

Natural Health News

February 2017

EVERGREEN SPA & WELLNESS
ELY, MN

TAKE CONTROL OF YOUR EPIGENETICS



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STORE HOURS:

Monday – Saturday
9 am-5 pm
CLOSED SUNDAYS

SPA HOURS:

By Appointment

Over the past several decades, news about how your genetics “hardwire” you to be more or less predisposed to cancer, Alzheimer’s, heart disease, diabetes, obesity, early aging and more has become commonplace. Along with it the belief that you’re in large part “doomed to your DNA” has become widespread. However, there is some other very important and very good news you need to know: a wide and fast-growing body of research is now showing that regardless of your genetic makeup, you have the ability – a tremendous ability – to shift your “gene expression” through nutrition and better lifestyle choices. This is what the science of “epigenetics” is all about, and the bottom-line is that even when it comes to your genetics, your actions – your knowledge and the choices you make for yourself based on it – play an extreme role in avoiding and beating disease, looking and feeling amazing no matter what your age, and living a very long life. You are in control of your health, even in the genetic sense. Your genes alone do not determine your future health and wellness. This can be said with certainty, because along with the incredible findings on the genome and the unraveling of DNA, has come the discovery and increased research into the *epigenome*. The epigenome is part of your genetic structure, but – and this is the kicker – unlike your DNA/genetic code, its characteristics are not set in stone. They are changeable. They can be directly influenced to turn ON or turn OFF genetic markers. That is empowering news. That is the growing study and practice of epigenetics. Your DNA contains all the building blocks to your body. However, there is more. Your DNA wraps around proteins called histones. Both DNA and histones have chemical “tags.” Some of these tags are present at gestation and through to birth, determined by your parents’ DNA. This second layer of structure, the histones and chemical tags on the DNA, is called the epigenome. The physical structure of the genome itself is shaped by the epigenome. The epigenome can tightly wrap genes up in little bundles so that they are inactive, or they can unwrap and make them accessible. So, if you have a certain genetic marker, it can be made accessible (active), or inaccessible (inactive), depending on the chemical reactions of the epigenome. These chemical reactions depend on factors independent of your DNA. Namely, your environment. That is why the gene expression (activity) and tags present when you are conceived can change even while in the womb. The environment of a fetus directly affects the gene activity. Factors such as the mother’s diet and stress levels can change the behavior of a fetus’ genes. Likewise, once a baby is born, the baby’s environment continues to affect the epigenome. This became very evident while studying twins. Twins have identical DNA. In studies, their epigenomes at age three are nearly identical as well. However, fast forward 50 years and the epigenomes of twins are drastically different. The genetic expression (which genes are doing what) is not the same. What does this tell you? This tells you that the life and experiences each twin had – their diet, their stress levels, their physical activity, their happiness, exposure to toxins, their differing lives... all these things had unique effects on that one person’s body. It wasn’t genes that determined what happened in their body; which genes were active, and which were not. It was their epigenomes. The epigenome never stops responding to outside influence, from birth into old age. Epigenetic changes can be reversed. Epigenetics means you are in the driver’s seat more than you may ever have suspected. Epigenetic research has indicated that not only can you change the behavior of your genes by influencing the epigenome, but that these changes are passed on to your children, and future generations. Therefore, both positive and negative changes to your epigenetics not only affect your own health and wellness, but that of your offspring, and potentially their kids, and so on. One of the beautiful aspects of this global surge in epigenetic and disease research is the increased study into natural treatments and medicines. Credibility is finally being given to traditions and substances that have been present in the most ancient of medicinal arsenals, including the ancient Egyptians, and both Ayurveda and Chinese medicine, for thousands of years. Some of the natural remedies studied include medicinal mushrooms, curcumin (turmeric), essential oils (frankincense, myrrh, clove, lavender), to name a few. So, what can you do right now to change your epigenetics for the better?

~over~



Happy Valentine’s Day!

