

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

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#### Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



Merry Christmas!

Listen to Sonja's  
"Natural Health &  
Wellness Hour"

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WEDNESDAY  
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## HAPPY & HEALTHY HOLIDAYS

With a new holiday season underway, this month marks the beginning of a particular perilous time for your health. Overindulgence in unhealthy foods, crowded shopping malls, and hectic schedules pose a danger to everyone in the months ahead. The shorter days, cooler weather and the overwhelming amount of food placed in front of us at all times can lead to a feeling of lethargy, depression, cravings, and moodiness. It is normal and healthy to slow down during the winter time—in fact, hibernating is part of the natural process for many animals. Winter is a time of dormancy; it is about settling down into a comfortable space, reflecting on simple things, eating warming foods and conserving energy. But we humans somehow missed the memo; instead, we insist on working harder, staying up later and eating an excess of foods that make us unhealthy. Then we wonder why the flu always seems to reach a peak around or after the holidays. Just as nature seems to have infinite wisdom as it provides us, each season, with what we need to survive, your body knows best and is always trying to create balance. However, products like refined foods, sugar, caffeine, and excessive alcohol are confusing to the body. They throw the body off balance and can result in serious cravings or illness as your body tries to get what it needs to restore internal harmony. The more your food is whole and healthy, and the more you eat in accordance with the season, the easier it is for your body to stay in balance and provide you with a happier, healthier life. So, what kind of foods should you be eating more of this season? VEGETABLES. Vegetables are the great equalizer of our crazy American diets. And root vegetables, harvested in the fall, are especially appropriate. The roots of any plant are its anchor and foundation; they are essential parts that support and nourish the plant. Root vegetables lend these properties to us when we eat them, making us feel physically and mentally grounded and rooted. Roots are a rich source of nutritious complex carbohydrates, providing a steady source of necessary sugars to the body. Instead of upsetting blood sugar levels like refined sweet foods, they regulate them. Since they absorb, assimilate and supply plants with vital nutrients, roots likewise increase absorption and assimilation in our digestive tracts. Long roots include carrots, parsnips, burdock and Daikon radish; are excellent blood purifiers and can help improve circulation in the body. Round roots include turnips, beets, celeriac root and rutabagas; are nourishing to the stomach, spleen, pancreas and reproductive organs and can help regulate blood sugar and moods. Unfortunately, holiday meals usually involve indulging in unhealthy fat-filled and carbohydrate-loaded foods that leave dinner guests feeling bloated, run-down and guilty. So, between the celebrations, sugar-filled foods, and servings of pie, make sure you get plenty of rest, drink lots of water and eat your servings of healthy vegetables. Take advantage of the many healthy products available at the "Whole Foods Pantry" at the Evergreen Cottage or take time and enjoy a nutritious meal at the ORGANIC ROOTS BISTRO where every ingredient *contributes* to your health, so you can feel good about the foods you eat. HAPPY HOLIDAYS!

## HEALTHY HOLIDAY RECIPES

**Warm Pineapple-Ginger Punch:** In a medium saucepan, combine 4 cups pineapple juice, 1 cup sliced fresh ginger (no need to peel), 1 TBSP honey, 1 cinnamon stick (split lengthwise), 8 whole cloves, and 1/4 tsp. black pepper; bring to a boil. Reduce to a simmer and cook for 10 minutes. Strain and serve warm.

**Roasted Harvest Vegetables:** Preheat the oven to 400 degrees F. In a large roasting pan, combine 3 TBSP. olive oil and 6 cloves garlic (sliced). Heat for 3 minutes in the oven. Add 3 cups chunks (1 inch ) butternut squash, 10 ounces Brussels sprouts, (trimmed and halved lengthwise), 8 ounces fresh shiitake mushrooms (stems discarded and caps thickly sliced), 2 large red apples (unpeeled; cut into 1 inch chunks), 1/4 cup oil-packed sun-dried tomatoes (drained and thinly sliced), 1 tsp. dried rosemary (minced) and 1/2 tsp. salt. Toss to combine. Roast for 35 minutes, or until the vegetables are tender; toss the vegetables every 10 minutes. Sprinkle 1/4 cup grated parmesan cheese over the vegetables, and roast for 5 minutes longer. Any combination of root vegetables can be prepared this way. Be creative!

**Pumpkin Pie Spice “Ice Cream”:** This dessert is guilt-free, vegan, tastes great and is easy to prepare. It contains just frozen bananas, pumpkin pie spices and walnuts. Peel and freeze 2 bananas at least one day in advance. Chop the bananas into 1-inch slices, place into a food processor and process on high speed until a crumbly consistency is achieved. Remove lid, scrape down the sides and sprinkle in 1/4 tsp. \*pumpkin pie spice. Process on high (scraping the sides, as needed) until the bananas crumble and come together to form on large mass and the texture resembles ice cream. Transfer the mixture to bowls and sprinkle with chopped walnuts (optional). This recipe serves 1 to 2 guests. Enjoy!  
 \*Pumpkin pie spice is a blend of spices . Choose a brand that contains just “cinnamon, nutmeg, ginger and cloves” and no additives. All of these spices promote good health and contain antioxidants.

## DECEMBER SPECIALS

Rising Moon Organics—Grilled Veggie Pizza 11 oz.	30% OFF
Woodstock—Organic Tofu, extra-firm 14 oz.	30% OFF
Angie’s—Kettle Corn, caramel 6 oz.	40% OFF
Apollinaris—Mineral Water from Germany 33.8 oz.	30% OFF
Imagine—Organic Soups 17.3 oz. variety	30% OFF
San Pellegrino—Sparkling Drinks, 6-packs, variety	30% OFF
Andalou Naturals—Hair products, variety	30% OFF
Shikai—Shower Gels, variety	30% OFF
Farmer’s Market—Canned vegetables, variety	20% OFF
Pamela’s—Gluten-free Shortbread Cookies, variety	25% OFF
Woodstock Farms—Sesame Sticks, 12 oz.	25% OFF
Theo—Holiday Chocolate Bars, variety 3 oz.	25% OFF
Ines Rosales—Tortas	25% OFF
Yummy Earth—Organic Fruit Lollipops 12.3 oz.	20% OFF
South of France—8 oz, Bar Soaps, variety	30% OFF

AND MANY MORE ITEMS!

EVERYONE AT THE **EVERGREEN COTTAGE** AND THE **ORGANIC ROOTS BISTRO** WISHES YOU A MERRY CHRISTMAS AND A HEALTHY AND HAPPY NEW YEAR. THANK YOU FOR YOUR FRIENDSHIP AND SUPPORT.



*Winter is the time for comfort,  
 for good food and warmth, for  
 the touch of a friendly hand  
 and for a talk beside the fire:  
 it is the time for home.*

*~Edith Sitwell*