

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## SKIN HUNGER

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Retail Store Hours  
Monday-Saturday  
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Listen to Sonja's  
"Natural Health  
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Skin hunger is a relatively new term that has been applied to the emotional response engendered by the loss of touch in our society. During World War II babies in orphanages failed to thrive and even died when deprived of human contact. The hunger for touch is a real human need. Although touch is physical, the need provides sustenance and anchoring for our emotional, mental and spiritual selves. This is totally true for babies and only slightly less so for adults even though they have gotten used to a world and life of touch deprivation. Clinically, the lack of touch leads to a host of emotional, physical, and developmental problems in young and old alike. Research has shown that there are distinct biochemical differences between people who experience touch and those who are severely deprived of it. Today, not only patients but also the medical establishment recognizes the importance of alternative therapies and particularly the importance of massage therapy in patient care. Hospitalized patients recover more rapidly from injury and physical or psychiatric illness with attention to touch needs. There are many ways to calm a person, many healing and medical treatments that can reduce stress, reduce sensory overload, slow the heart and help a person center and nothing does this better than touch. Dr. Ezekiel Emanuel outlined a high touch approach to medicine that he claimed may be the foundation for fixing health care in the United States. "High touch" (as opposed to or in addition to "high tech") focuses less on using technology and more on things like spending time with patients, physician listening skills, and medical massage, which staff can be employed to do. Touch in the form of massage, affection, hugs, cuddles, and plain pure tenderness diffuses emotional tension. It grounds the entire system and touches our souls. When a person has not been touched in a long while a simple and tender touch can send a person into a flood of tears for the heart feels the release of tension abruptly. Touch can be a communication of love and is a most powerful way to communicate empathy, friendship, approval, affirmation and love to another. Love matters in medicine but contemporary medicine in love with its technology and toxic drugs has forgotten this, forgotten that its patients are humans with human needs. If we define touch as love we can easily see why. Love is healing and loving touch is wonderfully healing. Scientifically we know that infrared heat and energy is radiated out through the hands and this all by itself has its physiological effects. Therefore, be generous with hugs! Wishing you a Merry Christmas!

## HEALTHY HOLIDAY TREATS

Sweet indulgences during the holidays don't need to be loaded with refined sugars and unhealthy ingredients. Give some of these recipes a try and you will be pleasantly surprised! These treats are healthy and will make you feel good! Here are some of my favorite healthy treat recipes:

**Chocolate Mousse Pudding:** Cut 2 very soft **avocados** in half, discard the pit and scoop out the flesh. Place in the food processor and add **honey** and **organic cocoa powder** to taste along with 1 TBSP. **vanilla extract**. Process until smooth. Serve chilled with fresh fruit.

**Healthy Mound or Almond Joy Bars:** Place the following ingredients in a food processor: 4 cups **grated, dried unsweetened coconut**, 1/2 cup softened or melted **coconut oil**, and 2-4 TBSP. **maple syrup or honey**. Blend 1-2 minutes until well incorporated and smooth. Taste for sweetness. Line a 8 x 8 pan with waxed paper or parchment. Pour the mixture in and spread around evenly. If you like to use **almonds**, add roasted whole or slivered almonds. Press them in! Place the pan in the refrigerator or freezer to speed the solidifying process. Meanwhile, melt 1 1/2 cups **dark chocolate pieces** with 1 TBSP. **coconut oil**. Retrieve the filling from the fridge/freezer and remove from the pan by lifting the paper. Cut into desired shapes. Dip each piece in the chocolate, letting the excess drip back before laying it on parchment or waxed paper to solidify. Store in an airtight container on the counter or in the freezer. The bars stay solid at room temperature and travel well out of refrigeration.

**Chia Pudding:** In a bowl whisk together 1 tsp. of **unsweetened cocoa powder** and 1/2 cup **milk or organic unsweetened almond milk** until well mixed (this may take a couple of minutes). Add 2 heaping TBSP. **chia seeds**, 1/2 tsp. **vanilla extract** and sweeten with **honey or maple syrup** to your liking. Refrigerate for at least 2 hours to let pudding fully set. Chia seeds are high in omega-3 fatty acids as well as soluble fiber. Enjoy!

## DECEMBER SPECIALS

Choice Organic Teas—assorted	25% OFF
Enjoy Life—Gluten-free Cookies, assorted	25% OFF
Ginger People—GinGins, Chewy, 4.5 oz.	30% OFF
Good Health—Rosemary & Sea Salt Olive Oil Chips	25% OFF
Jovial—GF Organic Chocolate Cream Cookies	30% OFF
Let's Do Organic—Coconut Flakes or Shredded	25% OFF
Panda—Licorice Bar or 7 oz. box	25% OFF
Schar—Crackers Assortment 'Entertain', WF, GF	25% OFF
Salazon Chocolate—Assorted 3 oz. bars	30% OFF
Honey Acres—Mints with Honey, 6.25 oz. pouch	25% OFF
Sesmark Foods—Rice Thins, Brown Rice, 3.5 oz.	30% OFF
Kiss My Face—Cold & Flu Bath/Shower Gel	30% OFF
AND MANY MORE ITEMS!	

Organic Roots  Bistro

### IS RE-OPENING SOON WITH EXCITING CHANGES!

The **Whole Foods Pantry** will be expanded and will merge with **Organic Roots** to improve your shopping for healthy foods. Thank you so much for your patience and support through this process!!

Merry.  
Christmas 

All of us at *Evergreen Cottage* and *Organic Roots* would like to wish you and your family healthy and happy Holidays! Thank you so much for your friendship and support.

