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CHARGE YOUR ADRENALS—CHANGE YOUR LIFE

Are you often tired or worn down? Do you have difficulty getting up in the morning? Are you craving salt or salty foods? Does everything seem like a chore, even the things you used to enjoy? Do you have difficulty remembering things? If the answer is "yes" to any of these questions and you are thinking it's just something you have to live with, think again. While it seems like these things are nothing more than day-to-day annoyances, in reality all are symptoms of adrenal dysfunction. Adrenal fatigue can come on suddenly or gradually, depending upon the circumstances. It can be precipitated by a single, easily identifiable event such as a serious car accident, toxic exposure, emotional shock, or life crisis. Because of our generally stressful lifestyles, adrenal fatigue frequently develops gradually. The adrenal glands are small but very powerful glands that sit atop each of your kidneys located in the middle of your back. The purpose of your adrenal glands is to help your body cope with stresses and survive. They adapt to your environment and your sensory awareness, maintaining a constant state of readiness for any stress that your brain identifies. Stress is something that can vary from person to person, including what may trigger a stressful response. Once you decide that something is stressful, the adrenal glands will release hormones into the blood which will alter the function of every cell in your body. Even "good stress" can sometimes be excessive for the adrenals. Because the adrenals are the glands of stress, they are also involved in the processes of and recovery from most diseases. Your adrenal glands are the regulators of your disposition, your efficiency, and even of your personality. Whether they regulate well, and help you, or regulate poorly, and harm you, depends, in large measure, upon what you eat. Some of the general symptoms of adrenal fatigue are constant tiredness, need for extra sleep, inability to cope with stress, reduced sex drive, body pain, sighing, yawning, recurrent infections, irritability, craving sweet foods, irrational anxiety and digestive distress. Many current drugs can deplete the adrenals such as statin drugs. But many foods can stress the adrenals as well such as caffeine, alcohol, sugar and nicotine. Providing the body with proper support in the form of good nutrition is critical to repair. A healthy whole foods diet that is organic, contains an adequate amount of protein, healthy fats and unrefined sea salt is the minimal nutritional requirement for healthier adrenals. To rejuvenate the adrenal cortex extra vitamin C, salt, and fat—both saturated and unsaturated is needed. Avoiding animal fats, as seems to be the popular thing to do, is avoiding the kind of fat adrenal hormones are made from. The adrenals contain more vitamin C and cholesterol than any tissue in the body. Oxygen is necessary for the utilization of glucose by the body, and proper breathing must be practiced. Rest periods and relaxation is necessary with a bedtime no later than 11 p.m. Sleep is especially important as it is only during sleep that neurotransmitter chemicals and hormones are synthesized and normal chemical balance can be restored. Avoid stress, overwork, lack of sleep, arguments, etc. Also, providing the body with organically-bound minerals such as kelp and iodine can break the sympathetic dominant cycle by working through the nervous system and bringing the body fluids into ph balance. Once stress occurs, the adrenal glands release hormones, such as cortisol which breaks down available stores of fat and protein for energy and tissue building. So again, if you have low levels of fat and protein in your diet, your body will cannibalize your own tissue. These hormones also dampen inflammation and depress immune responses. On the next page, I will give you some more tips on how to re-charge your adrenal glands.

