulin resistance is a condition in which cells fail to respond to the normal actions of insulin. The body produces insulin, but the cells in the body become resistant to it and are unable to use it effectively, leading to high blood sugar levels, metabolic syndrome and often Type 2 diabetes.

If a person has too much fat, especially belly fat, leptin tells the brain that there is too much fat being stored and the body should do something about it. Leptin signals the brain to stop being hungry, stop eating, stop storing fat, and start burning off some extra fat. Leptin resistance, the failure of the body to properly hear leptin’s signals, results in adipose tissue gain and the inability to lose belly fat.

Obesity can also be a symptom of inadequately adapting to stress. Too much continuous stress can lead to hyperactivation of the hypothalamic-pituitary-adrenal (HPA) axis, as well as higher-than-normal cortisol levels, insulin resistance and leptin resistance. Once leptin signaling has been disrupted, the individual becomes prone to further overeating, weight gain and insulin resistance. There are a number of causes of leptin resistance, but the most common is too much sugar! (See Page 14 for more information on the sugar/fat relationship.) It is vitally important to reduce simple carbs in your diet, but often this is not enough if your body is entrenched in leptin resistance.

If leptin resistance has already set in, it is extremely difficult to lose weight. It has been found that leptin not only changes brain chemistry, but can also “rewire” the critical areas of the brain that control hunger and metabolism, and regulate thyroid levels and the sympathetic nervous system. Leptin also plays a vital role in regulating your brain’s hypothalamic activity, which in turn regulates much of your “autonomic” functions, such as body temperature, heart rate, hunger, stress response, blood sugar levels, fat burning/storage, reproductive behavior and bone growth—all that stuff we do without thinking about it. Additionally, if your sleep is disrupted by night shift work, sleep apnea or other reasons, adiponectin levels can drop, while leptin levels rise, leading to leptin resistance. You can’t lose weight if you don’t sleep well.

If you are having a difficult time losing weight, especially stubborn belly fat, in spite of positive lifestyle changes, then it would be a good idea to determine if abnormal fat hormone patterns are to blame. Laboratory blood testing can identify insulin and leptin resistance.

If you are having a difficult time losing weight, especially stubborn belly fat, in spite of positive lifestyle changes, then it would be a good idea to determine if abnormal fat hormone patterns are to blame. Laboratory blood testing can identify insulin and leptin resistance. Low adiponectin blood levels can often help diagnose sleep apnea. And salivary adrenal testing can identify adrenal cortisol dysregulation.

Once these patterns are discovered, there are key techniques you can use to improve your fat hormone profile. Contact Pilgrim’s Wellness Clinic today to schedule your testing and kick start your journey to optimal health: 208.676.0400.

Dr. Toby Hallowitz sees patients weekly in Pilgrim’s Wellness Clinic, located inside Pilgrim’s Market, and consults in the Supplements Department. For more information or to make an appointment, call 208.676.0400. www.PilgrimsWellnessClinic.com
January Specials

January 2015

Thank you for 15 Great Years!

Eat Well. Be Happy.

Anniversary Celebration: Jan. 17. Save 15% on Entire Store!

“And now we welcome the new year, full of things that have never been.” – Rainer Maria Rilke

Prices effective 11/1-11/30/2014, unless otherwise stated.

Fish Sale!
Great Specials for That New Years Diet!
See Meat Department for details.

New Year Cleansing Supplies
15% Off
1/1-1/17/15

Natural Vitality
Save 30% on all Natural Calm flavors & sizes.
Excludes packets.

Maple Valley
Grade B Maple Syrup
32 oz.
Reg 29.99
19.99

Cayenne Powder
40,000 hu

Lemons
20% off 20-lb. Cases

Original Calm, 16 oz.
SRP $39.95... Sale $27.97

1 Daysale
1/15/15

2 Weeksale
1/1-1/17/15

Natural Vitality
Save 30% on all Natural Calm flavors & sizes.
Excludes packets.

15% Off

Original Calm, 16 oz.
SRP $39.95... Sale $27.97

Prices effective 1/1-1/31/2015, unless otherwise stated.
New Year. New You.

1 DAY SALE
1/21/15

Juicing Carrots
25-lb. bag

12.99

Reg 3.99/lb.

Applegate Naturals
Uncured Roast Beef, Honey Ham & Smoked Turkey Breast Lunchmeats
7 oz.

4.69

Reg 4.99

Deli Juice Special!
Cancer Killer Juice
Jicama, Red Cabbage, Apple & Lime
16 oz.

4.99

Reg 5.99

Have You Eaten at Our Deli Hot Bar?
Monday: Mediterranean
Tuesday: Tex-Mex
Wednesday: Italian Fare
Thursday: Asian Fare
Friday: Fabulous Fish Friday
Saturday: Comfort Fare
Sunday: Breakfast Brunch

1 DAY SALE
1/17/15

Back in Stock!
Chatteroy Cheese Co.
Farmstead Goat Cheese

15% Off

7.47

Reg 10.99

Make a Nourishing Miso Soup!

Que Pasa
Blue Corn Tortilla Chips
21 oz.
Plus Selected Varieties.

3.47

Reg 5.49

Nature's Bakery
Blueberry Whole Wheat Fig Bar
2 oz.
Plus Selected Varieties.

47¢

Reg .99¢

1 WEEK SALE
1/12-1/18/15

Golden Temple
Assorted Bulk Granolas

2.99/lb.

Reg 3.99/lb.

