

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

XENOHORMONES

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Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



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With the latest reports of our fish and wildlife in the Northland being in danger due to estrogen-mimicking compounds in the environment, it is time everyone should get to know about, what some may call, the 20th century plague—the xenohormones. Xeno literally means foreign. Hence, xenohormones means foreign hormones and are sometimes called xenoestrogens which are a category of EDC's, Endocrine Disrupting Compounds that are industrially made chemical compounds which disrupt communication within the bodies' endocrine/hormone producing organs. These compounds have a negative estrogenic effect that differs chemically from naturally occurring hormones produced by living organisms. "Estrogen-like" substances from a variety of sources have a cumulative effect upon living organisms and are part of a larger picture of a process of estrogenisation of the environment we live in. They are also known as petrochemical pollutants since nearly all of them are petro-chemically based (derived from petroleum oil). The legacy of this pollution in living creatures includes an epidemic of reproductive abnormalities, including steadily increasing numbers of cancers of the reproductive tract, low sperm counts, the feminization of males and infertility. Xenohormones can have a variety of negative hormonal effects. They can block or oppose the reaction of your own estrogen, mimic your own estrogen but with a stronger or weaker effect, send different messages to your cells than your own estrogen would, and altering the production and breakdown of your own estrogen. More recent research is showing that exposure to xenohormones suppresses the immune system. Xenohormone exposure is especially high in today's industrialized countries and results from consumption of feed lot meats and dairy products which are full of synthetic hormones, commercially grown fruits and vegetables (grown with pesticides, herbicides, and chemicals), petrochemical compounds (perfume, hair spray, room deodorizers, plastics, etc.) and prescription synthetic estrogens such as oral contraceptives and conventional synthetic hormone replacement therapies. You can absorb xenohormones by ingestion, inhalation and direct skin contact. They exist in every aspect of our daily life. Petrochemical compounds are found in almost all creams, lotions, soaps, new carpet, car exhaust, industrial waste and all plastics. —over-

WAYS TO ELIMINATE XENOESTROGENS

Although it is impossible to eliminate all xenoestrogens from the environment, you can cut down exposure and absorption by doing the following: Avoid all synthetic and horse hormones (oral contraceptives and conventional HRT); eat hormone-free, organic meats and dairy; buy organic produce, vegetables and fruits grown without pesticides, herbicides or synthetic fertilizers or hormones; use glass or ceramics whenever possible to store food and water; wear natural fibers; decrease or stop all conventional pesticides, lawn and garden chemicals, etc. and use natural pest control; wear protective gloves and clothing when in contact with any glues, solvents, cleaning solutions, etc., that contain xenohormones; avoid particle-board if you are remodeling or building a new house (also, synthetic-fiber carpets and fake wood products are loaded with known chemical disruptors); avoid canned foods that are lined with Bisphenol as much as possible or transfer them to a glass container ; drink filtered water from a high quality home installed reverse osmosis filter, not “city water” that contains chlorine, fluoride, xenobiotics and other industrial and agricultural chemicals; use tampons and sanitary napkins made of organic cotton without chlorine or dioxin; purchase non-bleached coffee filters, napkins, toilet tissue, etc. (the EPA has determined that using bleached coffee filters alone can result in a lifetime exposure to dioxin that exceeds acceptable risks); use condoms without spermicides instead of birth control; use a natural laundry detergent as well as natural cleaning supplies; use skin care products and cosmetics free from parabens, petrochemicals, artificial fragrance and phthalates; support your body’s natural detoxification process by eating lots of vegetables and a balanced diet with whole foods; be a smart and informed consumer and help raise awareness.

MARCH SPECIALS

Natural Sea—Wild-caught Salmon Fillets (frozen)	25% OFF
A. Vogel—Soothing Pine Cough Drops	25% OFF
Good Health—Rosemary & Sea Salt Chips, 5 oz.	30% OFF
Namaste Foods—G/F and sugar-free Muffin Mix	25% OFF
Organic India—Tulsi Tea, variety	25% OFF
Woodstock—Baby Dill Pickles	25% OFF
Woodstock—Sweet Relish	25% OFF
Woodstock—Bread and Butter Pickles	25% OFF
Auromere—Toothpaste	25% OFF
Tea Tree Therapy—Tea Tree Mouthwash	25% OFF
Naturtint—Natural Hair Coloring, variety	25% OFF
AND MANY MORE ITEMS!	

Organic Roots  **Bistro**

MARCH HOURS:

Lunch on Fridays & Saturdays from 11 AM–3PM

Dinner on Saturdays—by reservation only!

We look forward to serving you!



“Pursue some path,
however narrow and
crooked, in which you can
walk with love and
reverence.”

~ Henry David Thoreau