

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

THE IMPORTANCE OF MINERAL BALANCE

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STORE HOURS:

Tuesday – Saturday
9 am-5 pm

CLOSED SUNDAYS &
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By Appointment

Vitamin deficiency is a well known problem, with various micronutrients taking center stage as new studies come out to isolate and examine their effects. Less popular but equally important is the problem of mineral deficiency. The most talked about mineral is calcium, as it should be since there is far more calcium than any other mineral in the human body. Mineral balance in the body is extremely important, and there are many factors involved in optimum mineral nutrition. The most important is the source of the mineral: the body can only utilize minerals that are “organic”, as opposed to minerals that are “inorganic”. An *organic* mineral is a *mineral that has been acted-upon by a living cell*. It has been acted upon by plant and animal life. An *inorganic* mineral is in a form before it has been acted upon by living cells. Plants take inorganic mineral elements from the soil, water and air, and convert them into live organic elements. The most vital factors in this conversion process are enzymes and the influence of the sun’s rays, which generates chlorophyll. Inorganic mineral forms may be essential to living cells of both plants and animals, but they are not live (enzyme-active) and must be converted to organic forms. Taking large quantities of inorganic minerals presents a “risk of overload” - of upsetting the delicate metabolic balance and taxing the system. For example, some calcium supplements are derived from oyster shells—a “natural” source, though not usable as food—or calcium carbonate (chalk or rock) - another “natural” source, but certainly not food. The word “natural” on a label has little or no meaning. The question is whether a supplement is truly a whole food complex and whether the body can use them as food. Minerals or trace minerals never appear in foods by themselves. Some of the confusion on the subject of minerals may be because of the way the word “organic” has been co-opted in contemporary language. In modern verbiage, the word *organic* is used to describe food that was grown on soil without chemicals, herbicides or pesticides. 200 years ago, all food was “organic”, but nobody used that term. A word to differentiate wholesome food from contaminated food was created out of necessity. The mineral content of our vegetables is now estimated to be approximately one-half of what it was just 50 years ago. This is due in part to the use of petroleum-based fertilizers which provide nitrogen to the soil but do not replenish depleted minerals. Another factor is the herbicide *glyphosate*, which is the most commonly used herbicide in the US. Glyphosate *chelates* the minerals in the soil, changing their composition and leaving them unable to be absorbed by the vegetables. Given the prevalence of glyphosate in industrial applications, modern farming, and home gardening, combined with the long-term use of petroleum-based fertilizers, it is reasonable to assume that the average American is now chronically deficient in minerals. Organic minerals, which are the only kind the body can efficiently put to use, must come from whole foods. The best food sources for high mineral content include organic vegetables, mineral water, quality sea salt and bone broths. ~ over ~



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The mineral supplements for sale at the local drugstore are most likely inorganic, meaning they originated from rocks, not from food. There are seven macro-minerals in the body: calcium, phosphorus, potassium, magnesium, sulfur, sodium, and chloride. Minerals normally make up about 4% of our total body mass. They are important for the strength of bones, with calcium at the forefront as 99% of it is stored in the bones. The mineral composition of the bones also plays a role in pH balance, the acid-base equilibrium of the body. Specifically, the mineral chloride is an important factor in pH, as it is needed to make hydrochloric acid. Other minerals assist in nutrient transport across cell membranes, helping to feed the cells while still others help maintain osmotic pressure balance. One of the most important physiological functions of minerals is the assistance provided in contraction and relaxation of the skeletal muscles. The same can be said for the most important muscle, the heart. Additionally, the minerals, especially calcium, are necessary for proper nerve conduction. Since the nervous system runs the body, mineral deficiencies can have serious consequences for homeostasis, the body's ongoing process of chemical balance. Some symptoms that can come about as a result of a specific mineral deficiency include leg cramps, heart palpitations, low thyroid, problems with temperature regulation, digestive distress, osteoporosis, swollen feet, insomnia, irritability, headaches, high blood pressure, fatigue, anemia, cold hands and feet, and muscle spasms, just to name a few. Many times when patients visit the medical doctor with one or more of these symptoms there are given medications for symptom relief but they never fix the actual problem. Undergoing a Complete Health Evaluation including a nutritional exam will not only determine nutritional deficiencies but it will also correct the deficiency with wholefood supplementation. This service is being offered right here at the Evergreen Spa & Wellness Center (Evergreen Cottage) in Ely. The use of non-food, isolated or manufactured "high potency" supplements does not make biochemical sense. This is chemistry. The human body is concerned with biochemistry, the chemistry of living things. With natural foods and food concentrates, the body can choose to assimilate its needs and excrete what it does not need. This is selective absorption. In contrast, fractioned and/or synthetic supplements allow no choice. The body must deal with the chemical in some manner and can suffer consequences of biochemical imbalances and toxic overdose. Call 218-365-2288 to make your appointment for a nutritional evaluation.

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BLK Beverages—Spring Water with Fulvic Acid, 16.9 oz.	30% OFF
Enjoy Life—Gluten-free Lentil Chips, 4 oz.	30% OFF
Freekeh Foods—Organic Ancient Grains, 8 oz.	30% OFF
Henry & Lisa—Wild Sardines in Spring Water, 4.25 oz	30% OFF
Lesser Evil—Organic Popcorn with Himalayan Pink Salt	30% OFF
Mamma Chia—Org. Nutritional Bars, assorted, 1.4 oz.	30% OFF
Maple Grove Farms—Salad Dressings, assorted, 8 oz.	30% OFF
Mediterra Nutrition—Nutritional Bars, assorted, 1.3 oz.	30% OFF
Modern Table—Lentil & Bean Pastas, assorted, 10 oz.	30% OFF
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WE LOOK FORWARD TO SERVING YOU!

MINERAL-RICH BONE BROTH

Place the following ingredients in a 10 qt. capacity crock pot: **4 lbs. chicken necks/feet/wings, 3 carrots and 3 celery stalks** (chopped), **2 onions**, peel on, sliced in half lengthwise and quartered, **4 garlic cloves** (peel on and smashed), **1 tsp. Celtic sea salt, 1 tsp. whole peppercorns, 3 TBSP. raw apple cider vinegar, 2 bay leaves, 3 sprigs fresh thyme, 6 sprigs parsley, 1 tsp. oregano**—then add water to cover ingredients (18—20 cups). Simmer for 24—48 hours, skimming fat occasionally. Remove from heat and allow to cool slightly. Discard solids and strain remainder in a bowl through a colander. Let stock cool to room temperature, cover and chill. Use within a week or freeze up to 3 months. Bone broth is rich in minerals that support the immune system. Bone broth is one of the most healing foods you can consume. Rich in nutrients like gelatin and glycine, it helps to protect and heal your gut lining, skin and digestive tract. Also, the glycine in bone broth can detoxify your cells from chemicals and improve brain function. I recommend consuming 8 oz. 1—2 x daily as a soup or a plain beverage. The collagen in bone broth will heal your gut lining and reduce intestinal inflammation. It will also support healthy skin and reduce cellulite.