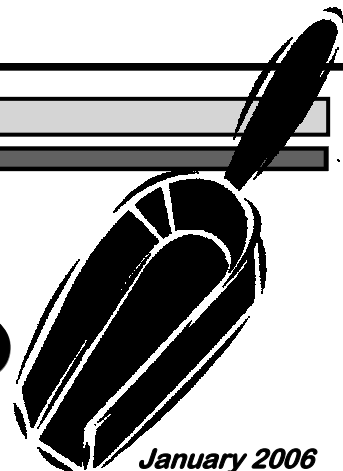




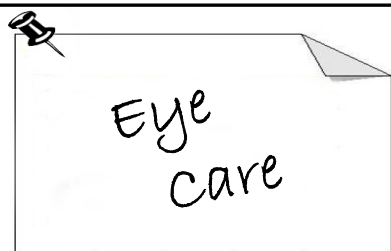
# The SCOOP



January 2006

The Basics Cooperative Newsletter

## NATURAL HEALTH CARE REPORT



How are your eyes looking today? Improve eyesight and maintain healthy vision with natural eye care support! Try natural eye drops or nutritional supplements containing lutein, bilberry, zinc, selenium, vitamins A, C, E and other eye-healthy nutrients. Protect your eyes with natural eye care!

### A Natural Eye

Certain nutrients help alleviate eye disorders, diminish eye aches and pains, and improve overall vision. The following list includes the most critical eye-healthy nutrients.

### Give me an A, C, and E!

Healthy doses of vitamins A, C, and E are essential to combat all types of eye disorders and support eye health and healing.

- Vitamin A is one of the most critical eye nutrients. The eyes use vitamin A continually in the absorption of light and formation of visual images, so it is important to replenish vitamin A stores on a daily basis.
- Vitamin C is an antioxidant that helps diminish free radical damage and reduces interocular pressure.
- Vitamin E works in tandem with vitamins A and C and to support eye health and healing.

### Eying Up Carotenoids

Carotenoids are found in red, green, orange, and yellow fruits and vegetables, offering eye support and protection. As powerful phytochemicals, carotenoids decrease the risks of cataracts and macular degeneration, and they help to protect eye cells from free radical damage. Common carotenoids?

- Beta carotene
- Zeaxanthin
- Lutein
- Alpha carotene
- Lycopene
- Cryptoxanthin

SOLARAY offers a Food Carotene supplement that includes vitamin A from a variety of all natural carotenoids. SOLARAY also offers a strong Lutein Eyes supplement for additional eye protection.

### An Eye for Bilberry, Zinc, and Selenium

Bilberry, zinc, and selenium are other critical nutrients for proper eye care. *Continued on next page . . .*

## WHAT'S INSIDE

 **Book Shelf: "Eye Care Naturally" and "Eye Care Revolution"**

 **January Sales and Events**

 **Market Basket: Carrot Tips**

 **Recipes for "Carrot Smoothie" "Carrot Juicing" and "Yummified Carrot Rice"**

"Eye Care" continued from page 1 . . .

- Bilberry is an herb that helps cleanse the retina, remove toxins from the eyes, and improve eyesight and night vision.
- Zinc supports healthy enzyme function within the vascular coating of the eye. A zinc deficiency may lead to retinal detachment. When using a nutritional supplement, do not exceed 100 milligrams of zinc daily.
- Selenium is a trace mineral that decreases free radical damage and protects eye tissues and cells

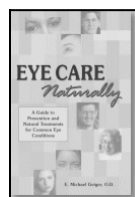
**Eye Healthy Supplements**

Want a supplement that combines eye-healthy nutrients together? BASICS Vision Support contains vitamin C, carotenoids, zinc, selenium, bilberry, lutein, lycopene, and other eye healthy nutrients. QUANTUM See contains a combination of lutein, bilberry, zinc, selenium, and vitamins A, C, and E.

Open your eyes to natural eye care! Try Vitamins A, C, and E, bilberry, zinc, selenium, and carotenoids. Support healthy vision and eye care, naturally!



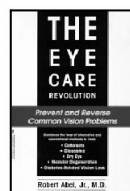
**BOOK SHELF**



**Eye Care Naturally**

By E. Michael Geiger, O.D.

Check out this handy resource on natural eye care! You will learn about natural remedies *and* nutrients that can help to treat cataracts, glaucoma, diabetic retinopathy, styes, red eye, dry eye, computer eye strain and macular degeneration.



**Eye Care Revolution**

By Robert Abel, Jr., M.D.

Compare nutritional, herbal, homeopathic, Asian, and conventional eye care remedies in this complete reference guide. The book includes a wealth of textual information along with charts for quick reference.

