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Natural Health News

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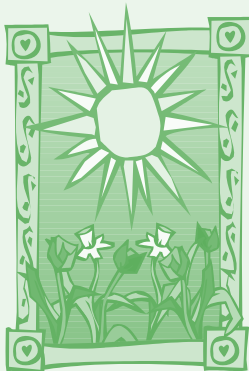
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KICK THE SUGAR HABIT — THE FIRST STEP TO BETTER HEALTH

Diabetes and cardiovascular disease serve as dramatic examples of how sugar can wreak havoc in your life, but there are less obvious signs: Are you often tired and achy? Are you plagued by digestive issues? Do you experience brain fog? Do you get frequent headaches? Do you have postnasal drip, nasal congestion or sinusitis? Do you have poor sleep?

Consuming too much sugar can cause all of these conditions and many more—you may even be addicted to the white stuff. Hidden sugars (especially sucrose and high-fructose corn syrup) are present in most processed foods. Sugar and other refined carbohydrates trigger a chemical reaction that creates pro-inflammatory compounds in the body. The problems start when sugar consumption goes from an every-now-an-then thing to a full-blown habit and inflammation is constant and spreads throughout the body, harming healthy tissue and organs over time. Sugar consumption has climbed to an alarming 180 to 220 pounds per person per year from the average of 12 pounds per person per year a hundred years ago. It is no wonder that diabetes is so predominant in our culture. Here are some tools to help you kick the sugar habit and restore a sense of balance. **Combine protein (eggs, meats, nuts,...) with healthy fats (butter, olive oil, flaxseed oil, coconut oil) at every meal to satisfy hunger and stabilize blood sugar. Never eat carbohydrates alone!** It is especially important not to eat a carbohydrate-only breakfast. **Don't skip breakfast**— it stresses out your adrenal glands. **Eat every two hours** by adding small protein snacks such as a handful of nuts, etc. This relieves the stress handling glands from the job of maintaining normal blood sugar levels between meals. **Avoid dead, devitalized and junk food.** These foods cannot re-build a healthy body. They are also anti-nutrients—they rob your body of nutrient stores. Replace sugar bombs like soda, alcohol, and fruit drinks with unsweetened brewed herbal teas and good old pure water. **EAT REAL, WHOLE, FRESH FOODS. Minimize fruits and especially fruit juices.** Salt your food liberally with **SEA SALT**. Your adrenal glands need plenty of salt for normal function. Research has proven that eating salt does NOT cause high blood pressure or heart disease. Only people with organ damage, like kidney disease, need to be concerned with keeping a low salt diet. In fact, low salt diets contribute to adrenal fatigue. However, make sure you use a good quality sea salt which contains all the trace minerals. **Read nutrition labels to spot hidden sugar. Eat seven or more servings of vegetables every day.** Vegetables should be fresh or frozen (not canned). **Increase your fiber intake** by adding ground flaxseeds or chia seeds. Once your sugar consumption is under control, the occasional treat is fine. Use natural sweeteners such as raw honey, maple syrup, stevia, date sugar, rice syrup, etc. (available at the WHOLE FOODS PANTRY), but in moderation—of course. Following these steps will help keep your consumption in check—and reduce your disease risk—without suffering. SWEET!