Nature's Path
Frosted Berry Strawberry Toaster Pastries
11 oz.
Plus Selected Varieties.

2.78

Reg 4.29

Nature's Path
Flax Plus Red Berry Crunch
10.6 oz.
Plus Selected Varieties.

3.47

Reg 4.99

EO
All Everyone Kids Bubble Buddy Foaming Soaps
Includes refills.

50% Off

Discounts on supplement and HABA items are taken off Manufacturer's Suggested Retail Price. Sale is limited to on-hand quantities. Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

Prices effective 1/1-1/31/2015, unless otherwise stated.
Daiya

The rich, creamy flavor of cheese holds a special allure, but the options in lactose-free cheese can be bland and lackluster. Plant-based Daiya products are a dairy-free, soy-free dream come true, delivering the bold flavor, stretch and texture of cheese.

Cheddar Style Shreds
8 oz.
Plus Selected Varieties.

Reg. 5.49
3.47

HOT DEAL

New Year. New You.

Dairy-Free Cheesy Deliciousness

Pilgrim’s Bakehouse
Orange Date Cluster Granola
7 oz.

Reg. 2.79
1.97

Celestial Seasonings
Sleepytime Extra Wellness Tea
20 bags
Plus Selected Varieties.

Reg. 4.99
3.47

Larabar
Chocolate Chip Macaroon ALT Bar
2.12 oz.

Reg. 1.79
1.27

Muir Glen
Diced Tomatoes
14.5 oz.

Reg. 1.99
1.48

Reg. 4.79/lb.
3.79

Columbia Gorge Vitatrition™ Super C Fruit Purée & Juice Blend
15.2 oz.

Reg. 4.49
3.48

Bulk Foods
Pumpkin Seeds

Reg. 4.79/lb.
3.79

House Foods
Zero Calories Shirataki Noodles
8 oz.
Plus Selected Varieties.

Reg. 1.99
1.48

Kind
Dark Chocolate Sea Salt Bar
1.4 oz.
Plus Selected Varieties.

Reg. 1.69
4 for $5

Perfect Bar
Almond Coconut Nutrition Bar
2.3 oz.
Plus Selected Varieties.

Reg. 2.79
1.97

379
3.79

348

347

347

348
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Reg Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>So Delicious Unsweetened Original Coconut Milk</td>
<td>$2.97</td>
<td>$3.79</td>
</tr>
<tr>
<td>MegaFood Blood Builder, 60 tab.</td>
<td>$30% Off</td>
<td>$27.96</td>
</tr>
<tr>
<td>Nature’s Way Alive! Once Daily Men’s &amp; Women’s 60 tab.</td>
<td>$15.59</td>
<td>$25.99</td>
</tr>
<tr>
<td>Wholesome Chow Brownie Mix</td>
<td>$3.98</td>
<td>$4.99</td>
</tr>
<tr>
<td>Stahlbush Island Farms Blueberries</td>
<td>$2.98</td>
<td>$3.99</td>
</tr>
<tr>
<td>Garden of Eatin’ Blue Corn Tortilla Chips</td>
<td>$2.77</td>
<td>$3.49</td>
</tr>
<tr>
<td>Lotus Foods Jade Pearl Rice</td>
<td>$3.77</td>
<td>$4.99</td>
</tr>
<tr>
<td>Wholesome Chow Brownie Mix</td>
<td>$3.98</td>
<td>$4.99</td>
</tr>
<tr>
<td>Stahlbush Island Farms Blueberries</td>
<td>$2.98</td>
<td>$3.99</td>
</tr>
<tr>
<td>Garden of Eatin’ Blue Corn Tortilla Chips</td>
<td>$2.77</td>
<td>$3.49</td>
</tr>
<tr>
<td>Lotus Foods Jade Pearl Rice</td>
<td>$3.77</td>
<td>$4.99</td>
</tr>
</tbody>
</table>

Garden of Life

RAW Fit is a USDA Certified Organic, RAW, plant-based vegan high-protein powder that is an easy way to increase your protein intake, help you burn fat, maintain healthy blood sugar, boost your energy, lose weight and look great!

**RAW Fit Protein Original & Marley Coffee**

16 oz.  
Excludes packets.

**32.99**

SRP 47.20
Maximize Your Weight Loss!

Excess body weight doesn’t just affect your self-esteem – it affects your overall health as well. Excess weight puts additional stress on your heart and your joints, and adversely affects blood sugar, cholesterol, triglycerides and much more. In addition to a sensible diet and regular exercise, nutritional supplements can provide the extra support you need to achieve your healthy weight goals. Are you ready to try some natural alternatives to help you reach your healthy weight goals? NOW can help with a great variety of dietary supplements specifically formulated for healthy weight management.

NOW’s 7-KETO is a natural metabolite of the hormone DHEA and has been patented for its ability to safely promote cellular production of heat (thermogenesis) and the maintenance of a healthy body weight, along with a sensible diet and exercise regimen. NOW’s popular MCT (Medium Chain Triglyceride) Oil provides a type of dietary fat that’s rapidly metabolized by the body. MCTs are used by the body for instant energy instead of being stored as fat. NOW’s MCT Oil can be added to your smoothies or used in cooking.

The workhorse of any weight management program is a high quality protein. NOW’s Pea Protein Powder is a rich source of highly bioavailable protein. This vegetable protein isolate is hypoallergenic and non-GMO, and provides an impressive 24 grams of easily-digested protein per serving. It is 100% pure and has 0 grams of sugar.