You control your lifestyle and environment. The following is a list of 10 ways you have marked influence over your current epigenetics. 1. **Nutrition:** "Nutrients and bioactive food components can influence epigenetic phenomena." This is one the most important aspects of epigenetics. Eat better. Cut out processed foods. Eat organic. Eat fresh fruits and vegetables. Avoid foods with added sugars. Listen to your body and learn which foods your body thrives on. 2. **Exercise:** Physical activity offers more than a body to be proud of. It offers a body that will live longer, be less toxic, more oxygenated, and have a better metabolism. You know the benefits of exercise. If you want to take charge of your health and your epigenetics, you have to include exercise. 3. **Reduce Stress:** Stress is a killer. Not just in terms of blood pressure, but in the taxation of your entire biological system down to the cellular level. Meditation can help. Essential oils can too (lavender in particular). Do more of what you love, and less of what brings you stress or negative emotions. Whatever it takes, decrease the amount of stress in your body. You'll not only improve its function, but also raise your mood which goes to your overall wellness. 4. **Sun:** This one is easy – get more sun! Yes, you need to be responsible, but bodies require fresh air and sunlight to thrive, and to get the best form of Vitamin D there is; that which your body manufactures from natural sunlight. 5. **Reduce Inflammation:** Whether it is through eating more alkaline foods, reducing stress, cooking with or taking supplemental turmeric, or using an essential oil like peppermint, you must find ways to reduce inflammation in your body. 6. **Increase Antioxidants:** Nature has given us many gifts to fight free radicals, and help us repair our cells. Use them. Blueberries, green tea, shiitake mushrooms, fermented foods. Take your pick, but make these something you actively (and frequently) consume. 7. **Reduce Environmental Toxins:** Drink the purest water possible. Avoid plastics, parabens, harsh cleaning chemicals, preservatives, irradiated foods, microwaves, aluminum, etc. Be aware of toxins that can be present in cosmetics, deodorants, and feminine and personal hygiene products. 8. **Detoxify Your Body:** Consistent, healthy habits and lifestyle changes will do more long-term good than a sudden, drastic cleanse. However, done correctly, a detox can jumpstart the changes you wish to make to your health and wellness. 9. **Eat Fermented Foods:** Kimchi, sauerkraut, kombucha, miso. There are many ways to make sure you are getting the most out of your nutrients and vitamins, by giving your body the benefit of the anaerobes and their bi-products that increase bioavailability. Anaerobes are organisms that assist in fermentation. As they do so, they create "bioactive compounds including anticancer, antihypertensive and antioxidant substances," thought to be at the core of the widely accepted health benefits observed in the eating of fermented foods. Anaerobes have been indicated in assisting with bowel and gut repair, and even "to detect and cure cancer." Also, "evidence is emerging that anaerobes constituting the microbiome are linked to our overall health. A dysfunctional microbiome is believed to be the cause of many diseases including cancer, allergy, infection, obesity, diabetes and several other disorders." Another benefit of consuming fermented foods, and thus the anaerobes, is the increase in absorption of nutrients they provide. You can have the best plant or tablet containing the best quality vitamins and minerals in the world, but if they are not bio-available to you, and thus easily absorbed into your body, they are useless to you, and your epigenomes. 10. **Consume High Quality Supplements:** Find supplements that are GMO-free, derived from whole foods and of the purest quality. Make sure your vitamins are actually able to be absorbed by your body. Contact me at: 218-365-2288 to set up an appointment for a Comprehensive Health Evaluation to determine your nutritional needs.

FEBRUARY SPECIALS

High Country Kombucha—Organic Kombucha, Ginger	30% OFF
Absolutely Glutenfree—Cauliflower Crust & Cheese Pizza	30% OFF
Big Tree Farms—Organic Coconut Sugar, 16 oz.	30% OFF
Bob's Red Mill—Glutenfree Muffin Mix, 16 oz.	30% OFF
De La Rosa—Organic Balsamic Vinegar, 16.9 oz.	30% OFF
Coco Libre—Organic Coconut Water, 33.8 oz.	30% OFF
Fantastic World Foods—Org. Tabouli Salad Mix, 4.8 oz.	30% OFF
Inko's White Tea—Organic Energy Tea, Mango, 15.5 oz.	30% OFF
Jennies—Organic Coconut Macaroons, GF, 7.5 oz.	30% OFF
Lavazza—Ground Espresso Coffee, 8 oz. can	30% OFF
R.W.Knudsen—Organic Beet Juice, 32 oz.	30% OFF
Pastorelli—Pizza Sauce, 8 oz.	30% OFF
Theo Chocolate—Organic Peanut Butter Cups, 1.3 oz.	30% OFF
Wholesome Sweeteners—Coconut Palm Sugar, 16 oz.	30% OFF

AND MANY MORE ITEMS!

ROASTED CAULIFLOWER

Preheat the oven to 425 degrees F. Cut the leaves and stem off the bottom of the cauliflower head so that it sits flat. In a food processor, mix 2 tsp. finely grated fresh ginger, 1 TBSP. tahini, 1 TBSP. miso paste, 3 TBSP. vegetable broth, 3 dates (pitted), and 1/2 tsp. ground turmeric. Using your hands, rub the mixture over the cauliflower, making sure you cover the whole head, even the bottom. Roast the cauliflower in the oven for 45 minutes, or until it is soft and brown. Remove the cauliflower from the oven and sprinkle with a pinch of ground black pepper, and sesame seeds before serving. Enjoy!

Organic Roots  Bistro

BUSINESS HOURS:

MONDAY through SATURDAY 9 AM—5 PM
Closed Sunday

WE LOOK FORWARD TO SERVING YOU!



"When the power of love overcomes the love of power, the world will know peace." ~ Jimi Hendrix