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# Natural Health News

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EVERGREEN SPA & WELLNESS CENTER  
ELY, MN

**BEST WISHES FOR A HEALTHY AND  
HAPPY NEW YEAR!**

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Hours

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



If you are like most of us this time of year, you have survived the holidays and are wondering how you will still fit into your pants after the new year rolls around...now that you have eaten your way through the holiday season. But most of all, you might just be tired—and not just tired of turkey. 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. There are ways, however, to look forward to a healthy winter season instead of one filled with illness. For the answers, we look to nature!

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; 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 after the new year. 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 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 the 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, radishes, beets and rutabagas; are nourishing to the stomach, spleen, pancreas and reproductive organs and can help regulate blood sugar and moods. 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 – try the recipe below .

Here's to your health!

Listen to Sonja's  
"Natural Health  
& Wellness  
Hour" every  
Wednesday from  
6—7 PM on  
WELY (94.5 FM)  
or listen on-line  
at  
www.wely.com

**ROASTED ROOT VEGETABLES**

Yield: 4-6 servings

**Ingredients:**

- 1 sweet potato
- 2 parsnips
- 2 carrots
- 2 turnips or 1 lg. rutabaga
- 1 daikon radish or squash
- Olive oil
- Salt and Pepper
- Herbs: Rosemary, Thyme, Sage (Fresh or dried)

**Directions:**

Preheat oven to 375 degrees. Wash and chop all vegetables into large bite-sized pieces. Place in a large baking dish with sides. Drizzle vegetables with olive oil; mix well to coat each vegetable lightly with oil. Sprinkle with salt, pepper and herbs. Bake uncovered for 25-35 minutes until vegetables are tender

and golden brown, checking every 10 minutes to stir and make sure vegetables are not sticking. **ENJOY!**  
Note: Any combination of root vegetables will work. This makes a great side dish.



## CURRIED ROASTED SQUASH SOUP

The weather really does affect our moods and health as dramatically as it can affect our roads. This time of year it is important to consume warming spices, by incorporating them into your seasonal foods. The “Whole Foods Pantry” is stocked with many different squashes in various shapes and colors. The following recipe will boost your immunity, lift your mood and warm your body with the added health benefits of coconut milk which has anti-viral, anti-fungal and anti-bacterial properties and adds extra protection for your health.

Preheat oven to 400 degrees. Place **1 large butternut squash or other variety** (3 to 4 pounds), cut in half, flesh side down in a baking dish. Roast it for about 1 hour until tender. Let cool slightly. Meanwhile, heat **2 Tbsp. olive oil or coconut oil** in a skillet. Add **1 Tbsp. curry powder, 1 Tbsp. peeled and minced ginger, 1 tsp. cumin,** and **1/2 tsp. red pepper flakes**. Simmer until fragrant, about 3 minutes. Add **4 minced garlic cloves** and simmer for 2 more minutes, until garlic just begins to color. Remove from heat. Scoop flesh from squash. Combine half the squash in a blender with half the spices and **3/4 cup of chicken broth**. Process until smooth. Transfer to a large saucepan. Repeat the same with the remaining squash, spices, and **3/4 cup chicken broth**. Add **1 1/2 cup unsweetened coconut milk, 2 Tbsp. of fresh lime juice, and salt and pepper** to taste. Reheat over medium heat until hot, stirring frequently. Just before serving, stir in 1/4 cup chopped cilantro. **ENJOY!**

## JANUARY SPECIALS IN THE WHOLE FOODS PANTRY

### GROCERIES

	<u>REG. PRICE</u>	<u>SALE</u>
WOODSTOCK PREMIUM GRANOLA, NA	\$5.99	\$ 4.99
PAMELA'S SHORTBREAD SWIRL COOKIES	\$4.39	\$ 3.39
PAMELA'S CHOC. CHUNK PECAN COOKIES	\$4.39	\$ 3.39
NATURES PATH MILLET RICE CEREAL	\$ 5.29	\$ 4.29
EZEKIEL, OG, CEREAL- ASSORTED	\$ 6.99	\$ 5.49
HEALTH VALLEY ORGANIC SOUPS ( 3 VARIETIES)	\$ 3.49	\$ 2.99
OG. CORN TORTILLA CHIPS, 16 OZ.	\$ 4.29	\$ 3.49
SPCTRM, OG. SPRAY EX. VIRGIN OLIVE OIL	\$ 8.99	\$ 7.29
RISING MOON ORGANIC PIZZA, 11oz.	\$ 8.99	\$ 7.49
GREEK GODS, 24 OZ. YOGHURT	\$ 5.19	\$ 4.49
GREEK GODS, 6 OZ. YOGHURT ASSTD.	\$ 1.89	\$ 1.59
GREEK GODS, 16 OZ. KEFIR SPREAD	\$ 4.39	\$ 3.79
CHOCOLOVE - ASSORTED 3.2 OZ.		
CHOCOLATE BARS	\$ 2.99	\$ 2.49
AND MANY MORE ITEMS.		

NOTE: SOME SALE PRICES ARE VALID ONLY UNTIL SUPPLY LASTS!

OUR HEALTH & WELLNESS AREA FEATURES A GREAT VARIETY OF HERBAL REMEDIES AND WHOLE FOOD SUPPLEMENTS, WHICH WILL ASSIST THE BODY'S SELF-HEALING MECHANISM DURING A COLD AND FLU, RATHER THAN SUPPRESSING IT. WE ALSO CARRY A LINE OF HEALTHY HERBAL LOZENGES, MEDICINAL TEAS, CHEST RUBS, NATURAL COUGH SYRUPS, ESSENTIAL OILS AND MORE.

ALL “TRADITIONAL MEDICINALS” TEAS ARE ON SALE DURING THIS MONTH.

REG. \$ 5.59 **SALE \$ 3.99**



“The doctor of the future will give no medicine, but will instruct each patient in the care of the human frame, in diet, and in the cause and prevention of human disease”

-THOMAS EDISON-



All of us at the

EVERGREEN COTTAGE and EVERGREEN SPA & WELLNESS CENTER wish you and your family

a healthy and happy New Year.

Thank you for your business and friendship!

### FOR YOUR HEALTH AND WELL- BEING

The start of a **NEW YEAR** is the perfect time to make improving your health your top priority and **NEW YEARS RESOLUTION**. During the month of January, we are offering our **COMPLETE HEALTH ANALYSIS** (A \$ 99.00 VALUE) at a **SPECIAL PRICE of**

**\$ 79.00.** We encourage you to take advantage of the latest in health technology and medical devices we have available at the **EVERGREEN SPA & WELLNESS CENTER**.

For more information, we invite you to visit our website at: [www.elywellness.com](http://www.elywellness.com) or pick up a free pamphlet. **Mention this newsletter to receive the special price!**