With NOW’s great line-up of weight management products, you can maximize your healthy diet and exercise regimen and be on your way to a healthy body composition.

Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.
### Acure Organics
**Moroccan Argan Stem Cell + Argan Oil Shampoo & Conditioner 8 oz.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo</td>
<td>SRP 9.99</td>
<td>7.99</td>
</tr>
<tr>
<td>Conditioner</td>
<td>SRP 9.99</td>
<td>7.99</td>
</tr>
</tbody>
</table>

**Save 20% on all hair care products!**

### Surya Brasil
**All Natural Henna Cream Hair Colors All colors**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 15.99</td>
<td>11.99</td>
<td>25% Off</td>
</tr>
</tbody>
</table>

### A. Vogel
**Echinaforce Forte 30 tab.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 25.99</td>
<td>19.49</td>
<td>25% Off</td>
</tr>
</tbody>
</table>

### New Chapter
**40% Off**

- Wholmega, 60 sg.  
  **SRP $31.95**  
  **Sale $19.17**
- Wholmega, 120 sg.  
  **SRP $59.95**  
  **Sale $35.97**

### Sibu
**All Health & Beauty Products on Sale!**

- **25% Off**

### Aubrey Organics
**All Facial Care on Sale!**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 29.95</td>
<td>17.97</td>
<td>40% Off</td>
</tr>
</tbody>
</table>

### Natural Factors
**CLA Tonalin 90 sg.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 29.99</td>
<td>22.49</td>
<td>25% Off</td>
</tr>
</tbody>
</table>

### Vega One
**French Vanilla Nutritional Shake 30 oz.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 69.99</td>
<td>48.99</td>
<td>30% Off</td>
</tr>
</tbody>
</table>

### Desert Essence
**Wintergreen Tea Tree Oil Neem Toothpaste 6.25 oz.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 11.95</td>
<td>8.96</td>
<td>30% Off</td>
</tr>
</tbody>
</table>

### Avalon Organics
**Peppermint Hand & Body Lotion 12 oz.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 29.99</td>
<td>22.49</td>
<td>25% Off</td>
</tr>
</tbody>
</table>

### Nature’s Way
**Reuteri Probiotic 90 cap.**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP 29.99</td>
<td>22.49</td>
<td>25% Off</td>
</tr>
</tbody>
</table>

### Nature’s Secret
**All Products on Sale!**

- **25% Off**

### Peter Lamas
**Selected Hair Care on Sale!**

- **30% Off**

Excludes Chinese Herbs products.

### Jeffrey James
**All J2 Facial Care on Sale!**

- **25% Off**

### Renew Life
**All Cleanses on Sale!**

- **20% Off**

### Emergen-C
**Super Orange & Raspberry 30 pkts.**

- **30% Off**

### Nubian Heritage
**African Black Bar Soap 5 oz.**

- **35% Off**

Plus selected bar soaps.

### Giovanni
**All D:tox Hair Products on Sale!**

- **25% Off**

### Gaia Herbs
**All Products on Sale!**

- **25% Off**

### Vibrant Health
**All Green Vibrance Products**

- **Excludes packets.**

- **20% Off**

---

Discounts on supplement and HABA items are taken off Manufacturer's Suggested Retail Price. Sale is limited to on-hand quantities. Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Prices effective 1/1-1/31/2015, unless otherwise stated.
We'd love to hear from you too!
Comment cards and boxes are located in the store: next to the A Dime At A Time Token Board, at the Customer Service desk and on the Deli counter.

Publication Information
Editor: Michal Bennett
pilgrims@pilgrimsmarket.com
(208) 676-9730 (ext.122)
Pilgrim's Health Connections is a monthly publication of Pilgrim's Market and is designed to educate and inform readers on issues pertaining to natural health and wellness. This publication requires no purchase.

Background and header art, as well as staff illustrations, are the sole work of local artist team, GriffWillow. Food Challenge calendar illustrations are the artistic works of Boise artist, Felicia Weston.

Guilty Pleasures Organics

You do not have to quit smoking. Yes, that's what I said. You do not have to decide whether to white knuckle it or take drugs with harmful side effects. You can simply change habits. Thousands of people are switching to vaporizing and finding it much more enjoyable than their old smoking habit.

What is the difference between smoking and vaporizing? Vaporizing uses a small personal vaporizer (also referred to as an e-cigarette) that takes a liquid or “juice” and turns it into a pleasurable vapor that you inhale. There is no smoke or tar, and organic juices, like Guilty Pleasures Organics, do not contain any of the over 4,000 chemical compounds associated with smoking.

Guilty Pleasures Organics uses herbs known for their calming properties, as well as herbs that have been proven over hundreds of years to be effective in supporting lung health and addressing respiratory conditions, from asthma to lung cancer. These organic juices are completely free of propylene glycol, chemicals and artificial ingredients of any kind. They are comprised of only the freshest organic herbs, bound together with kosher glycerin of palm and flavored with extracted organic fruits, berries, cocoa beans and coffee beans. And, if you wish, you can choose to add organic nicotine to your juice of choice.

The recipe for Guilty Pleasures juice comes from the brilliant minds of some of the most forward thinking scientists, biologists, naturopaths and herbalists in the country. While we make no claims that our juices are a quit-smoking formula or provide any kind of healing, we do invite you to try them out and form your own conclusions.

At Guilty Pleasures, we believe that just about everything we need to thrive in this world has been placed on this planet for us to discover, cultivate and use. We also firmly stand by the conviction that our “guilty pleasures” do NOT have to be bad for us!

