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# Natural Health News

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EVERGREEN SPA & WELLNESS CENTER  
ELY, MN

## KOMBUCHA – THE WONDER DRINK

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Hours

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



Listen to Sonja's  
"Natural Health  
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In last month's newsletter, I talked about ways to support the body's cleansing process of detoxification by consuming specific foods. If you happened to miss any of our newsletters, I want to remind you that you can access all past publications online by visiting our website at: [elywellness.com](http://elywellness.com) or simply send us an e-mail at [evergreencottage@frontiernet.net](mailto:evergreencottage@frontiernet.net). You will be added to our mailing list and you will automatically receive our newsletters as well as any promotions and special offers. This month I would like to inform you about the benefits of Kombucha tea. I know it seems surprising, even ironic, that a tonic made from sugar, yeast and black tea could have so many health benefits. The kombucha mushroom - which is actually a symbiotic colony of yeast and bacteria - acts on sugar and tea to produce not only acetic and lactic acid, but also small amounts of a potent detoxifying substance, which is glucuronic acid. In the liver the glucuronic acid binds up all poisons and toxins-both environmental and metabolic- and rushes them to be excreted. Toxins once bound by glucuronic acid cannot be reabsorbed into the system so we are rid of them. Normally this organic acid is produced by the liver in sufficient quantities to neutralize toxins in the body. However, when liver function becomes overloaded, and when the body must deal with a superabundance of toxins from the environment—certainly the case with most of us today—additional glucuronic acid taken in the form of Kombucha is known to be a powerful aid to the body's natural cleansing process. It also is a boost to the immune system and a proven prophylactic against cancer and other degenerative diseases.

More importantly, Kombucha is the cure for a hot day—it tastes delicious and refreshing. It is a fizzy, dark colored, and energizing beverage which is acidic and slightly sweet. This gift to the world from the Ural mountain region of Russia qualifies as the soft drink of the twenty-first century, and is the answer to the scourge of cola drinks that now wreaks havoc with the health of the Western population. This tea possesses antibiotic properties that are used in medicine in Russia. I greatly encourage you to add this wonderful healthy drink to your daily routine. It can be easily prepared in your kitchen or you could take advantage of the many bottled and wonderful fruit-flavored varieties of Kombucha available at the Whole Foods Pantry. Fermented beverages infuse the gut with lactobacilli and lactic acid to sustain their growth, plus they serve up a nice array of enzymes and nourishing minerals. Traditional populations knew that fermented drinks were more hydrating and thirst-quenching than even water. Taken with meals they promote thorough and easy digestion of food; taken after physical labor they give a lift by replacing lost mineral ions in a way that renews rather than depletes the body's reserves. A little goes a long way. Not only are they super-hydrating and supportive to the intestinal ecosystem, but they are strong detoxifiers. The average adult will do well to consume around 4 to 6 ounces at one time because of these powerful properties. During the process of fermentation, virtually all the sugar and caffeine from the black tea are transformed into other compounds. While lacto-fermented beverages are mildly alcoholic, the amount is minimal and typically of no concern, even for children. However, start with a small amount to observe any adverse effects. For more information, recipes and resources visit the following website: [www.westonaprice.org](http://www.westonaprice.org). ENJOY THE FOLLOWING DRINK RECIPES!

**QUENCH YOUR THIRST and DRINK TO YOUR HEALTH**

Most health-conscious parents are well aware of the dangers of soda, with its 10 to 12 teaspoons of health-eroding sugar per serving, corrosive phosphoric acid, and large amounts of nerve-wrecking caffeine. Youngsters make up the largest soda-drinking portion of the population, which is why it is so critical for us as parents to provide tasty, nutritious alternatives. Lacto-fermented beverages are a wonderful choice due to their outstanding health benefits. After all, who needs soda pop with these wonderful beverages? ENJOY!

**GINGER ALE** - this is a very refreshing drink, taken in small amounts with meals and as a pick-me-up after outside work in the sun. Place the following ingredients in a 2-quart glass jug: 3/4 cup ginger (peeled and finely chopped or grated), 1/2 cup fresh lime juice, 1/4-1/2 cup Rapadura (dehydrated cane sugar juice; available at the Whole Foods Pantry), 2 tsp. sea salt, 1/4 cup whey \*, 2 quarts filtered water. Stir all ingredients well and cover tightly. Leave at room temperature for 2 to 3 days before transferring to the refrigerator. This will keep several months well chilled. To serve, strain into a glass. Makes 2 quarts. Ginger ale may be mixed with carbonated water.

