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Natural Health News

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EVERGREEN SPA & WELLNESS CENTER
ELY, MN

HAPPY & HEALTHY HOLIDAYS

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Retail Store Hours

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



Welcome to our first monthly newsletter! With a new Holiday season underway, this month marks the beginning of a particular perilous time for your health. Overindulgence in food, crowded shopping malls, and hectic schedules pose a danger to everyone in the months ahead—but if you are also struggling with metabolic syndrome, you need to be especially prepared for the many pitfalls this time of the year presents.

Metabolic syndrome is characterized by several risk factors—including abdominal obesity, elevated blood pressure, high cholesterol, high blood sugar- to name a few. If you are fighting metabolic syndrome, be careful when planning snacks and meals. It is of utmost importance to stay away from refined sugars and soft drinks. The consumption of these foods robs your body of important nutrients, especially vitamin B. As in all aspects of health, balance is key. So choose low glycemic foods such as

high-fiber fruits and vegetables, whole wheat pastas and breads, and nuts and seeds. Foods you will want to limit or avoid include sugary cereals, white enriched pastas or bread, and potatoes, just to name a few. Other foods you will want to limit are choices high in trans-fatty acids or foods containing hydrogenated or partially-hydrogenated oils and especially fried foods. Suitable replacements are foods rich in omega-3 fats, such as wild-caught salmon, walnuts, grass-fed meats. Exercise also plays a major role in reversing metabolic syndrome. If you don't already exercise, start now—even if it means walking for only 5 minutes every day. Gradually increase the pace and length of time at which you walk to meet your fitness level.

Adequate sleep is also absolutely critical. Recent research reveals that disrupted sleep patterns contribute to the development of obesity, diabetes, and metabolic syndrome. And the

same goes for chronic stress, which increases your levels of the hyperglycemic hormone cortisol, while promoting inflammation and suppressing immunity. Solutions for stress relief are as varied as your personal taste, so my advice is to find what works for you—whether it is meditation, yoga, or massage therapy.but do it on a consistent basis. Last but not least, nutritional supplements can make a real difference. Taking small steps can have a big impact on your overall health.

To learn more about nutritional support for any health problems, contact us by phone at: 218-365-2288 or e-mail us at:

evergreencottage@frontiernet.net to sign up for a free monthly subscription to our newsletter and/or request a free pamphlet for a list of services.

“An ounce of prevention is worth a pound of cure.”

FUN HOLIDAY DRINK RECIPES

WARM GRAPEFRUIT TEA

In a pot, combine 2 cups ruby red grapefruit juice, 2 to 4 tbsp. honey, 1 cinnamon stick, 1/2 tsp. whole allspice berries, and 1/2 cup water. Bring to a boil over high heat; strain and discard solids....and enjoy!

Grapefruit has a special compound called naringenin that studies have shown can make your insulin more effective.

SPICED HOT DARK CHOCOLATE

In a small saucepan combine 1 qt. whole milk, 6 oz. dark chocolate (coarsely chopped), 1/2 tsp. ground cinnamon, 1/4 tsp. ground cardamom and 1/8 tsp. ground cayenne pepper....whisk over medium heat until the chocolate has melted completely and the mixture is steaming hot.

Warming spices such as cinnamon and cardamom can help boost energy.

SPICED POMEGRANATE SPARKLER

In a saucepan heat 1 cup pomegranate juice to near boiling, add 1 cinnamon stick, and simmer for 10 minutes. Remove from heat and let cool for 1 hr. Remove cinnamon stick. Divide the juice between 2 tall glasses; add 1 cup sparkling mineral water to each glass. Stir, add ice, and serve with a garnish of frozen cranberries.

This drink boosts your immunity!

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

WHOLE FOODS PANTRY CORNER

With the weather getting cold, it is essential that you keep nutritious food stocked in your kitchen to keep you and your family healthy. The “Whole Foods Pantry” at the Evergreen Cottage is filled with many fine food items and delicacies ...sure to make your holidays special and more healthy. Many of these wonderful items are also wonderful for gift-giving . Check out the wonderful selection of **holiday coffees and teas , crackers, fine cheeses, personal care items and so much more. Many items will be on sale during the holidays.**

Also, make sure to sign up for your **organic and /or natural turkeys**. Just stop by and put your name on the special order form. You will also find many gluten-free and dairy-free products to accommodate your special dietary needs. We are happy to special-order items for you!

HAPPY HOLIDAYS !

DECEMBER SPECIALS

GROCERIES

	<u>REG. PRICE</u>	<u>SALE</u>
BOB’S ROLLED OATS , G/F	7.79	6.79
BOB’S STEEL CUT OATS, G/F	6.39	5.39
SHELTON’S CHICKEN BROTH, OG	3.19	2.39
EQUAL.EXCH. HOT COCOA, OG	9.19	7.99
EQU.EXCH.DRINKING CHOCOLATE, OG	12.19	10.99
PAMELA’S BROWNIE MIX, G/F	6.99	5.99
KNUDSEN, SPARK, OG APPLE CIDER	4.59	3.99
NAPA VALLEY EX.VIRG. OLIVE OIL, OG	15.99	12.99
APPLEGATE, SUNDAY BACON, NATURAL	4.99	4.39
TROPICAL FRUIT SALAD, OG , 14 OZ.	3.49	2.49

SPECIALTY CHOCOLATES WILL BE ON SALE AND MANY MORE ITEMS!!

OUR PRODUCE DEPARTMENT WILL HAVE MANY SPECIAL ITEMS IN STOCK AND ON SALE. CHECK OUT OUR WONDERFUL VARIETY OF WINTER SQUASH. OUR GIFT STORE FEATURES A GREAT LINE OF **ECO-FRIENDLY GIFTS**, SUCH AS STAINLESS STEEL WATER BOTTLES, HAND-CRAFTED NETI-POTS, FAIR-TRADE JEWELRY, CAST-IRON TEA POTS, ORGANIC SOCKS, SPECIALTY SOAPS FROM FRANCE, BOOKS,AND SO MUCH MORE.



“Let food be your medicine and medicine your food”.

Hippocrates—
“Father of Medicine”



GIFT CERTIFICATES ARE AVAILABLE!

All of us at the EVERGREEN COTTAGE and EVERGREEN SPA & WELLNESS CENTER wish you and your family a healthy and happy holiday season.

Thank you for your business and friendship!

Sign up for our prize drawings!

During the month of December we are giving away many great prizes such as gift certificates for a free health assessment, spa treatments, grocery vouchers, coupons, and much more. Every purchase entitles you to a chance for our weekly prize drawings.

Give the Gift of Health with a **Gift Certificate** for a MASSAGE, FACIAL, SPA TREATMENT or HEALTH ASSESSMENT from the **EVERGREEN SPA.**