

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

DRINKING TEA MAY CHANGE YOUR LIFE



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STORE HOURS:

Monday – Saturday
9 am-5 pm
CLOSED SUNDAYS

SPA HOURS:

By Appointment

Tea has been widely used throughout history as a therapy for specific health conditions. It has also been credited with lowering the risk of many diseases, including cancer. Cancer is the second leading cause of death in the United States according to the Center for Disease Control and Prevention. Trillions of dollars are spent each year on conventional cancer treatments with very limited results. Natural and inexpensive herbs and botanicals have great promise to help many who are suffering from cancer and other chronic diseases. One natural approach that has been used successfully with cancer is Essiac tea. It is an ancient recipe made by the Ojibwa tribes of Native Americans. It was referred to as the “Ojibwa Tea of Life.” Rene Caisse, a nurse in Canada, was the first to use it to help her patients who were recovering from various forms of cancer. (Essiac is “Caisse” spelled backwards.) Caisse began to see remarkable results with her patients and wanted to make this elixir available for widespread usage. In the 1920’s she began working with Dr. Charles Brusch to formulate an herbal mixture similar to the original drink that could be studied in a laboratory setting and they began promoting the use of Essiac tea as an effective and affordable alternative cancer treatment. This caught the attention of the mainstream medical industry who went about spreading rumors about health risks associated with consuming Essiac tea. Due to this pressure, the FDA has not approved Essiac tea for use as a cancer treatment. In spite of the negative attention from the public health agencies, Caisse and Dr. Brusch continued their mission with great success. In 1938 (long before the internet), Caisse had over 55,000 people sign a petition to allow her to continue to treat cancer patients after she was accused of practicing medicine without a license. Thousands of patient testimonials led to the popularity of Essiac tea far beyond Caisse, who passed away in 1978 at the age of 90. Conventional cancer treatments increase the body’s toxic load and destroy the immune system. Essiac tea, on the other hand, has shown the ability to strengthen the immune system and improve its ability to respond to infection. It also helps the body to eliminate toxins and provides pain relief which is welcome to anyone suffering from a chronic disease. Oxidative stress is a condition characterized by free radical damage within the body that causes cellular instability and chronic inflammation. This state of high oxidative stress is a major player in the formation of cancer cells and other chronic diseases. Antioxidant compounds neutralize free radicals and quench oxidative stress and are therefore key components in a cancer prevention strategy. Essiac tea is rich in antioxidants and studies have shown that varying concentrations of Essiac tea reduce free radical development by up to 84 percent. The use of Essiac tea has been a very effective strategy for thousands of people over the last century. The herbs are safe and typically well-tolerated by the body. Using Essiac tea may be a great therapeutic tool for you in your cancer prevention and immune supportive health plan. Essiac tea has been found to be very helpful to many people with Chronic Fatigue Syndrome, Lupus, Multiple Sclerosis, Parkinson’s, Alzheimer’s and many other diseases. It appears that Essiac’s action to remove heavy metals, detoxify the body, restore energy levels and rebuild the immune system, all act to restore the body to a level where it is better able to defeat the illness in question. The tea is very easy to brew, can be kept refrigerated and may be taken either cold or warmed. It is recommended to consume 2 ounces (4 tablespoons) once or twice daily on an empty stomach at least 2 hours after eating.

