



("Welcome" Article 1, continued from website)

Every day in the store I am asked dozens of questions by hundreds of customers about health, supplements, food issues and the laws affecting our rights to be well. After well over 3 decades of working in a health food store with thousands of people, there are common questions and concerns that I realize many people share.

There is so much information in the world these days; customers often express that they feel overwhelmed and sometimes confused with so much *differing* information on the subject of 'health.' Who should you believe; who has the right answers; who do you listen to?

It is understandable why so many people in this country feel confused about their health, what the right way to eat is and what it means to be well. What most American's have been taught about "health" and being well, have really been marketing campaigns by big companies that want to sell you their product and use "experts" to do it. In many ways, these campaigns have helped to shape this nation; they are the reason most Americans think about their health the way they do. However it doesn't mean it has been *truth*; it's simply means they were brilliant marketing campaigns to sell a product to you the consumer.

For decades people have been doing what they've been told to do: drink milk because it's good for your bones, take hormonal replacement therapy because it's important for your heart; eat margarine because butter is bad for your cholesterol. Yet osteoporosis, estrogen-based cancer, heart attacks and high LDL's are all on the rise.

"So what gives?" people ask me, "Why is this happening?" "I've been doing what I'm told to do and I'm still sick!" This is a common statement that we hear every day at our store from our customers. People are frustrated and want to know why they are sick and for that matter, why is everyone else; our children, our elderly and even our pets! These are fair questions and I applaud every one asking them. These questions need to be asked. And I believe the truth is right in front of everyone, it just needs a little light shone upon it. I hope that the information you receive from this website is the light.

To understand natural healing, you have to **live it, embrace it, commitment to it**. It is a way of life and a set of values as to *how* we live day to day. It is a journey that begins from the heart and continues because we care: about our health, our food supply, our environment for future generations and the freedom to make decisions for our own health.

There are many "experts" proclaiming to know what natural healing and wellness is all about; all the while they are dishing out drugs and junk food. You know, all those "health fairs" selling diet pop and giving away free samples of drugs for your heart burn.

In truth, *talking* about being healthy and **making positive choices in our daily lives** are two very different things.

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I am grateful to have you with us, both through our web site and in our store. My team and I are here to share our hearts, our experience and our knowledge with you. We learn everyday about the journey of wellness and have over 100 years' experience collectively...we welcome you to learn with us. We have some really cool things planned ahead and invite you to be a part of something amazing because we're here to help create positive change and make a difference in the world around us.

I welcome you to check us out on a regular basis...we've only just begun!

In peace and health freedom,

*Claudia*