

Natural Health News

June 2015

EVERGREEN SPA & WELLNESS
ELY, MN

THE MIND-WANDERING AGE

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STORE HOURS:

Tuesday – Saturday
9 am-5 pm

CLOSED SUNDAYS &
MONDAYS

SPA HOURS:

By Appointment

We all do it—well most of us—we are constantly multitasking and have lost the art of being present and focused. A study group of 2,250 participants at Harvard University admitted that 47% of them are constantly sidetracked and unfocused. Another study showed that 58% of 20,000 employees complained of pressure and stress due to multitasking. The inability to concentrate does not occur only on the job. It also continues at home. Almost every other person doesn't just sit and watch TV, but divides their attention between their tablet and/or cell phone. Neuroscientists recently researched brain functions and the findings were published in the book *"The Organized Mind"*. Brain chemicals, especially *dopamine*, are responsible for good feelings. Dopamine floods us during sports and sex. Its creation in smaller amounts is also triggered by pleasure impulses provided by cell phones, tablets, and computers when we click "like" or accept special offers, etc. The brain rewards us for not concentrating and creates a loop that lets us search for constant stimuli. These impulses are little energy sparks that keep our addiction on the go. Every registered little "pling" is seen as a potentially significant advantage in improving our social, sexual, or economic status. A huge number of these pleasure signals are difficult to resist. The number of students who fail their exams several times, and the number of people who fail to perform their duties due to lack of concentration is growing. The condition is called *procrastination*: The constant postponement of tasks that need to be done. Procrastination causes anxiety, depression, and insomnia. Because we are inundated with too much input, some companies started integrating these findings by implementing policies that restrict messaging and emails to their employees after working hours. Also restricted is the use of cell phones during meetings. The wandering mind has a negative effect on our emotional balance. The reason is that mindfulness of the present, of what's happening right now, becomes tuned out, turned down, and foggy. This constant process cripples our ability to recognize reality. The recognition of reality gives us the chance to change things. Our awareness needs to be present in the here and now. Therefore, psychologists recommend paying more "attention" today's new fashion word. Reserving a daily quiet time for Yoga, taking a walk, or meditation can help. It will protect us from adrenal fatigue and burn out. If we learn to concentrate on just one thing, it will spawn within us a creative force that is beyond our imagination as well as bring us multiple health benefits.

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Listen to Sonja's
*"Natural Health
& Wellness Hour"*
EVERY
WEDNESDAY
from 6-7pm on
WELY (94.5 FM)
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MIND YOUR FOOD—EATING AS MEDITATION

Start off by treating your mealtimes with the respect they deserve by simply being mindful. Mindfulness is a return to paying attention to life. When we pay attention to our food, we begin to notice all sorts of wonderful aspects of the food, and we also become aware of how much we are putting in our bodies. Mindful eating helps us learn to hear what our body is telling us about hunger and satisfaction. There are many benefits to mindful eating such as reduced overeating, an increased enjoyment of food and improved digestion. Remember, digestion begins in the mouth with the action of saliva. If food isn't chewed properly it means that there is more work for the rest of your digestive system. Especially stop multitasking at meal times. Set aside time for eating without other entertainment. Another way to minimize mindless munching is to get into the habit of only eating when you are sitting down and are able to give the food your full attention. No more snacking on the run. One of the joys of eating is sharing a meal with loved ones. It can be challenging to incorporate mindfulness in a social situation but it is not impossible. Turn the focus of the conversation onto the meal while you are actually eating. Share what you are experiencing in terms of flavors and textures, likes and dislikes. Or, at family meals, you might ask everyone to eat in silence for the first five minutes, thinking about the many people who brought the food to your plates. The cooking process can be as relaxing and enjoyable as eating, if you let it. The peace of mind that comes from knowing exactly what has gone into your food should make the whole process alone worthwhile. Always opt for quality and not quantity. By choosing smaller amounts of the best foods you can afford, you will not only enjoy it more but you are far more likely to be satisfied without having to overeat. Eating can be and should be your meditation. Make a special effort to become more embodied and let eating become the sacred act that it is and you will be rewarded in many ways.

JUNE SPECIALS

Good Health—Olive Oil Chips (variety), 5 oz.	25% OFF
Prince of Peace—Ginger Honey Crystals (10 pack)	25% OFF
Teeccino Herbal Coffee—Variety (box of 10 bags)	20% OFF
Hope Hummus—Roasted Red Pepper or Super Hemp	25% OFF
Organic Prairie—Uncured Summer Sausage, sliced	25% OFF
Alter Eco—Org. Dark Chocolate Bar—Burnt Caramel	25% OFF
Amira—Smoked Basmati Rice, 1 LB.	25% OFF
Navitas—Coconut Hemp Pitas or Cocoa Coconut Chips	20% OFF
Pamela's Products—GF Cinnamon Grahams, 7.5 oz.	25% OFF
Pamela's Products—GF Chocolate Grahams, 7.5 oz.	25% OFF
Happy Squeeze—Fruit Snacks, assorted	25% OFF
AND MANY MORE ITEMS!	

DRINK TO YOUR HEALTH

Immunity Shake: Blend 1/2 cup full-fat plain Greek yogurt, 1/2 peeled orange, 1/2 peeled grapefruit, 1 tsp. grated ginger, 1 Tbsp. raw honey, 1 cup ice and 1 cup baby spinach.

Energy Boost Shake: Blend 2 cups almond milk, 1/4 avocado, 2 Tbsp. raw cocoa powder, 1/2 tsp. ground cinnamon, 1 Tbsp. almond butter, 1 Tbsp. chia seeds and 1 frozen banana.

Anti-Inflammatory Shake: Blend 3/4 cup water, 1/2 cup frozen pineapple chunks, 1/2 frozen banana, 1/4 cup cilantro, 1 cup blueberries, juice of 1 small lime and 1/2 tsp. grated ginger.

Organic Roots  Bistro

JUNE HOURS:

TUESDAY through THURSDAY 9 AM—5 PM

FRIDAY & SATURDAY 9 AM—8 PM

Closed Sunday & Monday

LUNCH SERVICE 11 AM—2 PM DINNER SERVICE 5 PM—8 PM

Dinner reservations are recommended!

