

# Natural Health News

August 2016

EVERGREEN SPA & WELLNESS  
ELY, MN



## AUTONOMIC NERVOUS SYSTEM HEALTH

The human nervous system has two major divisions, the *voluntary* and the *autonomic (involuntary)* systems. The **voluntary system** is concerned mainly with movements and sensation. It consists of motor and sensory nerves, among many others. The **autonomic system** mainly controls functions over which we have less conscious control. These include the digestion of food, blood pressure and heart rate. Its nerves leave the spine and connect to all the major organs and glands, either inhibiting or stimulating their activity. The autonomic system (ANS) has two branches—the *sympathetic* and the *parasympathetic* branch. The sympathetic branch activates the glands and organs that defend the body against attack. It is called the fight-or-flight system. Its nerves direct more blood to the muscles and the brain. The heart rate and blood pressure increase, while it decreases the blood flow to the digestive and eliminative organs. It also activates the thyroid and adrenal glands to provide extra energy during stress. Nervousness, stress or feelings of panic are what one feels when in a sympathetic state of readiness. Energy is used to prepare for defense, rather than for nourishment or for elimination of wastes. During the day, one primarily uses the sympathetic nervous system which is associated with expending energy and is catabolic, breaking down body tissues. One is in a more sympathetic state when physically or mentally active. The parasympathetic system of nerves is concerned with nourishing, healing and regeneration of the body. Its nerves stimulate digestion, the immune and eliminative organs. These organs include the liver, pancreas, stomach and intestines. It enhances digestion and the elimination of toxins. This branch is restful, conserving of energy and is anabolic or builds up new tissue. The parasympathetic nervous system, when activated by rest, relaxation and happy thoughts, is essential for balanced living and for all healing. Moving yourself into a healthy parasympathetic state, and staying there as much of the time as possible, helps heal all health conditions, both physical and emotional ones as well. The sympathetic and parasympathetic systems are antagonistic. Either one or the other is activated most all of the time. The sympathetic system, however, always takes precedence, because it is concerned with one's survival. To promote balance and healing, it is important to keep the sympathetic system turned off as much as possible. Relatively few people have a strong and balanced ANS. Stress is the main activator of the sympathetic nervous system. It can arise from within the body due to fatigue, muscle tension, spinal misalignment or nutritional deficiencies, among other reasons. Stress can also come from outside, such as financial, work or family stress. There are also environmental stressors such as noise, pollution, and electromagnetic stress from the use of cell phones, computers, etc. The health of the ANS is an important key to healing that is often overlooked in conventional medicine.

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Sonja Jewell

NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

### STORE HOURS:

Monday – Saturday  
9 am-5 pm  
CLOSED SUNDAYS

### SPA HOURS:

By Appointment



Most people today have some degree of sympathetic nervous system exhaustion. It is, in fact, a major cause of disease that should receive more attention. In my nutritional practice I pay very close attention to proper ANS function and I perform a non-invasive, computer-based assessment of the ANS as well as a manual test by means of kinesiology or muscle testing. One of the most valuable and exciting tools I have learned as a holistic health practitioner is Nutrition Response Testing which involves the ability to gather information about some of the foundational causes on why people get sick. This technique relies on using the body's energy circuits and the autonomic nervous system (ANS) and the determination of the factors that are blocking energy in the ANS. This is done by stressing the body with challenges and determining if there is an effect on the flow of energy in the ANS. There are many issues that can cause the ANS to not function properly such as food allergies, nutritional deficiencies, heavy metals, chemicals, immune challenges, scars, electromagnetic fields as well as psychological issues. The body responds to the procedure reliably and consistently because energy flows exist between all parts and organs of the body. A contact analysis of every organ is performed by contacting your extended arm with one hand, and contacting the specific reflex area with the other hand. If the tested reflex is stressed, your nervous system will respond by reducing energy to the extended arm (which will weaken and cause it to drop). A drop in the arm indicates underlying stress or dysfunction in that area which can be affecting your health. Once the underlying stress is corrected, this weak muscle response will no longer occur. Care is taken in each individual to personalize the sessions to your needs. The goal is to uncover the underlying causes to illness and poor functioning in the body. This simple, fast, but very effective technique assists your body in removing the roadblocks to improving your health and eliminating allergies. I have seen many great results and sometimes miracles with Nutrition Response Testing. Food allergies can also be determined and eliminated. This is a far more sophisticated and effective technique than skin or blood testing which only can diagnose the problem, but are in no way ever effective at eliminating the problem. Additionally, they are generally costly and frequently inaccurate. If your ANS is impaired or not functioning properly, there will be major dysfunction in the body until it has been corrected. Nutrition Response Testing is a non-invasive and accurate system of analyzing the body to determine the underlying causes of disease.

To make your appointment and find answers to your health challenges call: 218-365-2288.

## AUGUST SPECIALS

Lightlife Foods—Organic 3-Grain Tempeh, 8 oz.	25% OFF
Blk Beverages—Spring Water with Fulvic Acid, 16.9 oz.	25% OFF
Colavita—Organic Extra-Virgin Olive Oil, 17 oz.	30% OFF
Eternal Artesian Water—Artesian Water—6 pack/600 ml	30% OFF
Late July Snacks—Org. Mini Cheese Sandwich Crackers	30% OFF
Jeff's Natural—Olive, Antipasto, Spicy Italian, 12 oz.	30% OFF
Jeff's Natural—Olives and Capers, 7.5 oz and 6 oz.	30% OFF
Mediterranean Organic—Organic Fruit Preserves, variety	30% OFF
Natural Sea—Canned Tuna, 5 oz.	30% OFF
Rhythm Superfoods—Organic Kale Chips, .75 oz.	30% OFF
Sweet Leaf Tea—Organic Tea or Lemonade, 16 oz.	30% OFF

AND MANY MORE ITEMS!

Organic Roots  Bistro

### BUSINESS HOURS:

**MONDAY through SATURDAY 9 AM—5 PM**  
**Closed Sunday**

**WE LOOK FORWARD TO SERVING YOU!**

### **STEPS TO KEEP YOUR ANS HEALTHY:**

Keep your thoughts and your emotions as uplifted and positive as you possibly can, all of the time. Do your very best to stay in gratitude. Practice forgiveness. This places you in a position of power and compassion. Cultivate contentment—a state in which you are at peace with yourself and the world, even if the world around you is not to your liking. Do not compare yourself with others. This causes fear, and often anger and resentment. The world never seems fair from our limited perspectives. Train your mind to stay out of negative emotions. These include worry, fear, anger and guilt. Become aware of who and what truly give you energy. Rest often and sleep at least 8 hours each night. Practice deep breathing. This is one way to control the autonomic nervous system with a voluntary action. Slow, deep breathing by itself turns off the sympathetic system. Eat well. The nervous system must be properly nourished to function correctly. Healthy fats and protein is helpful for the brain and nervous system. Excellent foods for the nervous system are eggs, grass-fed meats, nuts, root vegetables and oily fish (sardines or salmon).