Discover how Guilty Pleasures’ organic juices can benefit you, and we wish you health, joy and success in this new year!

Juice Flavors

- Chocolate Caramel
- Peppermint
- Sweet Orange
- Very Cherry
- Private Reserve
- Pure

Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

Advertisement

The Smart Smoking Alternative
By Judy Henry, Guilty Pleasures Organics, LLC

You do not have to quit smoking. Yes, that's what I said. You do not have to decide whether to white knuckle it or take drugs with harmful side effects. You can simply change habits. Thousands of people are switching to vaporizing and finding it much more enjoyable than their old smoking habit.

What is the difference between smoking and vaporizing? Vaporizing uses a small personal vaporizer (also referred to as an e-cigarette) that takes a liquid or “juice” and turns it into a pleasurable vapor that you inhale. There is no smoke or tar, and organic juices, like Guilty Pleasures Organics, do not contain any of the over 4,000 chemical compounds associated with smoking.

Guilty Pleasures Organics uses herbs known for their calming properties, as well as herbs that have been proven over hundreds of years to be effective in supporting lung health and addressing respiratory conditions, from asthma to lung cancer. These organic juices are completely free of propylene glycol, chemicals and artificial ingredients of any kind. They are comprised of only the freshest organic herbs, bound together with kosher glycerin of palm and flavored with extracted organic fruits, berries, cocoa beans and coffee beans. And, if you wish, you can choose to add organic nicotine to your juice of choice.

The recipe for Guilty Pleasures juice comes from the brilliant minds of some of the most forward thinking scientists, biologists, naturopaths and herbalists in the country. While we make no claims that our juices are a quit-smoking formula or provide any kind of healing, we do invite you to try them out and form your own conclusions.

At Guilty Pleasures, we believe that just about everything we need to thrive in this world has been placed on this planet for us to discover, cultivate and use. We also firmly stand by the conviction that our “guilty pleasures” do NOT have to be bad for us!

Discover how Guilty Pleasures’ organic juices can benefit you, and we wish you health, joy and success in this new year!

Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

Advertisement

The Smart Smoking Alternative
By Judy Henry, Guilty Pleasures Organics, LLC

You do not have to quit smoking. Yes, that's what I said. You do not have to decide whether to white knuckle it or take drugs with harmful side effects. You can simply change habits. Thousands of people are switching to vaporizing and finding it much more enjoyable than their old smoking habit.

What is the difference between smoking and vaporizing? Vaporizing uses a small personal vaporizer (also referred to as an e-cigarette) that takes a liquid or “juice” and turns it into a pleasurable vapor that you inhale. There is no smoke or tar, and organic juices, like Guilty Pleasures Organics, do not contain any of the over 4,000 chemical compounds associated with smoking.

Guilty Pleasures Organics uses herbs known for their calming properties, as well as herbs that have been proven over hundreds of years to be effective in supporting lung health and addressing respiratory conditions, from asthma to lung cancer. These organic juices are completely free of propylene glycol, chemicals and artificial ingredients of any kind. They are comprised of only the freshest organic herbs, bound together with kosher glycerin of palm and flavored with extracted organic fruits, berries, cocoa beans and coffee beans. And, if you wish, you can choose to add organic nicotine to your juice of choice.

The recipe for Guilty Pleasures juice comes from the brilliant minds of some of the most forward thinking scientists, biologists, naturopaths and herbalists in the country. While we make no claims that our juices are a quit-smoking formula or provide any kind of healing, we do invite you to try them out and form your own conclusions.

At Guilty Pleasures, we believe that just about everything we need to thrive in this world has been placed on this planet for us to discover, cultivate and use. We also firmly stand by the conviction that our “guilty pleasures” do NOT have to be bad for us!

Discover how Guilty Pleasures’ organic juices can benefit you, and we wish you health, joy and success in this new year!

Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

Advertisement

The Smart Smoking Alternative
By Judy Henry, Guilty Pleasures Organics, LLC

You do not have to quit smoking. Yes, that's what I said. You do not have to decide whether to white knuckle it or take drugs with harmful side effects. You can simply change habits. Thousands of people are switching to vaporizing and finding it much more enjoyable than their old smoking habit.

What is the difference between smoking and vaporizing? Vaporizing uses a small personal vaporizer (also referred to as an e-cigarette) that takes a liquid or “juice” and turns it into a pleasurable vapor that you inhale. There is no smoke or tar, and organic juices, like Guilty Pleasures Organics, do not contain any of the over 4,000 chemical compounds associated with smoking.

Guilty Pleasures Organics uses herbs known for their calming properties, as well as herbs that have been proven over hundreds of years to be effective in supporting lung health and addressing respiratory conditions, from asthma to lung cancer. These organic juices are completely free of propylene glycol, chemicals and artificial ingredients of any kind. They are comprised of only the freshest organic herbs, bound together with kosher glycerin of palm and flavored with extracted organic fruits, berries, cocoa beans and coffee beans. And, if you wish, you can choose to add organic nicotine to your juice of choice.

The recipe for Guilty Pleasures juice comes from the brilliant minds of some of the most forward thinking scientists, biologists, naturopaths and herbalists in the country. While we make no claims that our juices are a quit-smoking formula or provide any kind of healing, we do invite you to try them out and form your own conclusions.

At Guilty Pleasures, we believe that just about everything we need to thrive in this world has been placed on this planet for us to discover, cultivate and use. We also firmly stand by the conviction that our “guilty pleasures” do NOT have to be bad for us!

