

Natural Health News

December 2016

EVERGREEN SPA & WELLNESS
ELY, MN



THE POWER OF CLOVE OIL

Clove, the aromatic and exotic spice, has a long history of medicinal use going back into early human history. Clove comes from clove trees which grow in tropical regions. Oil of cloves (also known as clove bud oil or clove essential oil) is steam distilled from flower buds and stems. Clove has several interesting properties due to its high content of a phytochemical known as *eugenol*. Clove oil consists of about 75—85% *eugenol*. This compound is creating interest in both conventional and alternative medicine because of its ability to effectively stop cancer cells. Clove has been used for centuries for numbing pain, repelling intestinal parasites, arthritis and rheumatism, and for treating throat, sinus, and lung infections. Clove is a natural anti-coagulant and caution is advised if you are taking blood thinners such as Warfarin and aspirin as it can slow down platelet activity. Clove also has anti-fungal, anti-bacterial, anti-viral, and anti-inflammatory properties. The most exciting and promising research on clove essential oil relates to its anti-cancer benefits. Clove essential oil has been found to have cytotoxic (cancer cell killing) properties against a line of breast cancer cells known as MCF-7. These cells are invasive ductal carcinoma with both estrogen and progesterone receptors. Researchers discovered that *eugenol* increases apoptosis (planned cell death, lacking in cancer cells) and it also inhibited the rapid growth of cancer cells. *Eugenol* was found not to be toxic to normal, healthy cells. For women with estrogen-receptor positive breast cancer looking for natural anti-estrogen products, clove essential oil provides one other exciting benefit. Researchers found *eugenol* to have compounds that have similar or even better results to estrogen receptors than tamoxifen. Clove essential oil is not only useful for breast cancer. There are plenty of studies showing its benefits for liver cirrhosis, for colon cancer, and esophageal cancer. Its natural healing properties and anti-cancer benefits will no doubt continue to be studied extensively in years to come. Here are some suggestions on how to use and enjoy the many benefits of clove essential oil. 1. **As an anti-bacterial**—Clove is powerful against many strains of bacteria, including E. coli, Salmonella, H. pylori, and many others. Clove oil works just as well as ampicillin against bacteria—without the side effects. If you choose a pure, medicine grade, organic oil you can take it internally in an empty gel capsule. Because of its strength, clove oil can be potentially dangerous when ingested in high amounts. Use it in moderation and consult with a qualified healthcare practitioner. Make sure your clove essential oil comes from a reliable source and is a therapeutic grade oil. Oil of cloves can also be applied topically. Always dilute clove oil with a carrier oil like jojoba oil, coconut oil, or olive oil before applying it to the skin to avoid skin irritations. Perform a skin test or apply a drop on your skin and check first for allergic reactions. 2. **As an anti-fungal**—Clove oil is a potent anti-fungal, especially against candida albicans.

~over~

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



Clove can kill 99.9% of *Candida albicans* within seven minutes of exposure. 3. **Helps toothache and abscesses**—Apply oil of cloves to a cotton swab and hold it onto the affected tooth or gums. Clove oil has great pain relieving properties and has been used by the dental industry for decades and is often included in rinses and mouthwashes. 4. **For cold sores**—Clove is quite effective against herpes simplex, the virus that causes cold sores. Apply a drop or two on a cold sore to decrease pain and duration. You can also put a few drops into an empty capsule and take it internally to rid yourself of viral infections. 5. **Digestive aid**—Dilute oil of cloves in a carrier oil and massage over the abdomen. It has a warming and antiseptic action which makes it especially soothing for digestive discomforts such as nausea, diarrhea, excess gas, motion sickness, and vomiting. 6. **Arthritis pain**—Clove oil's pain relieving properties make it beneficial in the treatment of rheumatism and arthritis. As in step 5, dilute it and rub it into the affected painful area. 7. **Head lice**—Using 1 tablespoon of your favorite natural hair conditioner, mix in several drops of clove oil. Wash your hair, then massage in the clove-enhanced conditioner. Don't rinse yet, instead comb it through carefully with a head lice comb, removing any lice you see (they will be dead), then rinse the conditioner out. Reapply daily until the infestation is gone. This treatment is safe and natural, with no harmful chemicals. 8. **Natural insect repellent**—Clove is an excellent insect repellent, especially when combined with cedarwood, cinnamon, and lemon in a carrier oil and applied to the skin. It also relieves the sting and itch of various insect bites. 2 drops of clove oil used in a diffuser or vaporizer can ward insects away. 9. **Expectorant**—Clove oil is also used to help ease respiratory problems, such as cough, colds, sinusitis, asthma, and tuberculosis. In fact, chewing on a clove bud is said to help sore throats. Use 2 drops of clove oil in steam inhalation to aid in relieving mucous and loosen phlegm. You may also add 2 drops to your decongesting ointment, and rub onto your chest, back, and throat. 10. **Stress relief**—Clove oil can also help relieve stress, depression and anxiety and helps lessen mental exhaustion. The oil can also work as an aphrodisiac and treatment for insomnia. Precautions: The oil can also cause glucose to plummet, so diabetics should be extra careful when using it. Individuals with liver or kidney disease should also use caution using this oil as well as pregnant and nursing women.

DECEMBER SPECIALS

| | |
|---|---------|
| Reed's Culture Club—Kombucha, 13.5 oz., variety | 30% OFF |
| Breton/Dare—Artisan Crackers, assorted | 30% OFF |
| Divina—Dolmas (stuffed grape leaves), 12 oz. | 30% OFF |
| Divina—Olives, stuffed and plain, assorted | 30% OFF |
| Divina—Roasted Red Peppers, 8.5 oz. | 30% OFF |
| Divinia—Kalamata Olive Spread, 8.5 oz. | 30% OFF |
| Kitchen Basics, Inc.—Beef Stock, 32 oz. | 30% OFF |
| Reed's Ginger Beer—Spiced Apple Brew, 4-pack | 30% OFF |
| Taylor's of Harrogate—Assorted Teas | 30% OFF |
| Theo Chocolate—Almond Butter Cups & Coconut Bites | 30% OFF |
| TruRoots—Organic Ancient Grain Pastas, assorted | 30% OFF |

AND MANY MORE ITEMS!

GREAT GIFT IDEAS: Give the gift of health this holiday season with a gift certificate for a massage, spa treatment or a comprehensive health evaluation ~ available at the *EVERGREEN COTTAGE*. Or surprise your friends and loved ones with a gift certificate for healthy, natural foods and meals from *ORGANIC ROOTS*.



Organic Roots  Bistro

HOLIDAY BUSINESS HOURS:

MONDAY through SATURDAY 9 AM—5 PM
Closed Sunday

We will be closed Saturday, December 24th through Monday, December 26th and Saturday, December 31st to allow our staff to enjoy the holidays with family. We apologize for any inconvenience.

May the message of Christmas fill your heart with joy and peace. Wishing you and your family a Merry Christmas and a blessed New Year. Thank you for your continued support and friendship!
Everyone at *Evergreen Cottage & Organic Roots*