

Natural Health News

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EVERGREEN SPA & WELLNESS
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TIME FOR AN OIL CHANGE

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Monday-Saturday

10am-6pm

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We all have been told for many decades to avoid saturated fats and follow a no-fat or low-fat diet. We buy lean meat, nonfat milk, and low-fat foods of all types in order to limit our intake of this dreaded substance. The one suggested reason is that saturated fat is easily converted by the liver into cholesterol, which can raise blood cholesterol levels, increasing the risk of heart disease. But contrary to popular belief, neither saturated fat nor cholesterol cause heart disease. This is a fact that all fat researchers know but many of the rest of us do not. Unfortunately, there is a widespread misconception that coconut oil is bad for you because it contains saturated fat. Coconut oil is one of the most remarkable health foods available. Historically it also one of the earliest oils to be used as food and pharmaceutical. Ayurvedic literature has long promoted the health and cosmetic benefits of coconut oil. Even today the Asian Pacific community, which may represent as much as half the world's population, uses coconut oil in one form or another. Many of these people enjoy remarkably good health and longevity. Coconut oil contains close to two-thirds of the saturated fats in the form of medium-chain fatty acids, which have antimicrobial properties. Coconut oil does not need to be digested by bile salts like all other longer-chain fatty acids, and therefore is very beneficial for people with digestive disorders. If you have trouble digesting fats, or are beginning to reintroduce fat to your diet, it is best to begin with coconut oil. It also boosts metabolism and aids in weight loss. Hydrogenated oils are a product of technology and are the most destructive food additives currently in common use. If you eat margarine, shortening, or hydrogenated or partially hydrogenated oils, then you are consuming trans-fatty acids. What is not commonly known is that these oils will actually cause premature aging, clotting, inflammation, cancer and weight gain. When coconut oil is substituted for oils high in omega-6 fatty acids (polyunsaturated oils), which includes canola, safflower, corn, soybean, sunflower, cotton seed and other nut and seed oils, it will improve your health in many ways, such as reduction of high blood pressure, LDL levels, gallstones and cancerous tumors, and it would also include better insulin utilization in people with diabetes among many other health benefits.

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Coconut oil can greatly boost the functioning of your immune system. Unlike unsaturated oils high in omega-6 fatty acids that can weaken your immune system by increasing inflammation, coconut oil has been found to be protective against disease-causing microbes, including bacteria, viruses, fungus, and yeast. Not only can coconut oil reduce a person's dependence on antibiotics, it also may help maintain a healthful balance of intestinal flora. Recent studies have confirmed that coconut oil is beneficial in the treatment of AIDS, HIV, cancer and other diseases. Coconut oil is a dietary fat that will actually promote weight loss by increasing the metabolic rate. The thermogenic or calorie-burning effect does not last for just one or two hours after a meal. Studies show that after eating a single meal containing medium-chain-fatty acids from coconut, metabolism remains elevated for at least 24 hours. During this entire time you will have a higher level of energy and you will be burning calories at an accelerated rate. Researchers at McGill University in Canada have found that if you replace all the oils in your diet that are made of long-chain fatty acids, such as soybean oil, canola oil, and the like, with coconut oil, you can lose up to 36 pounds of excess fat a year. This is without changing your diet and without reducing the number of calories you eat. All you simply have to do is get an oil change. Eating coconut products is like putting high-octane fuel into your car. The car runs more smoothly and gets better gas mileage. Likewise, your body performs better because it has more energy and greater endurance.

It is important to know that the coconut oil has to be unrefined and of high quality, without additives or bleaching agents used in the process, in order to have healthful benefits. You will find various brands of high-quality coconut oil at the "Whole Foods Pantry" at the Evergreen Cottage. Coconut oil has a very light flavor and a creamy texture, so it can be easily incorporated in recipes such as soups, smoothies, baked goods, etc. The oil is also excellent for high-temperature frying and sautéing. Coconut milk makes an excellent substitute for dairy products. If you are lactose-intolerant or have a dairy allergy, you can use coconut milk in your daily cooking in the same way you would dairy milk.

APRIL SPECIALS

Mt. Vikos—Halloumi Cheese (Grilling Cheese), 8 oz.	25% OFF
Mediterranean Organic—Preserves, 13 oz., assorted	25% OFF
Namaste Foods—Gluten-Free Cake and Cookie Mixes	25% OFF
Nutiva—Organic Hempseeds, shelled, 13 oz.	30% OFF
Perrier—Sparkling Water, 750 ml (Lemon or Grapefruit)	20% OFF
Poland Springs—Black Cherry Sparkling Water, 33 oz.	25% OFF
Pure of Holland—Organic, Raw Bars, 1.7 oz. assorted	25% OFF
Woodstock—Almonds, Cashews, Walnuts 8 oz.	25% OFF
Raw Revolution—Organic Bars, assorted	30% OFF
Blue Buddha—Herbal Tea Drinks, 14 oz. assorted	30% OFF
Aussan Natural—Grill Cleaner, Oven & BBQ, 32 oz.	30% OFF
Favorit—Iced Tea with Peach Juice or Green Tea, 33 oz.	30% OFF
and many more items!	

Evergreen Cottage carries a large variety of organic, GMO-free seeds for your gardening needs. Check it out!



Organic Roots  **Bistro**

is closed during the month of April for seasonal maintenance! We apologize for any inconvenience!

We look forward to serving you again in May.

Make sure to check out our expanded market and deli.

“It’s more important to know what kind of patient has a disease than what kind of disease a patient has.”

HIPPOCRATES