

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

KITCHEN PANTRY MEDICINE

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Winter Hours:

Monday-Saturday

9 am-5 pm

(Closed Sundays)

Happy
Valentine's
Day

Listen to Sonja's
"Natural Health
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Some of my favorite cold and flu remedies can be found in your kitchen pantry. Unlike prescriptions or over-the-counter drugs that are often used to suppress symptoms, natural remedies help make us more resistant to infection and improve our overall health so that when we do get sick, we rebound more quickly. CAYENNE PEPPER contains vitamin C and is used to warm chills and alleviate sinus pain and congestion. Add one to two dashes of cayenne pepper to a cup of boiling water with lots of lemon juice, honey, and ginger or horseradish to take advantage of this healing spice. GARLIC is used to improve congestion and chest colds, and it is an herbal antibiotic. Add minced garlic to soups, or eat it raw in salad dressings. GINGER may help the body beat the cold virus. It can also ease nausea and boost immune response. Sip on ginger tea or add ginger to stir-fries. THYME LEAF is used to expel phlegm and relieve congestion. It is antiseptic and an immune stimulant. Try gargling with thyme tea to ease a sore throat or cough in conjunction with applying an ONION poultice (chop and sauté an onion in some coconut oil; place the onions on some fabric and place over the chest; cover with a hot water bottle for 20 minutes a day). Add 2 teaspoons each of APPLE CIDER VINEGAR and HONEY to a cup of hot water for an effective and delicious, health-boosting drink. Drink three times daily to help break up mucus congestion. Due to the alkalizing effect this drink also helps to relieve the pain and inflammation of arthritis when used over a period of time. Also, try these effective ways to use HONEY to heal everyday ailments. A spoonful of honey before bed can help support a peaceful night's rest. Add honey to a steam or simply spread it over the sinus areas on the face. Sinus congestion will drain quickly. A dab of honey underneath a bandage may serve you better than any antibiotic cream on the market. Just a teaspoon a day of raw, local honey can decrease allergy symptoms or prevent them altogether. For best results, start this regimen a month before your symptoms typically start to appear. Routine eating of raw honey increases B-lymphocytes and T-lymphocytes, two types of white blood cells that improve immunity. Honey inhibits *H.pylori*, the culprit behind most ulcers; eat 2 to 3 ounces a day for three months. You can also make a very effective eye wash to treat conjunctivitis (pink eye) by combining equal parts warm water and honey; stir to mix well. Allow the mix to cool, then apply as an eye wash. Honey is one of the only treatments that can help an unresponsive diabetic wound. Apply directly to the sore and cover with light gauze. This is also effective for minor burns and diaper rash. Let a spoonful of honey melt in your mouth or drink it in a cup of hot tea for fast relief from a sore and scratching throat. Due to its balancing effect on digestion, honey is useful for relieving both diarrhea and constipation.

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CINNAMON has anti-inflammatory and antibacterial properties. Studies have shown it can lower cholesterol and possibly treat some infections. Keep cinnamon—specifically cassia cinnamon—stocked in your spice cabinet and use it for everything from soothing upset tummies to relieving pain. Cinnamon contains *catechins*, which can help relieve nausea. To make cinnamon tea, boil 1 teaspoon cinnamon bark in a cup of water for about 10 minutes. Strain and drink. Do not drink cinnamon tea during pregnancy. To help kill athlete's foot fungus, soak your feet in cinnamon tea for a few minutes each night. To discourage hair loss and promote hair growth, try this homemade hair mask. Warm 1/2 cup olive oil in a bowl. Add 1 tsp. cinnamon powder and 1 tsp. honey, and stir. Work mixture into scalp and leave in for 15 minutes, then wash hair as usual. Some studies have shown cinnamon can provide pain relief as it inhibits prostaglandin—a hormone-like substance that contributes to muscle contraction and relaxation. Drink cinnamon tea or take a cinnamon tincture. Cinnamon may help enhance cognitive function and memory. Waft cinnamon essential oil under your nose or sip cinnamon tea for a brain boost. COCONUT can combat influenza viruses, fight bacteria that cause cavities, expel lice, improve digestion, reduce inflammation...the list goes on. Hailed as the "tree of life", coconut's health benefits are many. Make sure to consume this beneficial oil in any way you can. Also, here is a recipe for a wonderful **honey coconut body wash** which has great moisturizing effect on dry winter skin. Fill the bottom of a double boiler with water and put it on the stove over medium heat. Once it reaches a boil, reduce heat to simmer. Place **1/2 cup extra-virgin coconut oil** in the top and cover. Simmer until melted, about 1 minute. Remove from heat. Place **1/2 cup raw honey** into a mixing bowl and add melted coconut oil, using a rubber spatula to get the remainder out of the pan. Whisk ingredients together for a minute, then add **10 drops lemon essential oil** and **6 drops chamomile essential oil** and whisk to blend. Finally, add **1 cup unscented liquid castile soap**, whisking gently to create a uniform liquid. Do not over-whisk, as this activates the soap bubbles. Carefully funnel mixture into a 16-ounce bottle with a tight-fitting lid. Label with contents and date; use within a year. Apply to damp skin in small upward motion. Rinse well.

FEBRUARY SPECIALS

Sweet Leaf Tea—16 oz. bottles, assorted	25% OFF
Ginger People—Assorted Ginger Products	25% OFF
Dare—Crackers, assorted	30% OFF
Bob's Red Mill—Flaxseeds & Flaxseed Meal G/f	30% OFF
Monte Bene—Marinara Sauce, 24 oz. assorted	30% OFF
Nana Cookie—Gluten-free Cookies, assorted	30% OFF
Natural Sea—Premium Alaskan Pink Salmon, 7.5 oz.	30% OFF
Woodstock—Raw Almond Butter, 16 oz.	30% OFF
High Country Kombucha—Kombucha, 16 oz., assorted	30% OFF
Truroots—Organic Quinoa, sprouted, 12 oz.	30% OFF
Nektar Honey Crystals—Honey Packets, 40 ct.	30% OFF
Dave's Gourmet—Pasta Sauces, assorted, 25.5 oz.	30% OFF

AND MANY MORE ITEMS!

TRADITIONAL EUROPEAN GARLIC SOUP

This soup is packed with immune-boosting antiviral garlic. For a heartier but still traditional version, include a diced potato during the simmer step. In a saucepan over medium heat, sauté **1/2 medium onion (diced)** in **1 TBSP. butter** until soft, about 10 minutes. Add **4 cloves garlic (minced)**, and sauté 2 to 3 minutes more. Stir in **2 cups chicken or vegetable broth** and heat to a low boil. Add optional potato (1 medium, diced into small pieces), and simmer until soft. Divide soup into 2 bowls. Sprinkle each bowl with **croutons, parsley** and **raw garlic**. Serve hot. Serves 2.

Organic Roots  Bistro

WINTER HOURS: MONDAY—SATURDAY 9 AM—5 PM
(Lunch Service 11 AM—2 PM)

Check out our deli and natural food market—all in one place—for your shopping convenience. Warm your soul with our delicious soups, salads, sandwiches and daily special. Dine-in or Take-out. Breakfast and dinner service will be available in the future.

“Of the more than 1,110 personal care ingredients banned for cosmetic use in the European Union, only 10 have been prohibited for cosmetic use in the U.S.” ~ TREEHUGGER.COM