

Phone: 218-365-2288

www.elywellness.com

Natural Health News

June 2011

EVERGREEN SPA & WELLNESS CENTER
ELY, MN

Sonja Jewell

NTS, CMT

Evergreen Cottage

146 E. Chapman

Ely, MN 55731

Retail Store
Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



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

SEASONAL ALLERGIES

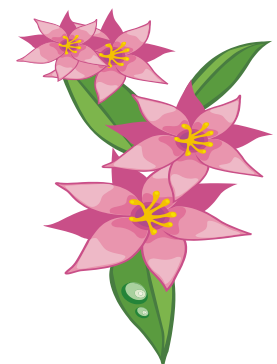
This time of the year a large number of people are faced with the unpleasant signs of allergies. Allergy symptoms include sneezing, runny nose, difficulty breathing, fatigue, asthma, and so forth. Each spring, summer and fall, plants release pollen. Pollen are tiny, powdery granules that are necessary for plant fertilization. These pollen granules, which are transported by wind, enter human noses and throats, triggering seasonal allergic reactions for many people. When we breathe in pollen, our immune system treats the allergen as an invader and the mast cells located in our noses, eyes, throat, and lungs generate antibodies. The cells then release inflammatory chemicals such as histamine that cause many of the symptoms associated with seasonal allergies. For an allergy-prone person it is important to minimize early morning outside activities. Unfortunately, if the allergies happen to be severe, it is important to keep windows closed and use air-conditioning. It is especially important to avoid rubbing your eyes and touching your nose, and always wash hands after being outside, and especially after gardening or handling animals. Allergies and hay fever are conditions of relatively recent origins. Doctors in the early part of the century rarely describe allergic diseases. What probably accounts for this rising incidence are the many changes in our life-style and habits. The best theory on the etiology of allergies is that they are related to an imbalance in the functioning of our adrenal glands. More exactly, when the adrenal cortex—that's the part of the adrenal gland that makes various hormones (such as cortisone) that mediate the inflammatory response—is weak or underactive, then a variety of symptoms occur. The adrenal cortex is the organ in our body with the most need for the vitamin C complex—and I am not referring to big loads of ascorbic acid or synthetic vitamin C. Also, the adrenal cortex is very sensitive to blood sugar levels and therefore, the consumption of refined carbohydrates is at the bottom of many cases of allergies for both human and animal studies. The conventional therapy for allergies is cortisone which suppresses and eventually weakens the adrenal glands. A nutritional program on the other hand will actually rebuild and rebalance the adrenal cortex. The first step in this therapy is to avoid all refined carbohydrates including bread, pasta and sugar, as well as most sweet foods and fruit juices, while any allergic symptoms are present. Each meal should contain some good animal protein (preferably grass-fed and free-range), a variety of vegetables with plenty of good butter and only a small portion of whole grains such as brown rice. It is also a good idea to include zucchini daily in the diet and to prepare some healthy bone broths because the minerals in these foods seem to lessen allergic symptoms. Also, eat foods high in the full vitamin C complex such as sprouts, sauerkraut and fresh berries to help rebuild your adrenal glands. In my nutritional practice I use and recommend a whole food supplement called ALLERPLEX which has been helpful to a lot of allergy sufferers.

