

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

EARTHING

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Winter Hours:

Monday-Saturday

9 am-5 pm

(Closed Sundays)



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Happy Spring! Today I would like to share a very interesting article with you. Dr. James Oschman, recognized as a top expert of biophysics energy medicine has shown that the earth is a powerful healing tool. "Scientists have recently discovered the amazing health benefits of "earthing", and some are even calling it the most important health discovery in modern times. The best thing....it takes absolutely no effort, and it's free. "Earthing", also known as grounding, simply means to physically reconnect with the earth. Walking barefoot, laying in the grass, and hugging a tree are all examples of earthing, and these practices have been gaining significant attention in the medical community due to its surprising influence on biological health and its simple application. People who like spending time in nature around trees and laying in the grass sometimes get called names like "tree huggers" and "hippies", but nobody really considers the fact that they are receiving medicinal benefits every time they do this. It turns out that walking barefoot in the grass can prevent and even cure disease, amongst a whole host of other health benefits that we will look at. So how exactly does this work? The key is the transference of electrons on the surface of the earth into the skin. Modern lifestyle separates humans from such contact. The research suggests that this disconnect may be a major contributor to physiological dysfunction and illness. Reconnection with the earth's electrons has been found to promote physiological changes and subjective reports of well-being. Earthing refers to the discovery of benefits—including better sleep and reduced pain—from walking barefoot outside. Simply place bare feet on sand or a moist patch of grass for at least 10 minutes. When bare feet connect with the ground, there is a transfer of free electrons from the earth through the skin. These electrons are the most powerful antioxidants known. By scavenging and neutralizing free radicals in the body, antioxidants help to ease inflammation as well as cell and tissue damage. Here is a list of 5 major health benefits of earthing: **1. Improves cardio-vascular health:** by lowering red blood cell aggregation and reducing blood clumping. 25% of all deaths in America are due to heart disease. Walking on the grass barefoot and spending time against the earth can help protect you. **2. Improves muscle health:** grounding the body to the earth alters measures of immune system activity and pain. It improves both the objective and subjective experience of muscle pain, and is a great way to provide relief and aid in the repair of tissue damage.

~ over ~

3. Prevents disease from occurring: blood oxygenation, respiratory rate, and pulse rate are all stabilized by grounding as well. We all know how corrosive stress can be, and how damaging it can be to our bodies. The next time you feel stressed, try hugging a tree or standing in the grass.

4. Improves nervous system health: earthing can also decrease organ inflammation and lower blood pressure by normalizing the functions of the nervous system. According to the study, “the results support a decrease in inflammation after earthing and an increase in parasympathetic activity in their internal organs.

5. Improves your sleep: an interesting study was done where 12 subjects with complaints of sleep dysfunction, pain, and stress were grounded to the earth during sleep for 8 weeks in their own beds using a conductive mattress pad. Subjectively reported symptoms such as sleep dysfunction, pain, and stress, were reduced or eliminated in nearly all subjects. There was also a normalization in cortisol secretion (which is the stress hormone). The study concluded that “results indicate that grounding the human body to earth during sleep reduces night-time levels of cortisol and re-synchronizes cortisol hormone secretion more in alignment with the natural 24-hour circadian rhythm profile. Changes were most apparent in females. Furthermore, subjective reporting indicates that grounding the human body to earth during sleep improves sleep and reduces pain and stress.”

And the best part is, it’s free! You don’t need to drive to a pharmacy to get a prescription. All you have to do is go to a park, a forest, or even your front lawn and spend some time laying down or walking around barefoot. Go play with your pet with bare feet, or do some gardening with your shoes off. With the amount of money we spend on prescriptions and over-the-counter drugs, we owe it to ourselves to experiment with other more natural ways of healing the body. A great idea would be to meditate outside while sitting in the grass, thereby combining the amazing health benefits of earthing with the health benefits of meditation. Nature has already given us everything we need to stay healthy.”

APRIL SPECIALS

Somersaults—Sunflower Nuggets, Cinnamon Crunch	25% OFF
Doctor Cracker—Culinary Crisps, assorted, 6 oz.	25% OFF
Bob’s Red Mill—Baking Four, 1 to 1, GF, 22 oz.	25% OFF
Bob’s Red Mill—Bread Mix, gluten-free, 16 oz.	25% OFF
Bob’s Red Mill—Cornbread Mix, gluten-free, 20 oz.	25% OFF
Bob’s Red Mill—Gluten-free Pancake Mix, 22 oz.	25% OFF
Bob’s Red Mill—Gluten-free Pizza Crust Mix, 16 oz.	25% OFF
Enjoy Life—Cereal, Crunchy Flax, 9 oz.	25% OFF
TruRoots—Ancient Grains Pasta, assorted, 8 oz.	25% OFF
Salazon—Organic Dark Chocolate Bars, assorted	25% OFF

AND MANY MORE ITEMS!

LEMON CURRANT QUINOA PILAF

Rinse **1 1/2 cups quinoa** well and drain. Heat **2 TBSP. olive oil** in a saucepan over medium heat. Add 1 large **shallot (minced)** and sauté until translucent, about 3 minutes. Add **2 cloves crushed garlic** and rinsed quinoa and stir to coat with oil mixture, about 1 minute. Stir in **2 1/2 cups chicken broth, 2 TBSP. fresh lemon juice, 2 tsp. lemon zest** and **1/3 cup dried currants**. Bring mixture to boil, stirring occasionally. Cover pan, reduce heat to medium-low and cook until liquid is absorbed and quinoa kernels begin to split, about 15 minutes. Season with salt and pepper, if desired.

Organic Roots  Bistro

APRIL HOURS:
TUESDAY—SATURDAY 9 AM—5 PM
(Lunch Service 11 AM—2 PM)

Check out our deli and natural food market—all in one place—for your shopping convenience. Warm your soul with our delicious soups, salads, sandwiches and daily special. Dine-in or Take-out. Extended hours & dinner service will be starting in May.

