

**Seminar Reservations a Must 1-800-595-MOMS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>The advice &amp; informational content of seminars does not necessarily represent the views of Mother's Market &amp; Kitchen. Mother's recommends consulting your health professional for your personal medical condition.</i></p>	<p>"Hard is the heart that loveth not in May" - Chaucer</p>	<p> 1 <b>MAY DAY &amp; HAWAIIAN LEI DAY</b>  <b>MOTHER'S WILL HAVE LEIS FOR MOTHER'S DAY &amp; GRADUATION</b></p>	<p>2 <b>FLOWER: LILY OF THE VALLEY</b>  <b>BIRTHSTONE: EMERALD</b></p>	<p>3 <b>CHOOSE ORGANIC COTTON!</b> It Takes 1/3 lb. of Pesticides to Grow the Cotton for Just One Conventional T-Shirt!</p>	<p>4 <b>MAY IS NATIONAL STRAWBERRY MONTH!</b>  MOTHER'S HAS ORGANIC, SWEET STRAWBERRIES!</p>	<p>5 <b>HEALTH FAIRE</b> <b>REDO YOU! 2012 HEALTH TOUR</b> Free Samples, Drawings &amp; Give-Aways! <i>By Better Nutrition Magazine &amp; Mother's</i> <b>Anaheim Hills</b> 10:00am-1:00pm</p>
<p>6 <b>BREA BEACHWOOD SCHOOL FUNDRAISER</b> Is Holding a Big 5K Run Through a Wilderness Area For More Info: <a href="http://www.teambeachwood.org">www.teambeachwood.org</a> <b>VISIT MOTHER'S BOOTH!</b></p>	<p>7 <i>"Kindness gives birth to kindness"</i> - Sophocles</p>	<p>8 <b>FREE SEMINAR NATURAL HAIR COLOR - SURYA BRASIL</b> <i>By Bettina Bond &amp; Surya Brasil</i> <b>Santa Ana</b> 6:30-7:30pm</p>	<p>9 <b>FREE SEMINAR NATURAL HAIR COLOR - SURYA BRASIL</b> <i>By Bettina Bond &amp; Surya Brasil</i> <b>Costa Mesa</b> 6:30-7:30pm</p>	<p>10 11 12 <b>FAIR TRADE &amp; SUSTAINABILITY WEEK</b> <b>MAY 5 - 12</b> <b>WHY BUY FAIR TRADE?</b></p> <ul style="list-style-type: none"> <li>• It Respects and Appreciates the Hard Work of People</li> <li>• It Provides a Living Wage for Marginalized Producers</li> <li>• It Empowers Women and Minorities</li> <li>• It Supports the Conservation and Sustainability of the Environment</li> </ul>		
<p>13  <b>HAPPY MOTHER'S DAY!</b> <b>DON'T FORGET! LEIS FOR MOTHER'S DAY &amp; GRADUATION</b></p>	<p>14 <i>For Mothers - "Earth would not seem homelike without your sunny acts"</i> - Emily Dickinson</p>	<p>15 <b>FREE WOMEN'S WORKSHOP WOMEN'S HEALTH</b> <i>By Dr. Bill DeMoss</i> <b>Costa Mesa</b> 6:30-7:30pm</p>	<p>16 <b>FREE SEMINAR HEALTHY BONES FOR LIFE</b> <i>By Valerie Hall, Nutritional Consultant</i> <b>Costa Mesa</b> 6:30-8:00pm</p>	<p>17 <b>FREE SEMINAR NEW TREATMENTS FOR JOINT PAIN &amp; INFLAMMATION</b> <i>By Dr. Martin Bales, LAc and Dr. Arturo Portales, DO, FAARFM</i> <b>Costa Mesa</b> 6:30-7:30pm <b>TASTE OF BREA 5-9PM</b> VISIT MOTHER'S TABLE</p>	<p>18 <b>10 ANNUAL WOMEN'S WELLNESS DAY "It's All About You"</b> <i>Susan Samuelli</i> <b>Center for Integrative Medicine Fundraising Event</b> 8:30am-2:00pm <b>For more info:</b> <a href="http://www.sscim.uci.edu">www.sscim.uci.edu</a> <i>Visit Mother's Tables</i></p>	<p>19 <i>"The secret of Happiness is Freedom, and the secret of Freedom, Courage."</i> - Thucydides</p>
<p>20 <b>MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH!</b> <i>Get Out &amp; Have Some Fun!</i> </p>	<p>21 </p>	<p>22 <b>FREE SEMINAR STAYING IN THE GAME OF LIFE</b> <b>How to Lower Your Risk for Many Diseases</b> <i>By Allan E. Sosin, MD</i> <b>Santa Ana</b> 6:30-8:00pm</p>	<p>23 <b>FREE SEMINAR "NATURE BECOMES YOU"</b> <b>Burt's Bees Skin Care for Adults, Children &amp; Babies</b> <i>By Raab Clark</i> <b>Santa Ana</b> 6:30-7:30pm</p>	<p>24 25 26 <b>MOTHER'S DAY TREATS!</b></p> <p>FOR MOTHER'S DAY SERVE STRAWBERRIES, uncooked, uncomplicated: Dip whole berries in melted (but not hot) chocolate and place on waxed paper until chocolate hardens. Or serve whole, accompanied by bowls of sour cream and brown sugar for optional dipping.</p> <p>BERRY SMOOTHIE: In a blender combine 3 cups mixed berries, 4 ice cubes, 1 cup milk (either low fat or soy), 1/3 cup plain or fruit yogurt — whirl until smooth! <i>Both recipes from "Melissa's Great Book of Produce"</i></p>		
<p>27 <b>RESERVATIONS A MUST!</b> <b>CALL: 1-800-595-MOMS OR E-MAIL: sharonr@mothersmarket.com</b></p>	<p>28  <b>MEMORIAL DAY</b> <b>MOTHER'S WILL BE CLOSED</b></p>	<p>29 30 <b>LABEL GMOs!</b> <i>The California State Ballot Initiative to get 500,000 signatures to bring Genetically Modified Food (GMOs) labeling requirements to California ended on 4/22/12. Appreciation &amp; Gratitude to all the volunteers who gathered signatures and the people who signed the petitions. Thank You! - Mother's</i></p>	<p>31 <b>FREE SEMINAR BEATING ADDICTION &amp; COMPULSIVE DISORDERS NATURALLY</b> <i>By Dr. Jerome B. Klemer</i> <b>Costa Mesa</b> 6:30-7:30pm</p>	<p><b>RECYCLE!</b> <i>Save Trees, Save Money! Reuse your Paper or Reusable Bags at Mothers and Receive 5¢ per Bag!</i></p>		

