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Natural Health News

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EVERGREEN SPA & WELLNESS CENTER
ELY, MN

SPRING DETOX

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Hours

Monday–Saturday
10 A.M.–6 P.M.
(closed Sundays)



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& Wellness
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AHHH . . . spring! Nature starts a new life cycle every spring. A common practice among many cultures and throughout the ages is to open up the windows, air out the sheets, and throw off our many layers at the end of winter. Within our bodies, with the growing warmth and sunlight, we switch from a shortage mode (mostly of fat), which helped get us through the winter, to an elimination mode. In Chinese and Native American medicine, spring is the time that the liver "energy" is predominant as it is primarily the task of the liver to carry out the body's cleansing process of detoxification. Spring is an excellent time to clean our bodies of the sludge from the dark season, detoxify, and start over. To start the detoxification process, we need specific enzymes that chemically change circulating poisons so they are able to be dissolved in water. One specific group of enzymes that carries out this task is called cytochrome P450. Specific foods and herbal remedies stimulate the workings of these enzyme systems. In fact, dark rich greens—so prevalent in the spring—are the very foods that nourish this enzyme system. The nutrients in broccoli are well known for supporting the functioning of these enzymes, but the same nutrients are also found in nettles, dandelions, cress, and in most of the greens that we find so abundant this time of year. Another important enzyme system involved in detoxification can be found as a by-product of the fermentation of the kombucha "mushroom." Kombucha tea has been likened to getting a second liver and is an important spring and overall tonic. Another nutrient that supports the detoxification process is sulfur; it is found in many greens; radishes, such as daikon and black; horseradish and other "peppery" greens; and egg yolks, especially the dark yellow yolks of organic, free-range chickens. Vitamin A is a critical cofactor, and therefore, springtime butter from grass-fed cows—with its rich content of vitamin A—helps the liver and stimulates the bile flow. This nourishing "pasture butter" is available at the Whole Foods Pantry. When combined with dark, slightly bitter greens and a glass of kombucha tea, we have the perfect spring meal. The excretion phase can also be supported by herbs. It has been common knowledge for centuries that bitter herbs stimulate the digestive "juices" primarily by accelerating the bile flow. Cholorectic herbs (herbs that increase bile flow) have been among the most important medicines in the history of humankind. Every disease condition benefits from the detoxification that comes from their use. Some of my favorites are turmeric, dandelion leaves, albizia, chicory, globe artichoke (which specifically breaks down and eliminates unwanted fats), and many other bitter herbs. Dandelion leaves—made into tea or gently sautéed in pasture butter—have been used as spring tonics for thousands of years. Cholorectic herbs also help us get ready for spring allergies. Turmeric has an important role in relieving allergies, particularly when the allergies are accompanied by coughing and shortness of breath. Boswellia (frankincense) has enjoyed popularity as an antiallergic supplement for some time. However, the effectiveness of herbal formulations depends on the purity and strength of the product. In my nutritional practice, I use MediHerb's "Boswellia Complex" with excellent results. It contains boswellia, ginger, turmeric, and celery seed and has anti-inflammatory and antiallergic benefits. HAVE A GREAT SPRING, RENEW YOUR LIFE FORCES, AND LET SOME GOOD, NATURAL FOODS AND SUPPLEMENTS IMPROVE YOUR HEALTH AND WELL-BEING.

CLEANSING FOODS FOR DAILY DETOX

ORGANIC, LEAFY, GREEN VEGETABLES—lightly steamed or cooked kale, collards, spinach, bok choy, cabbage, and broccoli—are packed with nutrients that help eliminate toxins and protect the liver. Lightly diuretic greens—especially watercress and arugula—work with the liver to flush out toxins while their rich minerals keep you strong. DANDELION GREENS, consumed raw in salads or sautéed and topped with pasture butter, stimulate bile flow. GLOBE ARTICHOKEs break down and eliminate unwanted fats and improve bile flow. DAIKON RADISH, a peppery root that looks like a large, white carrot, can be consumed raw in salads or added to soups. LEMONS are a rich source of vitamin C and help convert toxins into a water-soluble form so they are easily flushed from the system. GARLIC activates liver enzymes that help filter out toxins and contains antimicrobial properties that help the body to cleanse efficiently. GREEN TEA is loaded with catechins, which improve liver function and help with weight loss. While all sprouts aid the body in breaking down fats, BROCCOLI SPROUTS contain the most cancer-fighting, enzyme-stimulating compounds. KOMBUCHA TEA, consumed on a daily basis, will not only support the detoxification process but will also strengthen your intestinal flora and immune function. WHEAT-GRASS JUICE—the fresh juice of young wheat plants—is a storehouse of vitamins, minerals, chlorophyll, enzymes, and life energy. You can purchase a wheat-grass growing kit or wheat-grass powder at the Whole Foods Pantry and reap the amazing health benefits. Here are two suggestions for preparing wonderful spring greens:

ARTICHOKEs: Cut the stems off the artichokes and place, leaves up, in a veggie steamer or in a large pot with about 1 inch of filtered water. Steam, covered, until tender, about 1/2 hour. Remove artichokes with tongs and place, leaves down, in a colander to drain. Remove the outermost leaves and serve warm or cold. Dip leaves in a lemon butter sauce (combine about 1/2 cup melted butter, juice of 1 lemon, salt, pepper, and freshly chopped herbs, such as dill).

ASPARAGUS WITH SESAME SEEDS: Place asparagus in a glass baking dish and toss with olive oil or melted butter so it is completely coated. Bake at 400°F for about 8 minutes, shaking the dish every 2 minutes or so. Sprinkle on some finely chopped shallots and lightly toasted sesame seeds and bake for another minute or more. Transfer to a heated serving bowl and squeeze on fresh lemon juice. Season to taste.

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AND MANY MORE ITEMS!



**“EAT WILD
FOODS WHEN
YOU CAN.”**
—Michael Pollan
in *FOOD RULES*

This month, we will have **seedlings and vegetable and herb transplants for sale** from **CHelsea Morning Farm in Two Harbors**. The farm also has **CSA shares** available for the Ely area. Community Supported Agriculture (CSA) is a sustainable agriculture movement that allows individuals and families to directly access fresh, locally grown, and naturally raised produce while supporting regional farmers and sound environmental and economic practices. Members of a CSA, after an upfront, seasonal payment, receive fresh, chemical-free vegetables delivered weekly throughout the growing season. If you are interested, please visit the Evergreen Cottage for more details.

Let good, natural foods and whole-food supplements improve your health and well-being. During the month of May, we are offering a **20% DISCOUNT** on the 21-day **PURIFICATION PROGRAM** by Standard Process.

This program will fit your schedule and make it easy for you to succeed—the results will make the effort worthwhile. This program utilizes whole-food supplements; whole, organic, and unprocessed foods; and water to cleanse the body so that you can have more energy, lose weight, and improve your digestion. You will be able to eat an unlimited amount of specific vegetables and fruits, with select proteins added at day 11. Your supplement regimen will include SP Complete shakes, SP Cleanse capsules, Gastro-Fiber Capsules or Whole Food Fiber, and SP Green Food.

FREE INFORMATION BOOKLETS ARE AVAILABLE!