NATURAL INSECT REPELLENTS

It's summer! Go out and enjoy nature.....naturally, of course. Many conventional bug repellents contain harsh, potentially toxic chemicals, most notably DEET, thought to have adverse effects on the brain, particularly in developing fetuses and young children. But you and your family can breeze through summer bug- and chemical-free by applying a number of natural herbs and essential oils known for their ability to ward off insects. Dilute a few drops of one or more of the following essential oils in a vegetable oil base: CITRONELLA, LEMON EUCALYPTUS, ROSE GERANIUM, PENNYROYAL, CELERY. We use BASIL, THYME, and LEMONGRASS as seasonings, but elsewhere in the world they are commonly used as bug repellents. Crushed LEMON THYME has 62% as much repellent effectiveness as DEET, and some studies indicate that traditional thyme repels mosquitoes even longer than DEET. Every one of these essential oils will be effective in warding off flies, ticks, gnats and mosquitoes. Mint, especially PEPPERMINT, is effective against ants. You can spray a mixture of one cup of water to 2 teaspoons of essential peppermint oil wherever you see them in the house. Dab a little diluted peppermint oil on yourself—and your picnic basket—to keep the party crashers at bay....and out of your foods. The essential oils in PINE tend to send fleas packing, while CEDARWOOD oil makes common houseflies flee the premises. If an insect sneaks past your herbal defenses, try one of these remedies to lessen the sting and pain: ALOE VERA GEL; CALENDULA CREAM, GEL, OR LOTION; LAVENDER ESSENTIAL OIL; OR TEA TREE ESSENTIAL OIL.

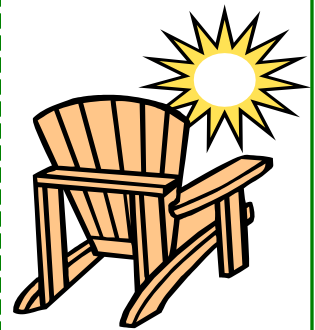
AUGUST SPECIALS IN THE WHOLE FOODS PANTRY

So delicious—Coconut Fudge Ice cream bars, OG. —pk/ 6	30% OFF
Mediterranean Organics—Organic Preserves 13 oz.	30% OFF
Garden of Eatin' - Og. Bible Pita Bread 12 oz. (frozen)	30% OFF
Kaia Foods—Raw Kale Chips, organic (2.2 oz)	20% OFF
Raw Buckwheat Granola, organic- 12 oz	20% OFF
OG. Sprouted Sunflower seeds, variety 5 oz.	20% OFF
Red River—Hot Cereal, 16 oz.	25% OFF
Snyder's of Hanover—Gluten-free Pretzel Sticks, 8 oz.	25% OFF
Beanitos—Black Bean & Flax Chips 6 oz.	30% OFF
Good Health—Potato Chips, variety 5 oz.	30% OFF
Lakewood—Organic Pomegranate Lemonade 32 oz.	25% OFF
Natural Brew Soda—Chai Cola—single or packs	25% OFF
Natural Nectar—Veggie Squares 4 oz.	25% OFF

AND MANY MORE ITEMS!

BLUEBERRY—GREEN TEA SLUSH

Bring 2 cups water to a boil. Add 3 green tea bags and let steep for 5 minutes. Remove tea bags. Divide 1 cup blueberries between the compartments of an ice cube tray. Cover with tea and freeze. Puree in a blender with remaining tea (1 1/2 cups), 1/2 cup water, and 2 Tbsp. agave syrup. Serves 4.



“EAT WHEN YOU ARE HUNGRY, NOT WHEN YOU ARE BORED”.
From “FOOD RULES” by Michael Pollan

WALK BAREFOOT FOR BETTER HEALTH

We love shoes because they keep our feet clean, cushioned, and puncture-free. But some say the modern shoe may weaken us over time by altering the complex interaction between feet and body. The mere act of walking uses more than 200 muscles; cocooning the feet in shoes all the time can throw off alignment, weaken the foot’s muscles, ligaments, and tendons, and block sensory input from the thousands of nerve endings in our soles—contributing to foot, leg, and back problems. In fact, in a small 2007 study published in the journal *The Foot*, South African researchers compared 180 people from three populations and concluded that the Zulu, who walk barefoot most of the time, had the fewest chronic foot problems. Summer is the perfect time to kick off those shoes—which may boost overall physiological functioning. When you take off your shoes, the toes spread out, balance improves, and you start using your joints, ankles, and hips more instead of just clomping around with a straightened leg. Going barefoot regularly stimulates the circulation in your feet and can have a beneficial effect on all your organs. Going shoeless from time to time can leave you with healthier, fitter feet. Try it around the house more often, or even outdoors on a safe surface.