Discover how Guilty Pleasures’ organic juices can benefit you, and we wish you health, joy and success in this new year!

Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.
CDA Healing Arts Open Forum
Dr. Todd Schlapfer, ND & Dr. Hunter Peterson, ND
Wed., Jan. 7, 6:30-8pm
The Open Forums are monthly opportunities to dialogue with Dr. Todd and Dr. Hunter about a wide range of questions related to the pursuit of health. Bring your questions, curiosity, ideas and a willingness to learn. Drs. Todd Schlapfer and Hunter Peterson are naturopathic physicians at Coeur d’Alene Healing Arts clinic in downtown Coeur d’Alene. They have over 30 years of collective private practice experience and embrace a person-centered health model. www.cdahealingarts.com

Save the Dates! Home Sweet Homeopathy
6-week, 12-hour course with CDA Healing Arts
Wednesdays, 5:30-7pm, February 11-March 18
Cost: $149 before 1/29; $199 after 1/29.
Learn how to apply homeopathic principles in the home, and speed resolution and reduce suffering of many commonly encountered ailments. Contact CDA Healing Arts to register: 208-664-1644

Free Film: Fed Up
Co-hosted with the Inland NW Food Network
Thurs., Jan. 8, 6:30pm (runtime 92 min.)
Fed Up, from Katie Couric, Laurie David (Oscar-winning producer of “An Inconvenient Truth”) and director Stephanie Soechtig, is the film that the food industry doesn’t want you to see. Join us for this special screening that will forever change the way you eat. fedupmovie.com

Are ADD, ADHD or Autism Affecting Your Family? with Dr. Amy Spoelstra, DC
Wed., Jan. 14, 6:30-8pm
Please RSVP: 208-676-9730
Dr. Amy will identify how environmental toxicity and stress have a negative impact on the developing brain and nervous system, leading to the symptomatic behaviors of ADD/ADHD, Autism Spectrum Disorder, Asperger’s Syndrome, learning disorders, and a host of other neurodevelopmental challenges. She will also bring to light how subluxation and poor dietary health create roadblocks in proper development.

Kitchen Overhaul: Strategies for Better Health
with Darci Barman, MSN, RDN, LD
Thurs., Jan. 15, 6:30-8pm
Please RSVP: 208-676-9730
Kitchens. Everybody has them. But many are neglected due to busy schedules, under-stocked pantries, or lack of knowledge and experience. With new year aspirations for a ‘New You,’ why not transform the space that has the biggest impact on your health? Come discover recipes, pantry lists, cooking guidelines, cookware recommendations, tips, tricks and more to stock and design your kitchen for better health in 2015.

12 Underground Fat Loss Techniques
with Ben Greenfield, MS  greenfieldfitnesssystems.com
Thurs., Jan. 22, 6:30-8pm
Please RSVP: 208-676-9730
Ben, America’s top personal trainer, local athlete and New York Times bestselling author, will present fat loss techniques that will allow you to boost your metabolism and burn calories without spending your whole day at the gym or on the treadmill. You’ll get every movement, nutrition and lifestyle tactic necessary to enhance fat loss year-round, and look amazing with your clothes on or off!

Learn the whys and hows of aligning diet and lifestyle choices with the current seasons and your individual constitution. Discover timely foods and cooking methods to improve vitality, immunity, clarity and longevity. Ayurvedic Wellness Practitioner, Patricia, will also present remedies for chronic complaints, recipes, and a taste of seasonal tonics.

FREE 30-Minute Wellness Assessments
with Darci Barman, MSN, RDN, LD
Tuesdays 9-11am
Fridays 3-5pm
Reserve Your Spot Today: 208-676-9730
Big plans for 2015? New Year’s Resolutions are a great way to set goals and start new chapters, but beware…making too many dramatic life changes at once can be overwhelming and may set you up for failure. Learn where to focus your time and energies for a New You with our in-store Dietitian.

Financing Our Local Economy with Slow Money
Luncheon with Carol Peppe Hewitt
Hosted by The Inland NW Food Network
Thurs., Jan. 29, 11:30am-1pm, at The Kroc Center
$15/person – Tickets available at Pilgrim’s Market.
Carol Peppe Hewitt is a business owner, social entrepreneur, life-long activist, and co-founder of Slow Money NC, which has been wildly successful in financing North Carolina’s sustainable food and farming economy by connecting individuals committed to building local food systems with entrepreneurs who have compelling needs for capital. She is also the author of Financing Our Foodshed: Growing Local Food With Slow Money, a collection of compelling, real life stories about Slow Money entrepreneurs and the folks in their community who become their lenders.

Free In-Store Tastings
Sierra Nevada Brewing Co.
1/14/15, 3:30pm
Anniversary Winemaker Coeur d’Alene Cellars
1/17/15, 12-3pm
10 Barrel Brewing Co.
1/21/15, 3:30pm
One Tree Hard Cider
1/28/15, 3:30pm

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 condition should consult with and seek clearance from a qualified 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.
What Is The Best Fat Loss Workout?

by Ben Greenfield, MS, GreenfieldFitnessSystems.com

Zumba. TRX. P90X. Pump. Spinning. Yogalates. Beach Body Insanity. The list goes on and on! With so many choices, how can you pick an exercise or workout that will burn the most fat, the fastest? In this article, you’re going to learn exactly how to create your own fat-burning workout to ensure that you burn fat as fast as possible.

Fat-Burning Workouts

The majority of workouts that advertise themselves as high calorie-burning events can be broken down into three categories: cardio, resistance training, and cardio plus resistance training.