ADRENAL REPAIR BASICS

In general, stress hurts the adrenals. Stress is defined as anything that challenges our survival, joy, security or stability. It is anything that forces our system to adapt, such as change of circumstances, temperature extremes, changes in biochemistry (as in a sudden change of medication or even change of diet). Even “good stress” can sometimes be excessive for the adrenals. Look for opportunities to experience joy, security and optimism. Learn to avoid negative emotions such as anger and fear. Increase rest; get as much sleep as possible and make the timing as regular as possible. Pushing too hard, excessive work or exercise and any sleep deprivation stresses the adrenals. Providing the body with proper support in the form of good nutrition is critical to repair. It is important to limit carbohydrates, especially sugars. Avoid stimulants such as caffeine, chocolate, alcohol and nicotine. If you have adrenal fatigue, when you eat is almost as important as what you eat. The adrenal hormone cortisol helps keep blood sugar at adequate levels to meet your body’s demand for energy. However, when your adrenals are fatigued, cortisol levels drop lower than normal. This makes it more difficult for your body to maintain normal blood sugar levels. Low blood sugar is in itself a stressful situation that further drains your adrenals. Therefore, avoiding letting your blood sugar level drop too low by eating natural, high quality food (especially protein and healthy fats) at frequent, regular intervals will make a difference to your adrenal health as well as to your energy level. One of the major dietary mistakes made by people with low adrenal output is not eating soon enough after waking or skipping breakfast all together. If you suffer from adrenal fatigue it is extremely important that you eat before 10 AM. Even a small, nutritious snack is better than having nothing at all. You need to replenish your waning glycogen (stored blood sugar) supply after the previous night’s energy requirements. For people with adrenal fatigue, it is important to be in bed and asleep before 11PM. Although most people’s schedules do not allow it, it also helps to sleep in until 8:30 or 9:00 in the morning. There is something magical about the restorative power of sleep between 7 to 9 AM for people with adrenal fatigue. The reason for this is that while you are sleeping during those morning hours your adrenals have a chance to rest, allowing your cortisol levels to rise. Normally cortisol levels rise rapidly from 6–8 AM, but quite often in adrenal fatigue these levels do not rise as high and/or drop faster than normal. Also, when your cortisol levels are lower, as in adrenal fatigue, it takes longer to feel fully awake in the morning. Sleeping in, therefore, is not only restorative for your adrenals but also helps you feel much better when you wake up and during the rest of the day. Therefore, stay in bed until 9 AM as often as possible, even if it is just on the weekends. Be sure to get enough physical exercise during the day. Exercise that is beneficial for a adrenal fatigue recovery should be enjoyable. It should not be highly competitive or debilitating. Yoga with breathing exercises, swimming, fast walking, etc. are all good ways to get your body moving. Pick something that is enjoyable to you. Laughter is very therapeutic and you are familiar with the saying, “Laughter is the best medicine.” Nothing could be further from the truth for the adrenal glands. When you laugh, stress decreases and all the mechanisms in your body relax. When the body is relatively free of stress, even during those brief moments, the adrenals are much more ready to recover and rebuild. Never underestimate the tremendous value of laughter and enjoyment as a healing tool. Salt craving is a common symptom in all stages of adrenal fatigue and in most cases, salt intake benefits those who add it to their diet unless you have high-blood pressure. Sea salt is a good source of salt. It contains more trace minerals than regular table salt but note that it often does not contain iodine. Some of the most nutrient-rich sources of salt are kelp and a preparation of salt and sesame seeds called GOMASIO. You can find it at the Evergreen Cottage. To improve the nutrient content of sea salt it is a good idea to mix it half-and-half with kelp. This combination will be especially beneficial for those suffering from severe adrenal fatigue. As your adrenal glands get stronger, you will usually lose your taste for salt. I encourage you to make an appointment for a health assessment to determine your individual nutritional needs.

**MARCH SPECIALS
IN THE WHOLE FOODS PANTRY**

Annie Chun’s—Potstickers and Mini Wontons (frozen)	30% OFF
Natural Sea—Frozen Salmon Fillets, 6 or 12 oz.	25% OFF
Rising Moon Organics, Organic Ravioli & Pierogi, 16 oz.	25% OFF
Wildwood—Organic Hummus, assorted 10 oz.	15% OFF
Drogheria & Alimentari, Spice Mill, Salt or Pepper	25% OFF
Farmer’s Market—Organic canned Pumpkin, Butternut Squash or Sweet Potatoes	20% OFF
Good Health—Potato Chips with Olive oil, variety, 5 oz.	25% OFF
Natural Brew Sodas—4/12 oz. pack, variety	25% OFF
Natural Sea—Premium Alaskan Salmon, canned	25% OFF
Naturally Fresh—Refrigerator Fresh Crystal	25% OFF
Organic India—Tulsi Tea variety 18 ct. teabags	25% OFF
Raw Revolution—Nutritional bars, variety	25% OFF
Tom’s of Maine—Mouthwash, 16 oz. variety	25% OFF
Kirk’s Naturals—all coconut body products & soaps and many more items!	25% OFF

**ADRENAL RECOVERY
SOUP**

- 16 oz. green beans
 - 1 cup chopped celery
 - 1 zucchini, sliced
 - 1 medium onion, chopped
 - 1 cup tomato juice
 - 1 cup spring water
 - 2 Tbsp. raw honey
 - 1 tsp. paprika
 - 1 cup chicken broth
 - Pepper to taste
- Combine ingredients and simmer for one hour until vegetables are tender.



*"Kind hearts are the gardens;
kind thoughts are the roots;
kind words are the flowers;
kind deeds are the fruits."*

~Author Unknown