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EVERGREEN SPA & WELLNESS CENTER
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LISTEN UP, YOUR BODY IS TALKING TO YOU

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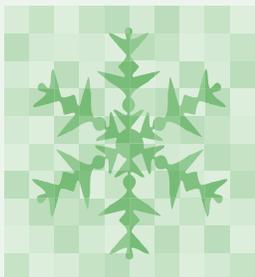
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Once everyone has made it through the holidays, it seems like there is always a big push to work off any of those extra pounds. Excess weight is undoubtedly one of the common and frustrating problems our society faces today. For individuals who are overweight—and that's two-thirds of Americans these days—acknowledgement of being overweight is an important first step in getting the problem under control. The truth is, if you are overweight, you are not healthy. The damage is occurring even though you may not be aware of it. For example, carrying around more weight puts extra strain on your ankles, knees, and hips, slowly wearing away the cartilage. Extra bulk also requires more blood vessels to feed that tissue and your heart needs to work harder to pump blood through all those added capillaries. The list of conditions created or made worse by excess weight is practically endless. Proper diet plus exercise is the key to achieving and maintaining a proper weight. Additionally, one might have to address the ill effects of an underactive thyroid and other hormone imbalances. Ideally, no one should have to diet or count calories. Your body has the innate ability to regulate the amount and type of food it needs, not only to survive but to operate at optimum efficiency. Most of us, however, either neglected or have lost the ability to "listen" to what our body tells us. And worse, I am afraid that changes in our food supply and the widespread use of drugs are causing our bodies to send the wrong messages. The messages our bodies send come in many forms. Food cravings are an example. Craving carbohydrates can be indicative of low blood sugar levels due to a lack of high-quality protein and fat in the diet. A craving for meat often shows up in iron deficiencies. The need for salt appears with weak adrenal function. Other messages come in the form of physical signs and symptoms we experience. For example, headaches can be a sure sign of toxicity, dehydration, a magnesium deficiency, a food sensitivity, or a hormone imbalance, particularly when they occur at the same time during menstrual cycles. Fatigue and dry skin can indicate a need for more essential fatty acids in the diet or an underactive thyroid gland. Perhaps it is time to make your health your priority. We have been trained to recognize that the red lights on a car's instrument panel indicate there is a problem to be resolved. For some reason, though, when we receive a warning signal from our body, it is regarded as nothing more than a nuisance that is interfering with our normal activity and unhealthy lifestyle. The path to losing weight is simple: Calorie intake should match our level of activity. Lasting weight loss requires a change of the habits that led to the weight gain—and there is nothing easy about changing long-time habits. People are always trying to find "easy" ways to lose weight. They are always searching for the "magic pill" that will make the pounds just melt away. I am sorry to be the one bearing the bad news, but there is no magic pill for weight loss. Instead, you have to decide that you are going to lose weight, make a plan, and stick to it. Every part of your plan has to address one of the sides of the equation, either decreasing the calories you take in or increasing the calories you burn. And, while there might not be any magic pill for weight loss, there are two magic words: "proper diet," and "exercise." Although there are all kinds of fad diets, the truth is that most of these ignore the way the body actually works. On the next page I will give you some tips on how you can start a successful weight management plan. You can also visit my website at: elywellness.com, access the radio archive and listen to my segment on weight loss to gain more knowledge on this subject or better yet, make an appointment for a complete health evaluation.

WEIGHT MANAGEMENT MADE SIMPLE

First, you must STOP eating the foods that provide NO NUTRITION and actually HARM YOUR SYSTEM. These include sugar, white flour, hydrogenated oils and all highly processed foods. Not only are they lacking nutrients, but they rob the body of important nutrients. Next, you must replace these unhealthy foods with whole, unprocessed foods. Ironically, overweight is actually a symptom of malnutrition, a sign that the so called "appetate" never receives the signal to turn off. One of the most important food components the body needs to feel satisfied is **healthy fats**. That is one of the reasons why I never recommend low-fat diets for weight loss, even though the vast majority of books on weight loss promote a low -fat regimen. Our brain is specifically designed to sense the fat content of our food and to tell us to stop eating when the proper amount of fat has been ingested. ONLY, when the need for fats and the nutrients is satisfied, do we stop eating. The only fats I recommend for daily use are butter, extra-virgin olive oil, flaxseed oil (which should never be heated) and coconut oil. Studies have shown that the medium-chain fatty acids in coconut oil raise body temperature and increase metabolism. The body uses these types of fats for quick energy and never stores them in adipose tissue. The use of coconut oil also prevents the depression of thyroid function that so frequently occurs in dieters, which results in renewed weight gain even when calorie levels remain restricted. Coconut oil supports thyroid function, resulting in steady, even weight loss over a long period of time, until the optimum weight is achieved. There is a wonderful book I suggest in your weight-loss efforts. It is titled: "EAT FAT, LOSE FAT" by Dr. Mary Enig and Sally Fallon. It is available at the Evergreen Cottage. It is also **important not to skip meals**. One of the most important things is to **eat breakfast** every morning. Skipping breakfast stresses out your adrenal glands. However, do not start your day with carbohydrates but with protein and good fats which will help stabilize your blood sugar level. If you start the day with carbohydrates, you will be craving them for the rest of the day. Never eat carbohydrates alone; always add protein and good fats to your meals and snacks, This is of utmost importance. Eat real, whole, fresh foods but minimize fruits and fruit juices. Salt your food liberally with celtic sea salt. Stress handling glands need plenty of salt for normal function. Only people with organ damage, like kidney disease, need to be concerned with keeping a low salt diet and research has proven that eating salt does NOT cause high blood pressure or heart disease. Eat foods rich in Omega-3 fatty acids such as fatty coldwater (not farm-raised) fish, including salmon, tuna, trout, etc. Eat natural sources of good protein, and preferably organic and grass-fed meats (raised without hormones and antibiotics). Following these simple suggestions along with regular exercise (for 20 minutes every day) will help you achieve your weight loss goals without starving yourself in the process. Regular exercise is an absolute requirement for success. Even if you start with just a few minutes a day, you will soon build up endurance and stamina for longer periods. For those of you who need help in establishing a regimen, I would suggest to make an appointment for a complete health evaluation. This will help establish a wellness protocol with proper diet, exercise and nutritional supplements which will target your health concerns at the same time. A designed clinical nutrition program will help you reach your wellness goals as well as your optimum weight in a very short time, so take advantage of the coupon below.

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