

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

ENVIRONMENTAL TOXINS

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I came across a very informative article by Dr. David Jernigan and decided to share it with you: "Today more than 77,000 chemicals are in active production in this country. Our exposure to these chemicals is greater than at any time since the beginning of the Industrial Revolution. More than 3000 chemicals are added to our food supply, and more than 10,000 chemicals in the form of solvents, emulsifiers, and preservatives are used in food processing and storage. Ethyl alcohol, isopropanol, shellac, propylene glycol, silicone—you are eating it for breakfast if you are eating grapefruit, melon, and fresh oranges from the supermarket. Do fungicides, botran, or orthophenylphenol sound like a good balanced dinner? You are eating these yummy ingredients in sweet potatoes, onions, and limes from your local supermarket. Fungicides are put into wax to coat fruit and vegetables to provide a longer shelf life; even peeling won't get rid of them. You eat them. They cause cancers, birth defects, damaged immune systems, and other diseases. When ingested, these toxic chemicals can remain in the body for years altering our metabolism. They cause enzyme dysfunction and nutritional deficiencies, creating hormonal imbalances and lowering our threshold of resistance to chronic disease. Besides food borne chemicals, we are continually subjected to poor air quality (anything you can smell is a chemical floating in the air and you are breathing it into your body), chemically contaminated water, household cleaners, paint fumes, pharmaceutical drugs (66% of drugs tested by researchers could be found still biologically active in most municipal tap water, so you could be taking your neighbor's heart medicines or chemotherapy drugs), pesticides, heavy metals (including mercury), and the list goes on and on. Today's studies show that most of us have between 400 and 800 foreign chemical residues stored in the fat cells of our bodies. This occurs gradually over the course of our lives. These chemicals enter into the body either through the skin, through the lungs, or they are eaten. Most of the time, these chemicals are bio-accumulative, meaning miniscule amounts accumulate over the course of years. These chemicals and heavy metals make up the "total toxic burden". When the amount of toxins in the tissues exceeds the body's ability to excrete them the body will begin to store these toxins. This seriously compromises our physiological and psychological health and leads to chronic disease. I was told by a patient who was a Vietnam war veteran that during the Vietnam war, military personnel realized that if an American soldier was killed, they didn't have to do anything special with the body for over a week since the American diet and lifestyle is so full of preservatives. If a Vietnamese soldier was killed, they knew they must bury the body almost immediately because decomposition would occur rapidly, due to the lack of preservatives in their bodies." ~ over ~

Since 1976, the EPA has been conducting studies to determine the presence of toxins in the fat cells of the body. The results of this study are staggering. The EPA only looks for 100 out of the potential thousands of different toxins that could be present in the fatty tissue samples. Twenty different toxins were identified in over 75% of all the samples. In 98% of the samples, they found many toxins, including benzene, dioxins, and toluene, all of which are highly damaging to the immune system and compromise every tissue in the body. The following is a partial list of known symptoms often related to toxicity: allergies, acne, anxiety, burning skin, brain fog, chronic fatigue, chemical sensitivities, depression, eczema, frequent colds or flu, feeling "sick all over", insomnia, loss of dexterity, low body temperature, memory loss, mood swings, muscle and joint pains, and poor concentration. As a result of widespread environmental contamination, doctors are faced with increased rates of toxin-related cancers, neurological diseases, reduced immune function, allergies, chemical sensitivities, and fibromyalgia. Doctors are finding their usual treatments are not as effective as in the past, due to the presence of these many toxins in people. Did you know that few people with cancer actually die of the cancer? Authorities say that they actually die of toxemia, produced by an excessive buildup of toxins. You must be guided through a total body protocol to truly achieve detoxification. However, you also must reduce the source of the toxins! You cannot continue putting toxins on your skin and eating toxic foods and realistically expect to not suffer the consequences. Springtime is an excellent time to undergo a 21-day Purification Program which will help you remove toxins from your body and help maintain a healthy weight. It will also get you on a path to consume nutritious and unprocessed foods and it will help your body purify and rebuild itself from the inside out. The program gives you a structured plan for purifying, nourishing, and maintaining a healthy lifestyle. When you have completed the 21-day purification program, you will be amazed at how good you find yourself feeling and you will learn how to transition to a new, healthful way of eating that will continue your journey toward looking and feeling your best for a lifetime. Free information booklets about the program are available at the Evergreen Cottage.

M A Y S P E C I A L S

Applegate Farms—Chicken Breakfast Sausage, (frozen)	25% OFF
Food For Life—Ezekiel Sprouted Burger Buns (frozen)	25% OFF
Redwood Hill Farm—Plain Goat Yogurt, 32 oz.	25% OFF
Woodstock—Extra-firm Tofu, 14 oz.	25% OFF
Ancient Harvest—Organic Quinoa Pasta varieties	25% OFF
Ancient Harvest—Organic Quinoa, 12 oz.	25% OFF
Citrus Magic—Solid Odor Absorber (Lavender or Citrus)	25% OFF
Earth Friendly—Assorted Cleaning Products	25% OFF
Good Health—Avocado Sea Salt Chips, 5 oz.	30% OFF
Honest Tea—Drinks, assorted flavors, 16 oz.	25% OFF
Jackson's Honest Chips—Sweet Potato Chips, 5 oz.	25% OFF
Rise Bar—Nutritional Bars, 2.1 oz. (assorted)	25% OFF
Steaz—Energy Drinks, 4 packs and singles, assorted	25% OFF
Woodstock—Baby Dill or Bread & Butter Pickles, 24 oz.	25% OFF
Kiss My Face—Assorted Sun Screens	25% OFF
AND MANY MORE ITEMS!	

APPLE SPINACH SMOOTHIE

This smoothie offers a lot of greens but has a very bright, naturally sweet flavor.

Place the following foods in a blender:

- 2 Organic Granny Smith apples
- 2 cups (packed) Baby Spinach
- 1 TBSP. Almond Butter
- 2 cups Coconut Water
- 1/2 tsp. wheatgrass powder *
- 2 tsp. Lime Juice

Blend all ingredients until smooth. Enjoy!

SUPERFOOD BOOST

Add 1 TBSP. Chia Seeds or
1 TBSP. Hemp Seeds



* If you follow a gluten-free diet, make sure the wheatgrass is labeled gluten-free.

Organic Roots  *Bistro*

is opening May 11th. Join us for our **“Mother’s Day Brunch Buffet”** from 10 AM—2 PM. Reservations are recommended. Please call 365-2799 or 365-2288. View our brunch menu on-line at: www.organicrootsbistro.com Register for a chance to win a spa gift certificate.