

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

THE POWER OF PHYTONUTRIENTS

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Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



HAPPY 4TH OF JULY!

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"Natural Health
& Wellness Hour"
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WEDNESDAY
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I came across this wonderful article by Dr. Olejak from his newsletter "Vitality Times—Applied Nutritional Synergy" and would like to share this information with you as it sheds more light on the importance of consuming whole foods and especially fresh vegetables. "The journal *Molecular Nutrition and Food Research* reported that sulforaphane, one of the primary phytochemicals in broccoli and other cruciferous vegetables which help fight cancer, has been shown for the first time to selectively target and kill cancer cells while leaving normal prostate cells healthy and unaffected. What was so amazing about this discovery is it showed that prostate tumor growth was slowed by a diet containing sulforaphane and that "sulforaphane can target cancer cells through multiple chemopreventive mechanisms." This study showed for the first time that "sulforaphane selectively targets benign hyperplasia cells and cancerous prostate cells while leaving the normal prostate cells unaffected." **What this points to is the innate intelligence in plant compounds; no pharmaceutical or isolated neutra-ceutical can do that.**

In a similar study, brassica vegetables (Brussels sprouts, cabbage, cauliflower and broccoli) were associated with decreased risk of colon cancers. The researchers at Oregon State University found that sulforaphane, which is found at fairly high levels in broccoli, cauliflower and other cruciferous vegetables, is an inhibitor of an enzyme that plays a role in whether certain genes are expressed or not, such as tumor suppressor genes. This exciting news comes on the heels of other news about the cruciferous vegetables that show they are proven cancer-fighting foods. One study found teaming up fresh broccoli with a spicy food that contains the enzyme myrosinase significantly enhances each food's individual cancer-fighting power and ensures that absorption takes place in the upper part of the digestive system where you will get the maximum health benefit. What are those foods? Radishes, cabbage, arugula, watercress, and Brussels sprouts all boost the benefits found in broccoli. The study noted that **you only receive these benefits if the vegetables are eaten raw or slightly steamed.** The more broccoli is cooked the more these fragile phytonutrients are damaged. If the broccoli is mush it is useless nutritionally.

Do supplements that are made of isolated nutraceuticals have the same effect in the body as whole foods? In another study that looked at supplements just containing sulforaphane without the other parts of the broccoli plant they discovered that it was not well absorbed and, of course, not well utilized. This points to the enormous value of eating whole foods, and when necessary, use only whole food supplements—where care is taken to grow plants organically and preserve and use the entire plant in the supplement. The potential real whole foods and whole food supplements have to nourish our bodies should now be readily apparent. They turn on our genes and amplify our ability to fight cancer. Maybe, as Dr. Servan-Schreiber, described in his book "Anti-cancer", we don't have cancer genes, but "fast food intolerant genes." We build an anti-cancer biology with the food we eat three times a day."

BERRIES—THE TASTE OF SUMMER

Tiny powerhouses of nutrition, berries are bursting with healthy compounds, including folate, fiber, and phyto-nutrients, which may help improve memory and reduce the risk for developing heart disease and cancer. Many studies show that blueberries help to prevent and also reverse age-related memory loss. The overall antioxidant power of berries protects the body from free-radical harm. Make sure to take advantage of these little gems while you can. Here are a few great recipes for you to enjoy their many health benefits on hot summer days:

BLUEBERRY-GREEN TEA SLUSHY: (serves 4) Bring **2 cups water** to a boil. Add **3 green tea bags** and let steep for 5 minutes. Remove tea bags. Divide **1 cup blueberries** between the compartments of an ice cube tray. Cover with tea and freeze. Puree in a blender with remaining tea (1 1/2 cups), 1/2 cup water, and **2 TBSP. agave syrup**. Serve garnished with berries.

SUMMER BERRIES YOGURT PARFAIT: In a tall parfait glass spoon 1/4 cup of **raspberries**. Top with 2 TBSP. **yogurt**, 1 tsp. **ground flaxseed** and 1 tsp. **sliced almonds**. Spoon 2 TBSP. **blueberries** into the parfait cup and repeat yogurt, ground flaxseed and almond topping. Spoon about 2 TBSP. sliced **strawberries** and repeat toppings. Create several more layers and top with whipped cream and garnish.

FROZEN YOGURT BLUEBERRY POPS: For kids of all ages (makes 12 pops): Line twelve 2 1/2- inch muffin pan cups with fluted paper baking cups. In a bowl, blend **lemon zest and juice of 1 lemon, 2 cups plain yogurt** and **1/4 to 1/2 cup of sugar** or sweetener of choice (honey, agave nectar or maple syrup will work as well) until smooth. Stir in **1 pint blueberries**. Divide the mixture among the paper-lined muffin pan cups. Freeze for 1 1/2 hours, or until almost firm; insert a popsicle stick in the middle of each pop. Freeze until firm, about 2 hours. For longer storage in the freezer, cover with plastic wrap. To serve, peel off the paper liners from the pops; let stand at room temperature 4 to 6 minutes to soften slightly for easier eating. Enjoy on a hot summer day!

JULY SPECIALS

Mt. Vikos—Assorted Spreads	30% OFF
Organic Planet—Soba Pasta Noodles	30% OFF
Woodstock—Organic Mustard and Ketchup (assorted)	30% OFF
Woodstock—Hardwood Lump Charcoal, natural	30% OFF
Woodstock—Organic Sauerkraut and Pickles (assorted)	30% OFF
Woodstock—Almonds and Organic Walnuts	30% OFF
Woodstock—Organic Sunflower and Pumpkin Seeds	30% OFF
Woodstock—Peanut Butter Pretzels 6.5 oz.	30% OFF
Woodstock—Organic Sweet Relish 16 oz.	30% OFF
Kiss My Face—Assorted Sun Care Products	30% OFF

AND MANY MORE ITEMS!

**“IT’S NOT FOOD IF IT ARRIVED
THROUGH THE WINDOW OF
YOUR CAR.”**

FROM “FOOD RULES” by Michael Pollan

WILD GINGER, THYME, AND MINT SODA

Combine 2 cups sugar, 2 cups water, and 1/2 cup grated ginger in a medium saucepan. Simmer over medium heat for 10 minutes, stirring to dissolve sugar. When sugar is dissolved, remove from heat. Place 20 sprigs of fresh thyme in a stainless steel bowl and pour syrup mixture over it. Cover and steep for about 1 hour. Strain through a fine sieve or a coffee filter. In a pint glass, add 1 1/2 ounces of ginger-thyme syrup, 1/2 ounce lemon juice, and 5–6 whole mint leaves; stir. Add ice and 6–8 ounces sparkling water to fill the glass. Stir well. Garnish with slices of lemon and a sprig of thyme. Enjoy!

Organic Roots  *Bistro*

Hours:

Tuesday—Saturday 10 AM—8:30 PM
Closed Sunday and Monday

TRY OUR NEW SUMMER MENU!