

Natural foods foster natural health at Greener Pastures Market!

By George Moses

Greener Pastures Market is just a mile south of downtown South Lyon. It's a grocery store stocked with thousands of all natural food products and nutritional supplements.

For example, the fish they sell is all wild-caught, not farm-raised. The difference is that the wild-caught fish are born and grow free in healthier natural lakes and oceans. Farm-raised fish, on the other hand, are confined in tanks and fed processed food that isn't natural to them with growth hormones and antibiotics to counteract the diseases that may grow in these artificial farming environments.

A chart on display shows where Greener Pastures Market's fish are caught. The list contains Great Lakes fishing spots in Whitefish Bay, the Straits of Mackinac, Big Bay de Noc, Hammond Bay, Detour, Rockport and Wheatley.

The pork they carry is cured the way pork has been cured for thousands of years, with no sodium nitrates used, which a lot of people have problems with.

"We've got organic dairy products," says owner, Jared Burniac. "We carry the high end Thomas's Organic Creamery. We carry Calder's. Again, no hormones, no antibiotics. Calder's Dairy has glass bottles, which a lot of people prefer over the plastic."

"We get fresh chickens in. We get fresh steaks in. We've got the pastured and free range eggs, so the chickens are not confined."

"All the meat in here that is raised gets to roam around freely and does not get artificially confined. As an example, our beef here is 100% grass fed beef. If you watch a



You'll also find Greener Pastures at the South Lyon Farmers Market on Saturdays

John Wayne movie, you'll see all the cattle grazing on natural grasslands. But on today's feedlot farms, the cattle are all confined. And they're forced to eat grain, which is an unnatural food for them. And they'll steer away from it. So, to force them to eat grain they have to confine them in a pen. They give them growth hormones to fatten them up and antibiotics because they get sick."

"The grass fed, on the other hand, they live a great life. They live out on the pasture, like they always had. They only have one bad day, and that one bad day is even

dealt with in a humane way. So, it's good to be a grass-fed animal rather than a confined animal in a feeding operation."

"We've got organic groceries. All of our food in here is chosen to have good ingredient labels. There shouldn't be any words you can't pronounce. There shouldn't be any high fructose corn syrup or hydrogenated oils. The ingredients should be good for you."

"Any supplier that sells a product to this store must first pass the ingredient label scrutiny test. If there's anything on that



Grass fed beef are raised by letting them graze naturally on green pastures, not feed lots.



Old fashioned creamline milk. The cream rises to the top!

properties of some of the products on his shelves and he told me a story about a customer who had a badly infected toe after having surgery on his ingrown toenail. It wasn't healing after two weeks of rest. The man bought a jar of Manuka Raw Honey and applied it topically and ate three tablespoons of it every day. He also took Chlorella tablets, which are chlorophyll from ocean green plants to enrich the blood for healing purposes. After two days he came back to the store and reported that it was already 80% healed. And soon he was completely healed and then booked a flight to Florida for his vacation on the beach."



Jared also pointed to a few other items on the shelf that promote good health, such as Red Maca Powder,

ingredient label that does not meet the standards of the store, then it's rejected. If by some chance a product gets on the shelf that does have an ingredient that's undesirable, we immediately take it off the shelf and return it to the vendor."

"We have 100% organic produce from Stone Coop Farm in Brighton, which is a 37 acre certified organic farm."

I asked Jared about the curative



Free range organic eggs in abundance!

which is reported to restore a person's libido. And wheat grass, which is said to be very beneficial to the body.

"A lot of people come in here, they stop eating all the processed foods, they start eating the good foods and they see what they think are miraculous changes. But what's really happening is they're getting back to the old ways of traditional foods before we had all of these industrialized illnesses. Your body needs the tools to do



Greener Pastures is a pleasant, well stocked store featuring natural and organic foods

its job, and real foods are the tools it needs to take care of you."

Greener Pastures Market is a natural foods store. It's clean, well organized and offers a large variety of organic meats, dairy products and packaged natural foods.

Greener Pastures Market is located at 21202 Pontiac Trail in South Lyon Phone: (734) 757-4209 www.greenerpasturesmarket.com