

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

BREATHE EASY

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Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



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There is not much you can do about the weather, but when cold, dry winter winds and forced air heating systems irritate your delicate respiratory tissues, natural herbal, and whole food supplements can calm coughs, soothe irritated throats, and improve lung health. A number of studies have found that vitamin D boosts the body's natural defenses, and helps ward off viruses that cause colds, flu, and respiratory illness. But in the winter, when sunshine is at a minimum, levels of crucial nutrients can drop dramatically. Fortunately, vitamin D supplements can help. In addition to boosting immunity in general, vitamin D supplements may also reduce children's risk of respiratory infections, according to new research. In this study, kids who took 300 IU of vitamin D per day cut their risk of respiratory infection in half. Other recent studies show a direct and dramatic impact of vitamin D on respiratory and lung health, including viral and bacterial respiratory infection, asthma, and other conditions. Make sure to use a wholefood-based vitamin D supplement such as Cataplex D by Standard Process or Raw D3 by Garden of Life. Both are available at the Evergreen Cottage. Another remedy you will want to reach for at the first sign of illness is medicinal mushrooms. In traditional Chinese medicine, mushrooms have been used for thousands of years to protect against viruses and support immunity. Some modern studies have recognized the ability of the shiitake mushroom to support healthy immune function and even protect against cancer. Maitake mushrooms have shown similar benefits in terms of immune function. While potent shiitake extracts are available in tablet and capsule form, research suggests that eating cooked shiitakes is a good way to reap the mushrooms' health benefit as well. Although these mushrooms do not grow wild in the United States, they are so widely cultivated that you can find them in most grocery stores and at the Whole Foods Pantry at the Evergreen Cottage. Another remedy to reach for is Andrographis, also known as "Indian Echinacea." This herb is native to South Asia. Like mushrooms, it has been used in traditional medicine for thousands of years to protect against infection. Research has shown that it can greatly improve symptoms of upper respiratory tract infections. It may also lessen the severity and duration of the flu in general, and can prevent infection.

ONION POULTICE TO THE RESCUE

Onion poultice is a time-tested herbal remedy and very effective treatment for chest congestion, deep-seated coughs and other symptoms of the cold and flu. A poultice is simple and easy to make. The onion poultice is a powerful home remedy you can use for your whole family. And, onions are readily available and affordable. A poultice is simply the mashed herb secured in some fabric and placed over the area of congestion on the body. The skin absorbs the medicinal properties quickly and more easily than through digestion. All you need to do is to chop an onion into small bits. Let it sit for a few minutes to draw out the powerful medicinal properties. The onion can be used raw, steamed, roasted or sautéed. I usually cook the onion bits in some olive oil or coconut oil in a cast-iron frying pan or I place them in the steamer with a little water. Cook until tender and somewhat transparent. Stir in some flour or cornmeal (about 1/4 cup) and some apple cider vinegar to make a thick paste. You can use flannel, an old T-shirt or pillowcase. Spread the paste onto fabric and fold over several times to hold paste and heat in. If necessary, secure the edges with safety pins. Place the poultice on the patient's chest or soles of the feet. The sole of the foot quickly absorbs herbal treatments. You can also place the poultice on sore joints and behind the ear for an ear infection. For coughs, place the poultice on the chest and use as hot as can be tolerated but not hot enough to cause pain. Cover with a hot water bottle and cover area with a towel. Check the poultice from time to time to be sure it isn't irritating the skin. Let poultice sit for 15—30 minutes and repeat if necessary. It can also be left on all day or over night. It is also works great on babies—just make sure the poultice is not too hot. You will be amazed at the results!

JANUARY SPECIALS

Rising Moon Organics—Frozen Pierogi or Ravioli	25% OFF
Rising Moon Organics—Frozen Pizza assorted	25% OFF
Woodstock—Organic Tofu, firm and extra-firm	25% OFF
Alter Eco—Quinoa Dark Chocolate Bar	25% OFF
Doctor Kracker—Crispbread, 7 oz. assorted	25% OFF
Good Health—Avocado Sea Salt Chips, 5 oz.	25% OFF
Kitchen of India—Assorted Curries, 10 oz.	25% OFF
Nutiva—15 oz. Organic Coconut Oil	25% OFF
Woodstock—Chocolate-covered Almonds	25% OFF
Woodstock—Sesame Sticks, salted	25% OFF
Woodstock—Peanut Butter or Yogurt Pretzels	25% OFF

and many more items!

Organic Roots  **Bistro**

Lunch on Fridays & Saturdays from 11 AM–3PM

Dinner on Saturdays—by reservation only!

We will also be open on for lunch on Thursday, February 14th!

We look forward to serving you!

IMMUNE SUPPORT TEA

Next time you are feeling down and out, curl up with a blanket and a mug of this delicious potent brew. It will encourage a mild rise in body temperature and induce sweating.

Place the following ingredients in a mug:

Juice of 1 lemon
1-2 cloves crushed garlic
1 tsp. finely chopped ginger or
1/4 tsp. dried ginger
pinch of chili powder or a little
chopped fresh chili
1—2 tsp. honey (optional)

Pour boiling water into the mug. Cover the mug and let infuse for about 10 minutes.

Enjoy!