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Natural Health News

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EVERGREEN SPA & WELLNESS CENTER
ELY, MN

REACH FOR NATURAL REMEDIES TO COMBAT THE COLD AND FLU

Sonja Jewell

NTS, CMT

Evergreen Cottage
146 E. Chapman
Ely, MN 55731

Retail Store Hours

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



Listen to Sonja's
"Natural Health
& Wellness
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The next time you experience a cold or the flu, remember this: giving your body plenty of rest while allowing the cold or flu run its course is good for your health. The common cold is nature's way of keeping you healthy over the long term. As long as you get plenty of rest and strive to stay hydrated and properly nourished, there is no need to get vaccinated or to take medications that suppress congested sinuses, a fever, or coughing. All of these uncomfortable symptoms are actually ways in which your body works to eliminate waste products and/or help your body get through a cold or flu. Orthodox medicine has us reach for antibiotics and drugs that suppress symptoms at the mere onset of sniffles or a sore throat. The problem is that this lowers our general resistance. Although it is true that viruses or bacteria can infect us and make us ill, they can do so ONLY under certain conditions. If we view the body as a kind of soil—or, as a "terrain", we can easily understand that it is in large part our soil or terrain that determines whether or not an infection will grow and flourish. However, just because a cold or flu can be helpful to your body doesn't mean that you need to experience them to be at your best. Keeping your body well-nourished and assisting the body during its natural cleansing process will eliminate a lot of discomfort. So here are some suggestions: At the first sign of any acute illness — fever, sore throat, congestion or diarrhea—avoid solid foods, particularly those high in sulfur, such as meat and

eggs. Instead, reach for homemade chicken broth mixed with whole coconut milk. The antimicrobial fats in coconut milk will neutralize pathogenic viruses, and the gelatin and minerals in the broth will facilitate healing. Lacto-fermented beverages such as Kombucha Tea and kefir provide beneficial microorganisms for the intestinal tract, or reach for a good pro-biotic supplement such as Lact-Enz. Also make sure to use coconut oil for cooking and include a variety of sautéed or steamed vegetables with plenty of cultured butter in your diet throughout the convalescent period. Because vitamin A stores are depleted during fever, it is important to take cod liver oil. The normal dose of 10,000 IU vitamin A for adults and 5,000 IU for children can be doubled during this period. Finally, natural vitamin C complex such as CATAPLEX C by Standard Process which contains the whole C-complex will help strengthen the white blood cells. Another effective, safe and natural supplement during acute illness is CONGAPLEX which contains vitamin A and C, as well as thymus gland extract and other ingredients that will help the body produce the necessary antibodies to recover. Echinacea and/or Andrographis are very effective herbs which have long been used successfully in natural medicine. During infection, it is also important to assist the body in its detoxification process. Hydrotherapy is very effective if your body temperature

is under 101 degrees F. Drink 2-3 cups of tea made from elder flowers or use an herbal tea preparation. These teas encourage sweating. Then take a 20 minute bath in plain hot water with 1 cup of Dead Sea Salts or 1 cup of Epsom Salts. Then immediately wrap up and get into bed with a hot water bottle on your feet. Very shortly you will break into a profuse sweat. Most likely you will sleep well and wake up refreshed. You will find all the items and supplements I mentioned at the Evergreen Cottage.....please make sure to ask for assistance. Here is a wonderful recipe: **"HEALING CHICKEN BROTH"** Place 1 whole chicken (remove items from cavity) in a large stainless-steel stockpot. Add 4 quarts cold water, 2 TBSP. apple cider vinegar, 1 large onion, several cloves of garlic, carrots, celery sticks and other root vegetables of choice. Bring to a boil, then cover and simmer for 12 to 24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 5 minutes before finishing, add a bunch of parsley. This will impart additional minerals to the stock. Remove from heat. Take out the chicken. Once cooled, remove meat from bones and use for other recipes (salad, fajitas, soups, etc.). Strain stock into a large bowl and refrigerate until it congeals. Stock lasts 5 days in refrigerator and several months in freezer. Use this stock for soups, stews and various dishes. It is extremely nutritious as it contains minerals in an easy-to-assimilate form, plus the gelatin aids digestion, calms the nervous system and soothes your intestines. ENJOY!

Roasted garlic & shiitake mushroom Bruschetta

Here is a wonderful immune-boosting recipe. It is not only a great appetizer but also a great compliment to soups. This dish is an immunity powerhouse, as it uses both raw and roasted garlic. Shiitakes have been cultivated for more than 1,000 years as both food and medicine by the Chinese. When you eat shiitakes your immune-system reacts as if a harmful substance is present and kicks into high gear to protect you. Garlic is regarded as one of the most potent cold and flu fighters. Due to its sulfur compounds it has anti-viral, anti-bacterial, and anti-fungal properties. Garlic's most dynamic compound ALLICIN, blocks enzymes that help viruses spread. It lies dormant in a clove until it is cut, chewed, or crushed.

