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# Natural Health News

April 2011

EVERGREEN SPA & WELLNESS CENTER  
ELY, MN

## CREATE OUTER ORDER AND INNER CALM

*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  
WELY (94.5 FM)  
or listen on-line  
at  
[www.wely.com](http://www.wely.com)

Spring is a natural time for renewal. The weather warms, days are getting longer, and the windows are open. As clean air and light pour in, you may feel inspired to let that freshness into everything—your physical space, your mind, and your body. All of them are tied to your overall health and well-being. Studies show that the ritual of cleaning and getting rid of what's no longer serving you—such as material things, old habits, emotional ties, or unhealthy thoughts—can actually improve your physical and mental health. So this is a good time of year to start by de-cluttering your physical space, and sorting through the piles of things that you no longer have use for—such as clothing, magazines, etc. Once you remove things that don't serve your vision—either by moving them to a more appropriate part of the house or getting rid of them by donating, recycling or discarding them, then you can focus on organizing the things that do serve your vision. You should also apply some of these principles to other areas of your life, such as your exercise routine, diet, or relationships. I can guarantee you will feel a whole lot better. According to a 2008 report in *Psychiatry Research* those who have a tendency to collect and have an inability to dispose of things are nearly three times more likely to have more medical and mental health issues than their family members. So whether it is the garage, the trunk of your car, or your office or bedroom, you probably have at least one spot that could use more organization. To get started, I suggest for you to chose the area of your life that needs the most attention or that feels the easiest to tackle, and then take one simple action to get started. Our minds tend to shut down when the goal is too big. The same thing applies to your personal wellness goals. By making healthier choices and applying simple sustainability to every area of our lives, we are on a path that will lead us closer to optimal health and our lives will be more in harmony with the environment. For many people, personal health is the first step toward sustainability. In sustainable living, we are looking for a better way to live lightly on our planet and pass it on intact—or even better than we found it. Because our lifestyles have such an impact on the planet, small actions can have large positive impacts. For every chemical we choose not to spray on our lawns or gardens, and for every organic food or for every energy-saving appliance we purchase, we are creating change. For each 1 % increase in organic food consumption in the U.S. alone, pesticide and herbicide use is reduced by over 10 million pounds per year. Organic foods also taste better and are far healthier than conventional foods. For example, the typical bag of potato chips you buy at the supermarket has been subjected to over 50 chemicals from seed to shelf and contains up to 75 times the "safe" levels of cancer-causing compounds established by the state of California. The current organic boom is a consumer reaction to the unhealthy and potentially toxic additives used in our foods.

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We are living in a world where 70,000 new chemicals have been introduced in just the last 100 years. Many of these end up in our foods. In fact, it is estimated that the average American consumes about 14 pounds of chemicals a year just from additives like artificial food colorings, flavorings, antibiotics and hormones. As a result of our conventional diets, each of us has an average of 500 man-made chemicals circulating in our blood. Children are especially at risk because they are smaller and have developing metabolic systems. The EPA now considers 60% of all herbicides, 90% of all fungicides (mold killers) and 30% of all insecticides as potentially cancer-causing. Organic foods are grown without the use of synthetic pesticides, synthetic fertilizers, antibiotics or added hormones. That means safer food without the chemical load of conventionally-grown foods. Organic farmers work to improve the ecology of their soils, resulting in healthier plants and more nutritious fruits and vegetables. Food manufacturers have led us to believe that small amounts of pesticides in foods are not harmful. Although individual pesticides are generally regulated at levels that don't cause clear, immediate harm, many scientists agree that the collective exposure from everything we eat is higher than what is reasonably safe. Pesticides and chemicals are more concentrated in foods with a higher fat content. Therefore, peanut butter, milk, cheeses, yogurt, butter, and meats should always be organic in order to reduce the exposure to antibiotics and harmful synthetics. If you can't go organic all at once, begin buying high-priority organic foods when you can. The top 10 conventional foods that contain the highest levels of chemicals, pesticides, and hormones are meats, dairy products, farm-raised fish, berries and grapes, salad crops, mushrooms, root crops, bananas, waxed fruits, coffee and tea. For more information, you can visit the following website: [WWW.FOODNEWS.ORG](http://WWW.FOODNEWS.ORG)

Recycling should also be part of our daily routine. The average person in the U.S. produces 1,609 lbs. of waste each year. Recycling can cut that waste by up to 75%. If each of us recycled just paper, glass and metal, we would save 162 million tons of material from entering American landfills each year. And recycling the enormous amounts of plastics we use each day can save even more. If we all just used a glass instead of a water bottle and a coffee mug instead of a styrofoam cup, we would save 244 billion bottles and cups made from petrochemical-based plastics from entering the U.S. waste stream each year, and save money at the same time. Also, using natural personal care products has a double benefit. It keeps toxic chemicals off your body and it keeps them out of the environment after they wash off your body. Remember, only put things on your body you could eat. Also, switching to green alternatives and natural cleaning products will keep chemicals out of our body and out of our water supply. Household chemicals are hazardous to our health. Collectively, we dump 32 million pounds of toxic chemicals down our drains each day, just from household cleaning chemicals. There are many commercial earth-friendly and natural cleaning products available. You will find a large variety of them—anything from a natural all-purpose cleaner to a stain remover— at the “Evergreen Cottage”. To learn more about sustainability and green living, make sure to attend the 3rd annual Earth Fest on April 9, 2011 in Mountain Iron, MN. This is 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).**

**APRIL SPECIALS**  
**IN THE WHOLE FOODS**

MONTE BENE—SPICY MARINARA SAUCE 24 oz.	30% OFF
ARICO—CASSAVA CHIPS 5 oz.	30% OFF
BOB'S—GLUTEN-FREE BAKING FLOUR, 44 oz.	30% OFF
KALONA—ORGANIC YOGURT variety	20% OFF
ENDANGERED SPECIES—CHOCOLATE variety	25% OFF
MT. VIKOS—SPREADS, variety	25% OFF
PERRIER—SPARKING WATER variety 750ml	25% OFF
PROBAR—NUTRITIONAL BARS variety	20% OFF
RAW REVOLUTION—NUTRITIONAL BARS	25% OFF
RISING MOON—ORGANIC PASTA SAUCE	25% OFF
COLVITA—ORGANIC OLIVE OIL, 17 oz.	30% OFF
KISS MY FACE—SUN CARE PRODUCTS	30% OFF
SOOTHING TOUCH—SUGAR or SALT SCRUB	30% OFF
AND MANY MORE ITEMS!	

We are carrying certified-organic GARDEN SEEDS by BOTANICAL INTERESTS, a small family-owned company. The company 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.



*Celebrate Earth Day!*

“Into every life a little rain must fall, but that’s what makes the flowers grow.”

~Ralph Waldo Emerson