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Essiac tea is available at the Evergreen Cottage in both the dry herbal package and ready-made bottled form. The herbal package makes 1/2 gallon of Essiac tea which is a two-week or four-week supply, depending upon whether you consume it once or twice daily. Let's look at some other healthy teas scientific evidence indicates you should be drinking daily to lower your overall cancer risk. **Green tea** is a very popular beverage in Japan and parts of China. Tea polyphenols are bioactive plant compounds that include catechins, which are believed to be responsible for many of the promising health benefits attributed to green tea. Laboratory studies have shown that green tea slows down or completely prevents the growth of cancer cells, blocks formation of new blood vessels that cancers need to feed themselves with nutrients, protects the body's cells against ultraviolet (UV) damage, boosts the immune system and appears to trigger natural detox enzymes in our body that help to protect against cancer formation. Because of its numerous anti-cancer properties, it is both acceptable and advisable to consume 2 to 3 cups of green tea daily. Also, very promising recent studies have shown that extracts of the dandelion flower, leaves, and root—all of which are used to make healthy teas—contain bioactive compounds with potential anti-cancer properties. The **dandelion** weed has been used for centuries as an alternative herbal remedy to treat infections, lower inflammation, increase bile flow and correct liver problems. It is also considered to be an effective mild laxative, along with improving appetite and digestion. In a recent study, dandelion root extract was found to kill aggressive, treatment-resistant human pancreatic cancer cells without harming non-cancerous cells. Dandelion root extract has been shown to kill human melanoma cells, once again without harming non-cancerous cells. This is very exciting news since the lethal and fast-acting skin cancer melanoma is known to be resistant to immunotherapy, radiation therapy, and chemotherapy. The only known way to treat it is surgical removal after early detection. There is currently one human clinical trial underway where a research team is testing a potent form of dandelion root extract on a group of 30 patients with end-stage, blood related cancers. Until more research results are available, health experts recommend to drink a cup or two of dandelion tea daily as a preventative therapy. It is known that some mushrooms contain very potent immune-boosting bioactive compounds. For instance, the chaga mushroom has been used for many years in folk medicine in Siberia and other parts of Russia, Poland, and many Baltic countries. **Chaga** is used as a cleansing agent as well as to treat stomach diseases, parasites, liver and heart conditions—and even cancer. In recent years, this exotic mushroom—which grows almost exclusively on birch trees and is said to look like a large growth of burnt bark—has been studied closely because of its high nutritional and antioxidant levels. In fact, its popularity has grown to such an extent that you can now buy a healthy tea made from Chaga mushrooms. Chaga mushroom extracts have been shown to kill human lung and colon cancer cells in laboratory studies without harming normal non-cancerous cells. Health experts warn that it is not advisable to drink chaga mushroom tea if you are using a blood thinning drug or if you are on a blood sugar-lowering medication. To be on the safe side, be sure to consult your physician before adding this particular healthy tea to your daily diet, especially if you already have a pre-existing health condition. You will be able to find the teas mentioned in this article at the Evergreen Cottage.

JULY SPECIALS

Maple Hill Creamery—Organic Kefir, 32 oz. variety	30% OFF
Hilary's Eat Well—Root Veggie Burger, 6.4 oz. frozen	30% OFF
Ancient Harvest—Pasta & Sprouted Grain Pasta, variety	30% OFF
Bob's Red Mill—Chia Seeds & Flaxseed Meal, 16 oz.	30% OFF
Bob's Red Mill—Organic Tri-color Quinoa, 16 oz.	30% OFF
Dandies—Vegan Marshmallows, regular & mini, 10 oz.	30% OFF
Enjoy Life—Lentil Chips, variety	30% OFF
Explore Cuisine—Black Bean or Chickpea Spaghetti, 8oz	30% OFF
Harvest Bay—Coconut Water, 33.8 oz. & 8.45 oz.	30% OFF
Late July—GF Sweet Potato Snack Chips, 5.5 oz.	30% OFF
Santa Cruz Organic—Organic Lemonade, variety, 32 oz	30% OFF

AND MANY MORE ITEMS!

Organic Roots  *Bistro*

BUSINESS HOURS:

MONDAY through SATURDAY 9 AM—5 PM
Closed Sunday

**We will be closed Tuesday, July 4th.
We apologize for any inconvenience**

SALSA IN THE FAST LANE

In a bowl, combine **2 cups diced tomatoes, 1/2 cup minced onion, 1/4 cup minced cilantro, 2—3 Serrano chilies** (deveined, seeds removed, and minced), **1 garlic clove** (minced), **2 TBSP. fresh lemon juice** and **1/2 tsp. salt**. Mix well. Serve at once.

SUGAR-FREE CATSUP

Place the following ingredients in a blender: **1 cup sugar-free tomato sauce, 1/2 cup sugar-free tomato paste, 1 1/2 TBSP. fresh lemon juice, 3/8 tsp. ground allspice, 1/8 tsp. garlic powder, 1/16 tsp. crushed celery seeds, 1/2 tsp. salt.** Process until smooth. Chill for 2 hours before serving -it tastes better! Keep refrigerated.

PARSLEY RELISH

Place the following ingredients in a bowl. **1 cup minced fresh parsley, 1 TBSP. minced onion, 1 large garlic clove** (minced), **1 TBSP. fresh lemon juice, 1 tsp. water, 1/4 tsp. dried basil, sea salt, freshly ground pepper to taste, and a dash of cayenne.** Mix thoroughly. Chill for several hours and store in a tightly covered jar in the refrigerator. Serve a small dollop with poultry, fish, meats, steamed vegetables, beans, or soups.