An example of a cardio class would be spinning, in which you ride a stationary bike with varying levels of resistance and pedaling speeds, typically to a choreographed series of songs and movements such as standing, hovering and jumping. Dance workouts like Zumba or Hip-Hop would also fall into the cardio category.

A resistance training workout would include activities like power yoga, which consists of body weight resistance exercises combined with stretching; Pilates, which is primarily focused on abdominal and lower back; TRX, which involves pulling and pushing the body with a special type of band; and pump, which uses dumbbells, barbells and step benches for resistance.

As you may have guessed, cardio plus resistance training combines all the elements discussed above. P90X and Beach Body Insanity are two popular examples of activities where you lift weights one moment, then perform jumping jacks or step-ups a few moments later. Another term for this type of sequential exercise is “concurrent training.”

Which Burns the Most Fat?

A 2008 study at the University of California asked this very question, and had one group do cardio, another group do resistance training, and a final group do a concurrent training workout in which they ran for 30-60 seconds after completing each weight lifting set. Even though each group did the same amount of work, the combination group experienced the following:

• a 35% greater improvement in lower body strength,
• a 53% greater improvement in lower body endurance,
• a 28% greater improvement in lower body flexibility,
• a 144% greater improvement in upper body flexibility,
• an 82% greater improvement in muscle gains, and
• a 991% greater loss in fat mass!

That means the combination group not only burned fat and built muscle at the same time, but the amount of fat they burned was ten-fold the amount burned by the groups that did cardio or resistance training only. Without a doubt, combining cardio and resistance training will burn fat the fastest.

Make Your Own Fat-Burning Workout

If you’re ready to do a fat-burning workout, but don’t feel like going to the gym or signing up for a class, you can easily do combined cardio and resistance training at home. Try this workout:

• Do 10 push-ups or knee push-ups.
• Stand and do 15-20 jumping jacks.
• Next do 10 squats or lunges.
• Then do 15-20 more jumping jacks.
• Next move on to 10 crunches, again followed by 15-20 jumping jacks.
• Finally, pick up a set of dumbbells off the floor and lift them overhead, up and down, a total of ten times.
• Finish with a final series of 15-20 jumping jacks.

If you get tired of jumping jacks, try squat-thrust-jumps, vertical jumps, lunge jumps or horizontal jumps. At YouTube.com/BenGreenfieldFitness, you can view most of these techniques and moves.

Burn Fat Faster

To ensure that you reap the greatest fat-burning benefits, remember to also follow these simple rules:

• Don’t exercise hungry. A fed body will burn more calories.
• Warm up first. Warm muscles will be able to burn more fat.
• Use good form. Doing cardio before a resistance exercise makes that exercise more difficult to do properly, so don’t injure yourself. It’s tough to burn fat if you’re laid up on the couch with a thrown out back.
• Eat after your workout. Post-workout nutrition will help you build metabolism-boosting fibers of lean muscle. For more on what to eat after a workout, see my article on what to eat before and after exercising.
• Lastly, always keep your mind muscle connection strong.

When You Shouldn’t Combine Cardio & Resistance Training

If your focus is to build strength, you’d be better off doing your resistance training as a separate workout. Similarly, if you’re training for endurance, then you should focus on a high-quality cardio workout that isn’t interrupted by strength training. But if your focus is pure fat loss, then you should absolutely combine your weight lifting and cardio into one workout.

Ben Greenfield is an ex-bodybuilder, Ironman triathlete, professional Spartan racer, coach, speaker and author of the New York Times Bestseller, Beyond Training: Mastering Endurance, Health and Life. In 2008 Ben was voted NSCA’s Personal Trainer of the Year, and in 2013 was named by Greatist.com as one of the top 100 Most Influential People in Health and Fitness. Ben blogs and podcasts at www.BenGreenfieldFitness.com and resides in Spokane, WA with his wife and twin boys.

Want even more secrets on how to lose fat fast - even without exercising? Come to Ben’s class titled “12 Underground Fat Loss Techniques”, Thursday, January 22, 6:30-8pm. See Page 12 for details.
Sugar Rehab
By Darci Barman, MSN, RDN, LD

According to the Beverage Guidance Panel, Americans drink over 20% of their total calories. In a 2,000-calorie diet, that’s 400 calories from liquids alone. And, since liquids don’t provide the same satiety signals as food, this is likely an additional four hundred calories. Translation: 41 excess pounds per year! The source of all these excess calories? Sugar, or its aliases: high fructose corn syrup, evaporated cane syrup, agave nectar, beet sugar, dextrose, fructose, sucrose, maltodextrin, turbinado, invert sugar, Florida Crystals, galactose, sorbitol, brown rice syrup…the list goes on and on.

By simply eliminating sugary beverages from your daily repertoire, you save yourself from more than the additional weight. Research reveals that sugars (simple carbohydrates) are at the root of many chronic diseases like diabetes, metabolic syndrome, heart disease and cancer. How? When you ingest sugar, your body immediately breaks it down and releases it into the bloodstream, resulting in a “spike in blood sugar.” The presence of blood glucose in the bloodstream triggers a release of insulin of equal magnitude. Insulin is the only hormone that reduces blood sugar, the key that unlocks our cells to allow glucose (energy) into them. After chronically releasing large amounts of insulin, the body eventually becomes ‘dulled’ to its effects - known as “insulin resistance” – leaving blood sugars elevated. This in turn, triggers MORE insulin to be released and resulting in hyperglycemia and hyperinsulinemia (high blood glucose and insulin, respectively).