**RASPBERRY DRINK** - Place 24 ounces fresh or frozen raspberries in a food processor and blend until smooth. Transfer puree to a large bowl and add juice of 12 oranges, 1/4-1/2 cup Rapadura, 1/4 cup whey\*, 2 tsp. sea salt and about 1 1/2 quarts filtered water. Cover bowl with a cloth and leave at room temperature for 2 to 3 days. Skim any foam that may rise to the top. Strain through a strainer lined with a tea towel. Pour into a 2-quart glass container, cover tightly and store in refrigerator.

\* Whey is a good helper in your kitchen. It is used as a starter culture for lacto-fermented vegetables and fruits, for soaking grains and as a starter for many beverages. Whey has a lot of minerals. One tablespoon of whey in a little water will help digestion. It is a remedy that will keep your muscles young, your joints movable and ligaments elastic. With stomach ailments, take one tablespoon of whey three times daily, this will feed the stomach glands and they will work well again.

To make your own whey and cream cheese, which will be a by-product from the process, use a good quality organic plain yogurt. To make 5 cups whey and 2 cups cream cheese, you need 2 quarts plain organic yogurt. Place a large strainer lined with a clean dish towel over a large bowl. Pour in the yogurt, cover and let stand at room temperature for several hours or longer, if needed. The whey will run into the bowl and the milk solids will stay in the strainer. Tie up the towel with the milk solids inside, being careful not to squeeze. Tie this little sack to a wooden spoon placed across the top of the container so that more whey can drip out. When the bag stops dripping, the cheese is ready. This cream cheese is far superior to the commercial variety, which is produced by putting milk under high pressure and not by the beneficial action of lactic-acid-producing bacteria. Store the whey in a mason jar and the cream cheese in a covered glass container. Refrigerated, the cream cheese keeps for about 1 month and the whey for about 6 months.

**JUNE SPECIALS**  
**IN THE WHOLE FOODS PANTRY**

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LUNDBERG'S RICE CHIPS W/ SEASALT-6 OZ.	30% OFF
STEAZ-ICED TEA AND SPARKLING TEA VARIETY	30% OFF
FOOD FOR LIFE-TORTILLAS (CORN OR BROWN RICE)	30% OFF
SUNSHINE BURGERS-ALL VARIETIES	20% OFF
BOB'S RED MILL-GLUTEN-FREE BREAD/PIZZA MIXES	25% OFF
SANTA CRUZ-ORGANIC LEMONADE 32 OZ. VARIETY	40% OFF
LUNDBERG FARM, ECO-FR BROWN RICE, 1 LB.	25% OFF
MARY'S GONE CRACKERS, STICKS & TWIGS VARIETY	30% OFF
WASA-FLATBREAD 6.7 OZ-ROSEMARY OR SESAME	20% OFF
YOGOURMET, YOGURT OR KEFIR STARTER	20% OFF
NGP-100% HARDWOOD GRILLING BRIQUETS 9 LB.	30% OFF
BUMBLEBEE ORGANIC ENERGY BARS	30% OFF

AND MANY MORE ITEMS!

**ORGANIC VEGETABLE**  
**TRANSPLANTS FROM**  
**CHELSEA MORNING FARM**  
**ARE NOW HERE!**  
**GET THEM WHILE SUPPLY**  
**LASTS.**



**"SPEND AS MUCH TIME ENJOYING A MEAL AS IT TOOK TO PREPARE IT."**

from "FOOD RULES" — Michael Pollan

**HISTORY OF MEDICINE:**

- 2000 B.C.** Here, **eat this root.**
- 1000 A.D.** That root is heathen.  
Here, say this prayer.
- 1859 A.D.** That prayer is superstitious.  
Here, drink this potion.
- 1940 A.D.** That potion is snake oil.  
Here, swallow this pill.
- 1985 A.D.** That pill is ineffective.  
Here, take this antibiotic.
- 2001 A.D.** That antibiotic does not work anymore. Here, **take this root.**

**RENEW YOUR SKIN**

AND TAKE ADVANTAGE OF OUR JUNE SPECIAL AT THE SPA.

**EUROPEAN FACIAL**

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60 Minutes

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