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# Natural Health News

April 2010

EVERGREEN SPA & WELLNESS CENTER  
ELY, MN

## FOOD FOR THOUGHT

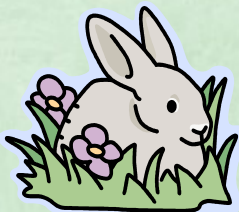
*Sonja Jewell*

NTS, CMT

Evergreen Cottage  
146 E. Chapman  
Ely, MN 55731

Retail Store  
Hours

Monday-Saturday  
10am-6pm  
(Closed Sundays)



*Happy Easter*

*Listen to Sonja's*

**"Natural Health  
& Wellness  
Hour" every  
Wednesday from  
6—7 PM on  
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or listen on-line  
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www.wely.com**

Happy Spring! Spring always presents itself as a time of renewal. For this issue of the "Natural Health News" I would like to share excerpts from an interesting article pertaining to the "Health Care Reform". This article by Kim Evans, a natural health writer and author of various books, clearly captures the essence of our health care problems and the vital changes that need to take place because our government is clearly missing the point. She wrote: "Health care reform is the hottest debate around, but unfortunately, Washington has it all wrong. Health care reform should not be about who is going to pay for more drugs for people; health care reform should be about how to create and keep healthy people, so that symptoms of disease aren't apparent and prevalent. In truth, health care reform should start with agricultural and dietary reform specifically by getting the literally thousands of allowed chemicals in our diets, out of our diets. It should be about getting the processed and chemical-filled foods off the shelves and making sure that the natural foods on the shelves aren't genetically modified, radiated, or have pesticides or man-made chemicals in them. It should be about cleaning up our environment and finding more natural energy solutions, so that people aren't breathing in dangerous fumes from burning fossil fuels and other pollutants each day. It should be about getting people off drugs, not making sure that drugs are affordable, so that they can buy and take more. It shouldn't be looking to add more chemicals to people's bodies no matter who pays for them; it should be looking to remove the hundreds of toxic chemicals that are already in there, many which have been there since birth.

The health care reform should immediately end sugar and factory farming subsidies and shift them to sustainable, organic farms.....it should end factory farming and genetically altering foods to avoid polluting the land, nearby crops, and people. It should end the use of antibiotics in humans and animals, so that our healthy bacteria, our first line of immune defense, isn't routinely destroyed. It should educate people about natural substances like coconut oil and garlic, and how to take them as effective antibacterial agents that don't destroy our immune systems. The health care reform should get the mercury out of our mouths, fluoride out of our water, and aluminum out of any deodorant. It should help people understand that the unnatural foods they regularly consume and chemicals they are continually exposed to actually do hurt them, even if it takes a little while for the problems to show up. It should help companies admit when they are doing or making something that is harming people, instead of allowing the standard denial route; and, it should then insure quick changes are made to a non-toxic route when a problem is found. It should end the widespread availability of McDonalds, Taco Bell, Burger King, and acidic soft drinks...it should teach people how to prepare delicious and healthy meals, using a multitude of fresh fruits and vegetables. The health care reform should switch out dangerous and toxic choices for conscious and natural options, and do it in a way that is affordable for everyone. Because returning to the way nature intended us to eat, and eliminating all of the common poisons in and around us, is really the only logical place to start. When it's all said and done, health care reform shouldn't be about what's best for the drug companies, insurance companies, medical industry, politicians, processed food makers, pesticide makers, genetically-altered foods pushers, or even oil companies. It should be about what's best for the people—you and me."

**SPRING CLEAN NATURALLY!**

Most household chemicals are very toxic and hazardous to your health. Collectively, we dump 32 million pounds of toxic chemistry down our drains each day, just from household cleaning chemicals. Switching to green alternatives not only keeps these chemicals out of our bodies but also out of our water supply. There are many wonderful commercial earth-friendly cleaning products available at the “Evergreen Cottage”. The products range from all-purpose cleaners to stain-removers—all of which are nontoxic and biodegradable. A few smart choices can help you clean your home or office naturally—and economically too! You can create a paste by mixing baking soda with some tepid water. This nonabrasive cleanser can be used to clean tile counters, sinks and even bath tubs. European women have long cleaned windows with vinegar and water and wiped the surface to a streak-free shine with newspaper. Mix one part vinegar to one part warm water. Use it on floors as well, and mirrors and glass—but not on marble. Or add it to laundry to soften fabrics. The odor fades as the liquid dries. Lemon juice dissolves soap scum and hard water deposits. Grind up a peel in your garbage disposal to cleanse the drain. Add baking soda to half a lemon (without juice) and use it to scrub out your sink and tub. Essential oils such as lemon, tea tree or eucalyptus are perfect for cleaning and add a pleasant, fresh scent as well as disinfectant properties. Blend 10—20 drops of any of these oils with water in a plant mister bottle. Shake well before use to distribute the oils. Use it as an air freshener or to wipe down counters. After all that cleaning, give yourself a refreshing facial by smoothing on some plain yoghurt and place a couple of cucumber slices on your eyes. Kick your feet up and relax for 10—15 minutes. Make an effort to do your part to eliminate chemicals from your home and our planet!!!

**APRIL SPECIALS IN THE WHOLE FOODS PANTRY**

NUTIVA 15 OZ. COCONUT OIL, ORGANIC	50 % OFF
VITACOCO—COCONUT WATER—ASSORTED	25 % OFF
KOYO BROWN RICE CHIPS, SWEET CHILI	30 % OFF
RAW REVOLUTION BARS—ASSORTED	30 % OFF
BIOKLEEN—ALL-PURPOSE SPRAY & WIPE 32 OZ.	30 % OFF
SOY TOILET SCRUB 32 OZ.	30 % OFF
BAC-OUT ENZYME CLEANER 32 OZ.	30 % OFF
EARTHFRIENDLY LIQUID LAUNDRY DETERGENT	30 % OFF
KISS MY FACE SUN CARE PRODUCTS	30 % OFF
.....AND MANY MORE ITEMS!	

**NEW IN THE PANTRY:**

ORGANIC SPROUTING SEEDS, JARS, SPROUTING BOOKS AND SUPPLIES AS WELL AS WHEAT GRASS GROWING KITS.

Sprouting is easy, fun and a great way to boost your foods with powerful nutrients. Add sprouts to salads, sandwiches, shakes, omelets, stir fries, etc.



“If it came from a plant eat it; if it was made in a plant, don’t”.

~ from the book : “FOOD RULES” by Michael Pollan

Make sure to mark your calendar to attend the

**2nd Annual  
Iron Range Earth Fest  
APRIL 17, 2010  
9:00—5:00  
Mountain Iron, MN**

A special event to inspire sustainability and a sustainable future on the Iron Range.

For more information go to

[www.ironrangeearthfest.org](http://www.ironrangeearthfest.org)

or contact **Ardy Nurmi-Wilberg**

Event Coordinator

Phone: 218-749-4331

**NEW! Certified-organic GARDEN SEEDS by BOTANICAL INTERESTS**, a small family-owned company. The company recently signed the “Safe Seed Pledge” meaning that they do not knowingly buy or sell any genetically-engineered or genetically-modified seeds or plants. Plus, the germination rate of every seed is tested before it is packaged. We have a great variety of **SHORT SEASON VEGETABLES, HERBS AND FLOWERS (crop days 21—65 days)** in stock. Later on this spring we will also have **organic vegetable and herb transplants** available from **CHELSEA MORNING FARM** in Two Harbors, to help you make your garden grow. **HAPPY GARDENING!**