**30% Off This Month**

<b>Quantum See 90 tab</b>	Reg: \$18.99 <b>Now: \$13.29</b>
<b>Solaray Food Carotene 30 ct</b>	Reg: \$7.99 <b>Now: \$5.59</b>
<b>Solaray Food Carotene 100 ct</b>	Reg: \$9.49 <b>Now: \$6.64</b>
<b>Basics Vision Support 60 cap</b>	Reg: \$16.49 <b>Now: \$11.54</b>
<b>Solaray Lutein Eye 18 mg 30 ct</b>	Reg: \$15.99 <b>Now: \$11.19</b>

*January Calendar*

**January 1  
CLOSED**

**January 3  
SUPER TUESDAY!**

**January 13**  
SEMINAR: **"WEIGHT LOSS"**  
Presented by YMCA personal trainer Kitty Cole.  
Fri. 1/13 6:30- 8:00 p.m.

**Be Healthy. Be Wise.**

Access **Healthnotes** online at:  
[www.basicshealth.com](http://www.basicshealth.com)

- ▶ Nutrition Information
- ▶ Supplement Information
- ▶ Food Notes / Recipes

## RECIPE BOX

### Carrot Juice Bar

#### CARROT SMOOTHIE

2 cups carrot juice  
Vanilla Yogurt  
Frozen bananas

Blend all ingredients together. Enjoy!

#### CARROT JUICING

Use a juicer to juice any of the following:

1. Carrots and apples
2. Carrots and celery
3. Carrots and fresh mint leaves

### Yummified Carrot Rice

2 cups Japanese or white rice  
4 medium carrots  
Salt  
Pepper  
Sesame oil

Cook rice (use rice cooker for best results).

Shred the carrots with a potato peeler and sauté with sesame oil. Sprinkle with salt and pepper. Continue to sauté until the carrots become soft.

Transfer rice into frying pan with carrots and continue to sauté. The rice will be done when it turns orange. Garnish with a large curly carrot peel. Serve and enjoy!

Recipe from Vegweb.com.



## Market Basket

### Carrot Tips

Peter Rabbit wouldn't pass up a nice, crunchy carrot. Why should you? A sweet root vegetable, carrots make an easy snack and are a lunchtime favorite. Fill your market basket with a bundle of these orange beauties and crunch on some of the following carrot tips!

### Digging for Carrots

What should you look for in a carrot? There are many carrot varieties, including white, yellow, purple, and orange carrots. When grocery shopping, always look for firm, smooth, brightly colored carrots. To obtain the sweetest carrots, look for carrot bunches with the green leafy tops still attached.

### Watering Carrots

Want to keep carrots crunchy and sweet? Store carrots in a container of chilled water in the refrigerator. Limp carrots can be revived with this method as well.

### 24 Carrot Nutrition

Want to improve your eyesight and boost daily nutrition? Carrots offer a wealth of eye healthy nutrients and other nutritional benefits. Carrots provide especially high quantities of:

- Vitamins A and C
- Beta carotene
- Fiber

### Your Basics Carrots

Want to dig up some carrots of your own? Basics Co-op carries carrots in all shapes, sizes, and colors! Buy a 25# bag of carrots for juicing or choose from a variety of organic baby carrots, carrots with leafy greens, or purple and other carrot varieties when in season.

Join Peter Rabbit and hop on over to Basics to dig up some sweet and crunchy carrots!

**DR. JILL EVENSON, ND**  
**AND THE NATUROPATHIC FAMILY CLINIC**  
**WELCOME:**

**AARON HENKEL, ND**  
TO THEIR STAFF

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IT'S A DIFFERENT KIND OF DOCTOR,  
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# JANUARY SPECIAL \$

## SMOOTHIE OF THE MONTH

### Whey Good Smoothie

\*Chocolate Whey Good Protein  
\*Rice Milk \*Yogurt \*Banana

Only **\$1.00** + tax on Super Tuesday!

## CHEESE OF THE MONTH

**Sharp Cheddar  
Cheese Spread**  
\$1.29/ea Reg: \$1.69/ea

-And-

**2 year aged Swiss**  
\$4.39/lb Reg: \$5.49/lb

## Thank You December Volunteers!

Janet Scultz	Jean Mohring
Marilyn Menzel	Ken Tapp
Sue Nelson	Nancy Restivo
Nancy Linsley	Jesse O'Connell
Herb Emmel	Margaret Le Clair

Are you interested in volunteering at Basics? Please contact Sara, 754-3925.



Editor: Tracy Jordan  
Contributor: Sara Kirchoff

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CO-OP MEMBERS SAVE 20%

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