

newsbriefs

Is All Grass-fed Beef Created Equal?

A local butcher shop has the answer. The Arctic Market & Butcher in Point Pleasant, NJ is a hidden gem when it comes to finding 100% organic, grass-fed & finished beef. Michael Sirchio, owner of The Arctic, explains that there are many options for consumers, but not all grass-fed beef is created equal.

Throughout the United States, due to climate, many areas do not allow for cattle to feed in open grass pastures year round. The harsher winter months may require farmers to feed their cattle alfalfa hay and other harvested forage.



For this reason, Sirchio sources his grass-fed & finished beef from Silver Fern Farms, where cattle graze on green, grassy pastures, year-round, for their entire life. They are humanely raised on a pristine, open range where they roam and graze as nature intended. This healthy, stress-free lifestyle allows for a better product that's lower in saturated fat and contains higher levels of vitamins A & E, conjugated linoleic acid, and omega-3 fatty acids. In addition, the cut sizes & quality are always consistent, without the use of hormones.

Walk into this friendly, small-town butcher shop and the Arctic staff will treat you like one of their own. Sirchio takes great pride in offering his customers clean, healthy products and works with local farms that are committed to sustainable practices and the humane treatment of animals.

Michael Sirchio, The Arctic Market & Butcher. For more information, contact The Arctic Butcher @ 732-899-6328 or find them on the web at www.arcticbutcher.com.

Getting Back Into Shape After Baby Isn't Hard Any More!

Every new mom knows how hard it is to get back in shape after having a baby. The first challenge is separating from your little one. But now there are new mommy and me yoga class that focus on whipping mom back



into shape, and baby comes too. Babies sing lullabies, practicing their first baby yoga moves, see other babies and interact with mom. Meanwhile, moms focus on core and pelvic floor strengthening, improving posture and opening the front of the body which helps the tendency of rolling the shoulders and collapsing the heart center caused by nursing. Moms also work on balancing the body which is off balance due to carrying the baby and holding the car seat. Moms can start these class as soon as the OB gives the OK to exercise which is usually about 6 weeks after having a vaginal delivery and a little longer for C-section. There are babies as young as 6 weeks to crawling or about 12 months. The best is, some studios like Coba Yoga in Little Silver let you drop in and pay as you go or buy a package, and you have 1 year to use the classes.

Lili Avery is an experienced yoga teacher and opened Coba Yoga studio 2 1/2 years ago in Little Silver. For more info visit: www.cobayoga.com

Why Buying Fair Trade Coffee Is So Important...

Organic practices are certainly important for the environment as well as our bodies. But now more than ever... also choosing fairly traded coffee can make a huge difference to farmers in producing countries. As of January 2014, coffee prices have dipped to a six-and-half-year low, trading at around \$1.14/lb.



In order to become certified as a fair trade farmer, a certain set of social and environmental standards must be upheld. But certification allows fair trade farmers to earn a 20-cent premium and an additional 30 cents per pound if their coffee is certified organic. And there's one other huge difference: Fair trade has a set minimum price, currently at \$1.40 per pound, which protects farmers from falling prices.

When the global coffee price is above \$1.40, the minimum isn't an issue, but when prices are much below, fair trade is even more appealing to farmers.

In a recent Fairtrade International press release (October 2013) "Fairtrade generates a base price, which really helps us, especially in a time like now," said Fatima Ismael, General Manager at a Fairtrade cooperative in Nicaragua. "It gives us stability for our families." Together we can make a difference...

Barbara DiBeneditto, Fair Mountain Coffee. 201-220-1773 mobile. FairMountainCoffee.com.



Natural Iodine Supplementation A Must for Most Americans

A study in the *American Journal of Clinical Nutrition* found that iodine deficiency in the developed world has increased fourfold in the past 40 years and now affects nearly three-quarters of all adults.

Taking the right kind of iodine in the right dosage can rebalance thyroid function and restore health to the thyroid and the whole body.

Natural Awakenings Detoxified Iodine is 100 percent natural, raw iodine in an ethyl alcohol solution. We thank all those that are benefiting from this product and enthusiastically telling us their great results.

Available only at NAWebstore.com

I was amazed (and I admit to some surprise) that this worked so well. My family has a history of both major and minor thyroid issues and using the Detoxified Iodine has helped my general fatigue and mood. Thank you for a great product!
~ Patricia

I've known for years that I was low on Iodine, that it is essential to good thyroid function, and proper thyroid function is critical to so many bodily functions. This product makes it so easy for me to ensure I have optimum Iodine levels in order to maintain good health. I simply rub the side of the dropper across my arm after putting a few drops into the 4 ounces of water I'm about to drink. Very easy, and eye-opening!
~ Tonia

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