Preheat oven to 400 degrees. Take **3 heads of garlic** and trim off each garlic head, exposing tops of cloves. Place heads on foil, drizzle with **1 tsp. olive oil**, and season with **1/4 tsp. salt and 1 tsp. chopped fresh thyme or 1/2 tsp. dried**. Wrap garlic tightly in foil and roast in the oven until garlic is soft, about 45 minutes. Squeeze cooked garlic from cloves and discard skins. Meanwhile chop **2 cloves of fresh garlic** and mix it with **1/2 tsp. lemon zest, 2 TBSP. chopped fresh parsley**, and a pinch of **salt and pepper**; set aside. Place **12 shiitakes** (stems removed) on a baking sheet and toss with 2 TBSP. olive oil, 1/4 tsp. salt, and 1 tsp. chopped fresh thyme; roast until tender, about 12 minutes. Sprinkle with garlic, parsley, and lemon mixture. Heat a grill pan over medium-high heat and toast **4 slices of rustic Italian whole-grain bread** or other bread on both sides until golden brown. Spread roasted garlic on one side of each piece of toast and top with 3 mushroom caps. Serve warm. Enjoy!

FEBRUARY SPECIALS IN THE WHOLE FOODS PANTRY

GROCERIES

NATURE'S PATH 32.OZ MULTIGRAIN FLAKES	50% OFF
NATURE'S PATH 32 OZ. HERITAGE O'S	50% OFF
NATURE'S PATH 11.5 OZ. GRANOLA (ACAI/APPLE & POMEGRANATE PLUS VARIETY ONLY)	50% OFF
CASSAVA CHIPS, SEA SALT MIST -	20 % OFF
GINGER PEOPLE-GINGER CHEWS 4.5 OZ	25 % OFF
POTATO CHIPS, ROSEMARY & OLIVE OIL OR SEA SALT	30 % OFF
LUNDBERG FARMS-1 LB RICE	25 % OFF
NUMBER 9 SALSAS-16 OZ. ASSORTED	20 % OFF
ORGANIC INDIA, TULSI TEA VARIETIES	25 % OFF
ORGANIC THROAT DROPS 24 CT	25 % OFF
AND MANY MORE....TOO NUMEROUS TO MENTION!!! CHECK IT OUT!	

IF YOU ARE LOOKING FOR A UNIQUE GIFT FOR YOUR VALENTINE, MAKE SURE YOU CHECK OUT OUR GREAT SELECTION OF LUXURIOUS BATH PRODUCTS, SUCH AS SOAPS FROM FRANCE, BUBBLE BATH ROSES, UNIQUE JEWELRY, CAST-IRON TEAPOTS AND TEA ACCESSORIES, CHOCOLATES AND FINE FOODS.

ALL CHOCOLOVE 3.2 oz.

ASSORTED CHOCOLATE BARS ARE ON SALE FOR \$2.49!



“When the power of love overcomes the love of power, the world will know peace.”

~ Jimi Hendrix

All throughout the month of February we will be offering a Couples Sauna Special for you and your sweetheart.

Both of you can relax and rejuvenate in our new Sunlight Sauna at the Spa!

Couples Sauna Special:

* 30 minute Sunlight Sauna with Aromatherapy steam shower for 2- **\$ 80.00** (Reg. \$45.00/person)

* 30 minute Sauna session **only** for 2- **\$ 40.00** (Reg. \$25.00/person)
By appointment only!

NEW at the Spa! Sunlight Sauna Therapy

The far infrared sauna is very different from a traditional sauna. Infrared light is the natural radiant heat emitted by the sun. It heats the body through radiant energy, and unlike the convection method of heating used in traditional saunas it does not require the sauna to be hot. Similar to the sun, radiant energy causes heating by transferring energy into physical objects. The body is warmed from the inside and on the surface, penetrating the body up to 1.5 inches. The detoxification from a Sunlight Sauna is 7 to 10 times greater than a conventional sauna, plus detoxification also happens on a cellular level. The far infrared heat penetrates deeply into joints, muscles and tissue, speeding oxygen flow and increasing circulation. Therefore, the Sunlight Sauna also assists in weight loss, pain management, skin purification and stress reduction. Since this sauna operates more effectively at temperatures 60 to 80 degrees lower than conventional saunas, it is also more comfortable.

Our sauna is also equipped with a sound vibration therapy system that delivers the healing benefits of music. Feeling the music besides hearing it adds a new dimension that promotes sensory integration and full body/mind harmony.

***GIFT CERTIFICATES ARE AVAILABLE!**