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# WHAT'S UP WITH OMEGA-6 FATTY ACIDS!

During the last century, our fatty acid intake altered radically from that of the *previous 12,000 years*. Physiologically, this shift is very significant. **Eating large quantities of omega-6 fatty acids have lead directly to an increase in heart attack risk, cancer, and a number of diseases related to low grade inflammation.**

Today we are eating 20-30 times more pro-inflammatory omega-6 oils than anti-inflammatory omega-3 oils. Most of the omega-6 fats we eat come from corn, safflower, sunflower, and soy oils. The highly processed foods made with these oils displace nutrient dense foods, such that we are also eating fewer anti-inflammatory nutrients.

To be useful, omega-6 fatty acids must be transformed by the body into *gamma linoleic acids*. **Because people with certain health conditions do not process omega-6 oils correctly, they experience**

**worsening symptoms.** The conditions include arthritis, allergies, eczema, heart problems, diabetes, immune deficiency, PMS, hyperactivity, cancer, liver degeneration, alcoholism, overweight, dry eyes, and brittle nails.

If you experience any of these symptoms, consider taking the one anti-inflammatory omega-6 oil *gamma linoleic acid*. This special fatty acid was once thought to occur only in mothers' milk. Now it is available from the following plant sources: Borage oil. Black Currant seed oil, and Evening Primrose oil.

**Omega-3 fatty acids from fish oils are anti-inflammatory and serve to neutralize the effects of omega-6 oils.** Olive oil and macadamia nut oils are neutral, and don't carry a preponderance of either omega-3 or omega-6 oils.

*From Nutrition News*

## Fish Oil: How to Get Enough

Fish is a great source of healthy omega-3 fats, one of the most beneficial foods we can eat. But most people don't take advantage of it. To maintain good health, the American Heart Association (AHA) recommends eating at least two 3.5-ounce servings per week of fatty fish, but according to a study of 21,675 people published in *Neurology*, fewer than one in four Americans over the age of 45 eats that much.

When Americans do eat fish, it's often fried—and that can be a health hazard. For instance, the *Neurology* study found that residents of North Carolina, South Carolina, Georgia, Alabama, Mississippi, Tennessee, Arkansas, and Louisiana—the so-called “stroke belt” where deaths from stroke are the highest

in the country—were 30 percent more likely to eat fried fish than people living in other areas. In contrast, eating non-fried fatty fish twice per week can halve the risk of strokes and heart attacks, according to research published in *Circulation* and other journals.

*From Better Nutrition*