The most active tissues in your body are your vital organs (heart, brain, liver, lungs) and skeletal muscles. When these tissues become resistant to insulin, the glucose in your blood has nowhere to be ‘burned’ so it is stored as fat. Insulin can also bypass the blood-brain-barrier and alter neurochemistry that controls cravings, addiction and pleasure, including blocking the production of an important appetite-regulating hormone, leptin. (See Page 4 for more information on insulin and leptin resistance.)

As we make goals for 2015, why not include a “sugar detox” at the top of the list? Eliminating sugars will not only reduce inflammation and risk for chronic disease, but it will help you reach other health goals, like losing weight.

Start with the basics, like eliminating sugary-beverages from your diet. Then become a sugar sleuth for hidden sugar sources, like salad dressings, prepared sauces and “health” foods, such as granola bars and smoothies. To learn more about sugar in our food system, join us January 8th for the screening of the film Fed Up.

Depending on how much sugar you are eating now, the transition to lower-sugar eating habits may be tough, especially if you go cold turkey. Before you cave into that habitual Grande Mocha Latte, give these drinks a try instead.

Infused Water
Bored of plain water? Try infusing it with seasonal herbs, spices and fruits. In the winter months, pair citrus fruits with warming spices. My favorite combo is fresh cranberries + cinnamon or grapefruit + star anise.

As we make goals for 2015, why not include a “sugar detox” at the top of the list? Eliminating sugars will not only reduce inflammation and risk for chronic disease, but it will help you reach other health goals, like losing weight.

Tea
Tea is the most consumed beverage in the World, but lacks a strong presence in Western culture. It has enormous health benefits and all varieties are beneficial: green, black, herbal, white. I’m personally a fan of the Hi-Caf Teas, especially if you are trying to kick a coffee habit.

Sparkling Fruit Cocktail
If you’d like something a little more “festive” or to replace your nightly adult beverage, try 1 oz. of a potent berry juice, such as cranberry, pomegranate, black or blueberry, combined with 8-12 oz. of sparkling mineral water. Good Belly probiotic juices work great as well.

Kombucha
Kombucha is fermented tea. Commercially, it is carbonated and slightly sweet, the product of yeast and bacteria converting simple sugar into lactic acid and alcohol. A rich source of probiotics and B-vitamins, I recommend it to almost everybody. If you’re not used to the flavor, try diluting with mineral water.

Coffee
Rich in antioxidants, studies show that people who drink 1-2 cups of java a day have significantly lower rates of Type 2 Diabetes. However, they are not referring to coffee “drinks” sweetened with syrup or alternative milks. Plain espresso or drip coffee with pastured milk or cream, or blended with butter and coconut oil (BulletProof coffee) is preferred.

Adding whole foods to your diet leaves less room for sneaky sugar! Join us on Facebook and Twitter for 31 days of real, whole foods during January. Each day, we’ll showcase a different food, sharing preparation tips, nutrition facts and ways to add more to your day. See Page 3 for more details.

Darci is a Registered Dietitian seeing clients weekly in Pilgrim’s Wellness Clinic, located inside Pilgrim’s Market. In addition to being trained in contemporary, allopathic dietetics, Darci specializes in integrative and functional nutrition, and she approaches medical conditions and health promotion with a “foods first” philosophy. To make an appointment or more information, call 208.676.0400. Now accepting insurance! www.PilgrimsWellnessClinic.com
Your Guide to Mexican Organics

It is the dead of winter, and every plant, tree and field is covered with ice and snow. In North Idaho, the colors of winter are brown (ground) and grey (sky). Yet, every produce department in town is teeming with colorful fresh produce. Where is all this produce coming from? One of the answers is, Mexico.

Due to demands for year-round produce consistency, as well as certain foods only growing in particular climates, the U.S. typically imports the following organic foods from Mexico:

- Tropical foods: coffee, cacao (chocolate), vanilla, agave, mangoes, bananas and avocados.
- Vegetables and fruits: tomatoes, peppers, cucumbers, squash, melons and grapes.
- Some labor-intensive crops: sesame seeds and others.

In our Produce Department, we seek to offer the freshest quality organic produce available, all year, while also supporting seasonal eating and local producers. In the winter, this means bringing in products from farmers south of the border who are producing and importing U.S. Certified Organic produce for our consumption.

It is a common misconception that Mexican organic producers importing to the U.S. follow a different standard than the USDA’s National Organic Program (NOP). As with all organic produce imported from countries around the world, Mexican organics undergo third party inspections, must comply with strict U.S. growing and processing regulations, and are tested when they arrive in the country. You can read more about organics in our Organic Shopping Guide, produced by our Dietitian and now available in-store.

At Pilgrim’s Market, we desire to fairly and sustainably support organic farmers and healthy agriculture, regardless of location. Mexico’s certified organic acreage has been growing at a rate of 32% per year, and about 80% of their annual organic production is exported. While it is not ideal for North Idaho to import such a distance, we are grateful to promote healthy food practices around the world.

References: www.ams.usda.gov/AMSv1.0/nop.