There is also a great natural way to help “immunize” yourself against pollen by simply eating 1 TABLESPOON OF RAW HONEY (preferably locally produced) with the addition of about 1/2 TABLESPOON OF FRESH BEE POLLEN. Be careful with bee pollen. Start with a few granules and gradually increase to the full dose. It must be taken at least 6 weeks before the season and then continued throughout the season in order for it to work for allergies and hay fever. Bee pollen has been used successfully to treat a variety of ailments including asthma, menstrual irregularities, constipation, diarrhea, anemia, low energy, cancer, arthritis, and toxic conditions. A Russian study of the residents of a certain village, where many live to 125 years and some to 150, revealed that many of these centenarians were beekeepers who often ate raw, unprocessed honey with all the pollen. Bee pollen contains 22 amino acids including the 8 essential ones, 27 minerals and all the vitamins, hormones and fatty acids. Most importantly, bee pollen contains more than 5,000 enzymes and coenzymes. It is the presence of enzymes, many of which have immediate detoxifying effects, that sometimes provokes allergic reactions in those taking bee pollen for the first time. If this happens, start with very small amounts and slowly build up to a tablespoon or so a day. Some brands are more easily tolerated than others. It is available in powder, capsules or tablet form—or in raw unprocessed honey. Long ago the Greeks and Romans called natural bee pollen “the life-giving dust” eaten to achieve eternal youth. In our modern times, scientist and nutritionists have rediscovered this food prepared by bees and confirmed that is able to promote benefits in the form of healing as well as rejuvenation. Some nutritionists state that you could live adequately on bee pollen alone. Pollen is the male seed of flowers. It is required for the fertilization of the plant and it is the food of the young bee and contains approximately 40% protein. It is interesting to know that one teaspoon of pollen takes one bee working eight hours a day for one month to gather. Each bee pollen pellet contains over 2 million flower pollen grains and one teaspoonful contains over 2.5 billion grains of flower pollen. It was reported that bee pollen acts to normalize cholesterol and triglyceride levels in the blood. Bee pollen is also used as an immune system builder, helps regulate intestinal functions and helps relieve diabetic symptoms. One of the most compelling scientific results were those done in cancer research. It was reported that bee pollen revealed dramatic results in the prevention as well as the treatment of cancer. Very good news was reported from the University of Vienna, Austria regarding cancer treatment with bee pollen. Patients who were undergoing chemotherapy suffered far less from the side effects of chemotherapy if they consumed bee pollen. Studies also have shown that unhealthy or aging skin can be dramatically improved by the consumption of bee pollen. It has been found to rejuvenate every inch of the body and to promote longevity. Bee pollen is one of nature’s healthiest and most powerful “superfoods.” Hippocrates, recognized as the father of modern medicine, used bee pollen as a healing substance over 2,500 years ago. It contains active antibiotic substances that immediately destroy harmful pathogenic bacteria upon contact. Bee pollen appears to work wonders for weight control by correcting a possible chemical imbalance. It helps speed up caloric burn by stimulating the metabolic system. It also contains a high percentage of lecithin that helps dissolve and flush fat from the body. It is one of the most nutritionally complete natural substances found on earth. Take advantage of nature’s gifts and let food be your medicine.

JUNE SPECIALS IN THE WHOLE FOODS PANTRY

Mt. Vikos—Feta cheese crumbles assorted	25% OFF
Mt. Vikos—Halloumi cheese (grilling cheese)	25% OFF
Mt. Vikos—assorted spread & jams	25% OFF
Amande—almond yogurt 6 oz. assorted	25% OFF
Seven Stars—Organic Yogurt 32 oz.	25% OFF
Eden Foods—Canned Rice & Bean Meals assorted	25% OFF
Go Naturally—assorted hard candy 3.5 oz.	25% OFF
Good Health—Hummus chips 3.5 oz.	30% OFF
Rising Moon—Organic Pasta sauces 14 oz.	30% OFF
Woodstock— Ketchup and Mustard	30% OFF
Woodstock—Pickles and Sauerkraut	30% OFF
Soothing Touch—Lip Balms assorted	30% OFF
Desert Essence—Coconut Body Lotion 8 oz.	30% OFF
AND MANY MORE ITEMS!	

COMING SOON!
 Visit our new deli & bistro!
ORGANIC ROOTS is committed to organic, sustainably produced foods and features nutritious artisan cuisine with fresh, seasonal, organic ingredients.
Daily specials!
BREAKFAST-LUNCH-DINNER
DINE-IN OR TAKE OUT.
 141 E. Chapman St, Ely
 PHONE: 365-2799



Love is to the heart what the summer is to the farmer's year—it brings to harvest all the loveliest flowers of the soul.
 ~Author Unknown