

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## REDUCING THE TOXIC BURDEN

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**Retail Store Hours:**

Monday-Saturday

9 am-5 pm

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appointment!**



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If your new year resolution is to improve your health, I would like to share an article with you by Dr. Jernigan that sheds light on the seriousness of our exposure to toxins in commercial foods and personal care products. "Today more than 77,000 chemicals are in active production in this country. Our exposure to these chemicals is greater than at any time since the beginning of the Industrial Revolution. More than 3000 chemicals are added to our food supply, and more than 10,000 chemicals in the form of solvents, emulsifiers, and preservatives are used in food processing and storage. Ethyl alcohol, isopropanol, wood rosin, shellac, propylene glycol, silicone, etc.—you are eating it for breakfast if you are eating grapefruit, melon, and fresh oranges from the supermarket. You are eating thiabendazole, mineral oil, methylparaben, etc. for lunch if you had tomatoes, avocados, or apples that were not organically grown. Do fungicides, botran, orthophenylphenol sound like a good balanced dinner? You are eating these yummy ingredients in sweet potatoes, onions, and limes from your local supermarket. Fungicides are put into wax to coat fruits and vegetables to provide a longer shelf life, even peeling won't get rid of them. You eat them. They cause cancers, birth defects, damaged immune systems, and often diseases. When ingested, these toxic chemicals can remain in the body for years altering your metabolism. They cause enzyme dysfunction and nutritional deficiencies, creating hormonal imbalances and lowering your threshold of resistance to chronic disease. Besides food borne chemicals, we are continually subjected to poor air quality, chemically contaminated water, household cleaners, pharmaceutical drugs (66% of drugs tested by researchers could be found still biologically active in most municipal tap water, so you could be taking your neighbor's heart medicines or chemotherapy drugs), pesticides, heavy metals, and the list goes on and on. Today's studies show that most of us have between 400 and 800 foreign chemical residues stored in the fat cells of our bodies. These chemicals and heavy metals make up the "total toxic burden." When the amount of toxins in the tissues exceeds the body's ability to excrete them, the body will begin to store these toxins. This bio-accumulation seriously compromises our physiological and psychological health and leads to chronic disease. I was told by a patient who was a Vietnam war veteran that during the Vietnam war, military personnel realized that if an American soldier was killed, they didn't have to do anything special with the body for over a week since the American diet and lifestyle is so full of preservatives. If a Vietnamese soldier was killed, they knew they must bury the body almost immediately because decomposition would occur rapidly, due to the lack of preservatives in their bodies".

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Virtually all mainstream brands of toothpaste are preserved with formaldehyde. Interestingly, this chemical is hidden under about 26 different names to keep you from knowing you are using it. In the past, the government required any product with a known toxic chemical like fluoride or formaldehyde to carry a “Skull and Crossbones” picture on the label. However, companies complained that no one would buy toothpaste that has that mark on it. After much lobbying the government changed the label requirements based upon how toxic one or more of the ingredients are, as follows: **Caution** (one or more ingredients meets the definition of “eye-irritant”), **Warning** (as little as one teaspoon can kill an adult), and **Danger** (contains an ingredient that will kill an adult with five drops). Evaluate your personal care products, and stop poisoning your healing process. You cannot continue putting toxins on your skin and eating toxic foods and realistically expect to not suffer the consequences. The following is a partial list of known symptoms often related to toxicity: allergies, acne, anxiety, burning skin, brain fog, chronic fatigue, depression, eczema, insomnia, low body temperature, memory loss, mood swings, muscle and joint pains, and poor concentration. As a result of widespread environmental contamination, doctors are faced with increased rates of toxin-related cancers, neurological diseases, reduced immune function, allergies, and the newer diagnoses of multiple chemical sensitivities, chronic fatigue syndrome, and fibromyalgia. Doctors are finding their usual treatments are not as effective as in the past, due to the presence of these many toxins in people. Did you know that few people with cancer actually die of the cancer? Authorities say that they actually die of toxemia, produced by an excessive buildup of toxins. You cannot simply take laxatives to eliminate all of these toxins. You must be guided through a total body protocol to truly achieve detoxification. Most importantly, you must reduce the source of the toxins. You cannot continue putting toxic products in or on your body and expect to not get sick. It is wise to remove anything that may be blocking your body’s healing mechanisms. True health is not merely the absence of pain or symptoms. The start of a new year is a great time to re-evaluate your eating habits and lifestyle choices. Give me a call at: 218-365-2288 to help you guide on your journey to better health

## JANUARY SPECIALS

Unique Pretzels—Shells or Splits, 1.5 oz.	25% OFF
Triple Leaf Tea—Detox, Herbal Laxative or Ultra Slim	25% OFF
Bob’s Red Mill— Flaxseeds & Flaxseed Meal G/F	30% OFF
Dave’s Gourmet—Pasta Sauce, 25.5 oz. assorted	30% OFF
Fantastic World Foods—Quinoa Blend, assorted	30% OFF
Fantastic World Foods—Tabouli Salad Mix, 6 oz.	30% OFF
Funky Monkey—Carnival Mix Dried Fruit, 1 oz.	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
Aura Cacia—Eucalyptus Products, assorted	30% OFF
AND MANY MORE ITEMS!	

Organic Roots  Bistro

**WILL BE RE-OPENING JANUARY 7TH, 2015.**

**WINTER HOURS: MONDAY—SATURDAY 9 AM—5 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.

“Medicine is not only a science; it is also an art. It does not consist of compounding pills and plasters; it deals with the very processes of life, which must be understood before they may be guided”.

~ PARACELSUS



Health is a balancing act.  
With balance comes harmony.