Pumpkin Seed Cilantro Pesto

- 6 Tb extra-virgin olive oil
- 2 C unsalted green pumpkin seeds
- Salt & pepper, to taste
- 3 fresh or roasted garlic cloves
- 1/2 C water
- 1 C coarsely chopped fresh cilantro, leaves & stems
- 4 scallions, chopped
- 1/2 tsp cracked coriander seeds (optional)
- 3 Tb fresh lime juice, or to taste

Preheat oven to 375°F. Toss seeds with 2 Tb of the oil, salt and pepper. Spread evenly on a large baking sheet and roast until puffy and fragrant, about 10-15 minutes. Cool. In a food processor or high-powered blender, combine cooled seeds and remaining ingredients. Pulse until desired consistency is reached. Season with salt and pepper, if needed. Cover and chill until ready to use.

Your Guide to Farmer Fizz

Grower Champagne, or “Farmer Fizz”, is sparkling wine produced in the Champagne region of France on vineyard estates where the grapes are grown. To put it simply, this bubbly is from a farmer rather than a factory. Large scale Champagne producers can use grapes sourced from up to 80 different vineyards. Not so with grower Champagnes. These artisan winemakers are more terroir-focused, brewing grapes sourced from their own vineyard or one closely situated to their village.

Here are just a few reasons to drink Farmer Fizz now, at the height of the season.

- Because each wine is a unique representation of the distinctive flavors or that grapes climate, soil and winemaking.
- Because it’s real wine, grown and made by a family, just like yours - by a “him,” not an “it.”
- Because you are supporting small production and rejecting corporate marketing.
- Because its price is honestly based on production cost, not massive PR budgets.

In stock now!

- L. Aubry Fils (Jouy-Les-Reims), Rose $54
- L. Aubry Fils (Jouy-Les-Reims), Brut $42
- Pierre Gimonnet & Fils (Cuis), Blanc de Blanc $50
- A. Margaine Premier Cru (Villers-Marmery), Demi-Sec $46
YOUR QUARTERLY COUPONS

20% OFF
Any 1 Item
One coupon per customer, per transaction, per day. Coupon voided when applied to a purchase and surrendered, regardless if purchased item is returned or refunded.

Valid 1/1/15 - 1/31/15
1316 N 4th Street, Coeur d’Alene, ID 83814 / 208-676-9730 / PilgrimsMarket.com

20% OFF
Any 1 Item
One coupon per customer, per transaction, per day. Coupon voided when applied to a purchase and surrendered, regardless if purchased item is returned or refunded.

Valid 2/1/15 - 2/28/15
1316 N 4th Street, Coeur d’Alene, ID 83814 / 208-676-9730 / PilgrimsMarket.com

20% OFF
Any 1 Item
One coupon per customer, per transaction, per day. Coupon voided when applied to a purchase and surrendered, regardless if purchased item is returned or refunded.

Valid 3/1/15 - 3/31/15
1316 N 4th Street, Coeur d’Alene, ID 83814 / 208-676-9730 / PilgrimsMarket.com

Remember to keep showing your Rewards Card at the register to earn rebates! Next Rebate mailing is July 1, 2015.

Dear Rewards Card Member,

After January 3, your rebate will be available at any Pilgrim’s Market register! Last July, we issued over $23,000 in rebate rewards for the first half of the year. Did you get money back? Use your card for every purchase and earn up to 4% back in rebates every six months. Ask at the register for details the next time you check out! Welcome in the New Year with a new, healthier you, and thank you for supporting local by shopping with us at Pilgrim’s Market.

Your Pilgrim’s Market Family.
Remember, Eat Well Be Happy!

Your Quarterly Coupons

The Awesome Bar - a Great Ski-Snack!
Fuel yourself for a pleasant day on the slopes with this “awesome bar.” With a 3:1 carb to protein ratio, it meets the nutritional needs of your inner athlete while simultaneously satisfying your taste buds. Easy to prepare and grab on-the-go. Recipe contributed by Darci Barman, RDN, Pilgrim’s Wellness Clinic.

1 1/2 C thick rolled oats
1/2 C raw pumpkin seeds
3/4 C unsweetened dried fruit (your choice)
1/2 C honey (raw, local)
2 tsp vanilla extract
1/4 tsp sea salt
1/2 C nut butter (your choice – I prefer almond or cashew)
2 scoops high-quality whey protein powder
1/2 C dark chocolate chips (like Equal Exchange’s 70% dark bittersweet chocolate chips)

In a large bowl, combine oats, pumpkin seeds and dried fruit. Set aside. In a small saucepan, combine honey, vanilla extract, salt and nut butter. Slowly bring to a very gentle boil, stirring constantly. Once mixture has melted and warmed through, pull from heat and add protein powder. Drizzle mixture over oats, stirring to coat evenly. Once cool-to-touch, add chocolate chips and press into a 9x9 square baking pan (ceramic or glass). Refrigerate for at least 2 hours, cut into squares and wrap individually in parchment paper to stuff into your ski jacket pocket and hit the slopes!

Featured Diet & Nutrition Books

Balanced Raw by Tina Leigh
Combine raw and cooked foods for optimal health, weight loss and vitality with Tina’s four-week program.

The Skinny Gut Diet by Brenda Watson
Ready to change your weight loss fate for good? This book reveals the missing piece of the puzzle – the secret to losing weight and keeping it off that Brenda refers to as “the gut factor.”

The Juice Generation by Eric Helms
Whether you’re a juice virgin, tentatively juice curious, or already a juicing pro, this book will get you excited about the endless possibilities of squeezing, crushing and grinding your way to integrating the “joys of juicing” into your busy schedule.

Primal Body, Primal Mind
by Nora Gebgudas
Combining your body’s Paleolithic needs with modern nutritional and medical research, Nora provides sustainable strategies for working with your body to optimize your health.