

## Zona Little Italy September E-News



## **The Science Behind the Italian Diet:** Maintaining Balanced Nutrition at the End of Summer.

---

Dear Friends of Zona Little Italy, we are in the middle of summer 🤘, have you adjusted your diet yet? 🤔

Dear Friends of Zona Little Italy, as summer is coming to an end, we have to think of adjusting our diet according to upcoming weather conditions. A short detox might be a good consideration to help your body adjust, (see below for Italian Dr. Laura Santini's recipe for every day detox). As fall approaches a slight increase of calories might be a good idea.

Now let's discuss the difference in GMO free foods; such as the ones that Zona Little Italy offers; separating myth from facts. True authentic Italian foods are still made with ingredients that are grown in Italy with a higher standard of agricultural practices. Foods that are made with GMO ingredients can be extremely unhealthy, containing a high level of pesticides, as well as other factors which may compromise your physical well-being. Zona Little Italy products instead come from small family owned companies with minimal processing procedures.

When foods are less treated and not heavily processed, they retain more of their core nutritional values. A good example among many is, the [Martelli brand from Pisa](#). The Martelli family makes their pasta with an all Italian grown grain, and does not use heavy machinery to make the dough; it is entirely made by hand. Simply better quality & nutrition, easier to digest and much tastier than what you normally find in a big distribution store. Zona Little Italy strives to bring you nothing but the best.



Another example is our [Pane Carasau](#), sometimes referred to as, *carta da musica*; a very ancient bread that has been produced in Sardinia consecutively for over 4,000 years with the same method. [Sardinia is one the blue zones of the world](#). Pane Carasau is made by hand, and cooked in a wood fired oven with only 4 ingredients: Sardinian wheat, natural yeast, water and a pinch of naturally extracted salt. An incredible bread with a **shelf-life of approximately 2 years**, even though is made without preservatives. The point that we are trying to make is that you as the consumer, have the choice of making an educated decision when purchasing products. By supporting companies like Zona Little Italy, you ensure more benefits for your diet while supporting the environment and culture continuity which is all but disappearing in this CORPORATE world.



**Go to our website and check our schedule for times and locations. Online ordering is also available at [zonalittleitaly.com](http://zonalittleitaly.com)**

**Enjoy summer and be healthy!**

If you have any questions about nutrition or requests for out of this world recipes, please ask our experts onsite or simply send us an email.



**Italian Doctor Laura Santini's recipe for every day healthy detox:**

1 table spoon of Apple Cider Vinegar

1/2 Glass of organic Apple Juice.

Mix the two together and drink it in the morning before breakfast on an empty stomach. Its properties are depurative, detoxing, and promotes weight loss. Enjoy!



Now when you visit Zona Little Italy, ask us about subscribing to our e-newsletter to be entered in a contest to win a romantic dinner for 2 ❤️ catered at your house.



**Make your catering reservation with Zona Little Italy now. Call us for a free consultation at [310 860 8972](tel:3108608972).**



Follow us on [Instagram](#). 📷

Also don't forget to check out our Natural Skincare section! At **ZONA SKINCARE** we always strive to make products that are easy to apply and yet offer maximum efficacy in protecting and nourishing the skin, our largest organ. When the skin is cracked or very dry it is not just a matter of not looking its best but rather an indication that your organ is not performing as good as it should. Remember the Skin is your Temple, you live in it every day, it is essentially you. Stop by to learn more about it!



## Thursday

### Westwood Village

1077 Broxton Ave  
Los Angeles, CA 90024  
12:00 Noon to 6:00PM  
(2 Hours Free Parking)

---

---

## Saturday

### Calabasas

23504 Calabasas Rd  
Calabasas, CA 91302  
8:00AM to 1:00PM



## Sunday

### Brentwood

741 Gretna Green Way  
Los Angeles, CA 90049  
From 8:30AM to 2:00PM  
(Free Parking On Montana Avenue)

---

### Malibu

23555 Civic Center Way  
Malibu, CA 90265  
(Free Parking)

---

### Pacific Palisades

15777 Bowdoin Street  
Pacific Palisades, 90272  
8:00AM to 1:00PM  
(Free Parking At Palisades High School)

---

### Westlake Village

2797 Agoura Road  
Westlake Village, 91361  
9:00AM to 2:00PM  
(Free Parking)

---

LET ZONA LITTLE ITALY FEED YOU!!

As always:

Peace and Love.

the Zona Little Italy team

[www.zonalittleitaly.com](http://www.zonalittleitaly.com)



Tweet



Share



Forward

---

*Copyright © 2017 Zona Little Italy, All rights reserved.*

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp.