

Natural Health News

October 2015

EVERGREEN SPA & WELLNESS
ELY, MN

STRESS MANAGEMENT

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STORE HOURS:

Tuesday – Saturday
9 am-5 pm

CLOSED SUNDAYS &
MONDAYS

SPA HOURS:

By Appointment

Chronic stress can have serious health consequences. In this age of so much information and multitasking we interact with a nonstop barrage of stress-inducing images and messages. In addition, we could be under constant strain to perform and produce around the clock. For these reasons, many of us hit fight-or-flight mode shortly after opening our eyes and tend to stay in this state all day long leading to exhaustion. The sympathetic nervous system is wired to handle some stress, but is not able to be locked in the “on” position the way it is in our modern world. As the result of our go-go-go lifestyles today, our natural reserves of vitamins, minerals, and enzymes—all of which we need to stay energized and healthy—are literally getting depleted. For those who are not taught how to manage a stress response, stresses can feel overwhelming and out of their control. Thinking stressful thoughts causes the body to go into what is called a “fight or flight” response. For an animal in the jungle, this response is helpful and practical. The animal receives signals from the brain to either fight the threat or run away. Although most human stress does not require these primal responses, we experience the hormonal and chemical effects in our bodies, and these can, over time, create many health challenges, including heart disease and cancer. To get out of this unhealthy state, we need to periodically check ourselves and reboot our systems. Specifically, we need to hit the “pause” button and take steps to activate the parasympathetic nervous system, the rest/digest, feed/breed mechanism that naturally counterbalances the sympathetic system. The more we tap into the relaxation response mechanism, the more our health is restored. In today’s world, of course, accessing that mechanism requires some intention and attention to slow down and relax. We can learn to effectively manage stress through some effective and powerful methods. Here are some stress management techniques that will help you be back in charge of your own mental and physical health. **1. Find the source of the stress.** Often a stress response is caused by your thoughts about a situation that is happening now or has happened in the past. Finding the source of your stress can calm your mind and assist you in eliminating the stress. Begin by writing down the stressful thoughts. Examine the situation and start planning your solution. Getting into right action is one of the best ways to manage stress. **2. Take excellent care of yourself.** This is a life-long obligation. If self-care has not been modeled for you, find someone who eats properly, exercises, gets enough sleep, and stays in balance physically, mentally, emotionally, and spiritually. Then do what they do. Alternatively, see a holistic health practitioner or wellness coach.

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Listen to Sonja’s
“Natural Health
& Wellness Hour”
EVERY
WEDNESDAY
from 6-7pm on
WELY (94.5 FM)
or
listen on-line at
www.wely.com

3. Find your calling. Research in positive psychology tells us that people who are actively involved in meaningful pursuits experience less stress and depression. People who believe that they are part of a greater purpose tend to experience more happiness, which is an antidote to stress. When you are happy, you attract good things and good people into your life and tend to under-react the so-called negative events. **4. Ask for help.** If you believe this problem is large enough to affect your ability to cope, ask for help. This could be as simple as asking a friend to babysit your children to get a massage. You might choose to see a counselor to discover patterns from the past that keep repeating themselves. You could see a life coach to help you plan and set goals to create a more successful future. **5. Practice breathing, mindfulness, and mind management.** Becoming aware of stressful thoughts, learning to breathe deeply, meditating, and staying present will assist you in training your mind. An untamed mind can lead to a host of physical and mental problems. Self-discipline and practice are the antidotes. It is important to realize that we all encounter bumps in the road. There are times when life goes smoothly and other times when challenges arise. Stressful events are a fact of life, but you can choose how to interpret them. You can see a single event as terrible (stress-causing) or interpret it as something completely different. This is where you can begin to experience stress as a choice. Practice this the next time you have a stressful thought. Replace the thought with one of neutrality or even appreciation. You will begin to see how powerful you are and how much of the stress in your life is up to you. Excessive stress causes your adrenals to release adrenaline and cortisol—two catabolic hormones, which break down your energy reserves for immediate use. Cortisol, when chronically elevated in your bloodstream, is a detrimental hormone, leading to quick glycogen (stored glucose) depletion, a rise in blood sugar, and eventual weight gain—especially abdominal weight gain. Massage therapy, yoga, meditation, as well as nutritional therapy are great ways to assist you in becoming healthier physically, mentally, emotionally, and spiritually. Take time to relax, prepare food that stimulates the senses and nourishes you on every level, meditate, exercise and spend time with people you enjoy.

OCTOBER SPECIALS

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| Arrowhead Mills—Heritage Blend GF Flour, 22 oz. | 25% OFF |
| Betty Lou's—GF Peanut Butter & Jelly Bars, 2 oz. | 25% OFF |
| Jovial—GF Sour Cherry-filled Cookies, 7 oz. | 25% OFF |
| Kicking Horse—Organic Coffee, regular or decaf, 10 oz. | 25% OFF |
| Late July—Organic Purple Corn Chips, 10 oz. | 25% OFF |
| Ginger People—Gingins Candy, 3 oz. bags | 30% OFF |
| Late July—GF Sweet Potato Chips, 5.5 oz. | 30% OFF |
| Puroast—Organic Low acid House blend Coffee, 12 oz. | 30% OFF |
| R.W. Knudsen—Sparkling Juice, 750 ml, assorted | 30% OFF |
| Santa Barbara Bar—Coconut Almond Bar, 1.58 oz. | 30% OFF |
| Chocolove XOXO—Chocolate Bars, assorted | 30% OFF |

AND MANY MORE ITEMS!

25 REASONS TO GET A MASSAGE

1. Relieve stress
2. Boost immunity
3. Reduce anxiety
4. Manage low-back pain
5. Help Fibromyalgia pain
6. Reduce muscle tension
7. Enhance exercise performance
8. Relieve tension headaches
9. Sleep better
10. Ease symptoms of depression
11. Improve cardiovascular health
12. Reduce pain of osteoarthritis
13. Decrease stress in cancer patients
14. Improve balance in older adults
15. Decrease rheumatoid arthritis pain
16. Temper effects of dementia
17. Promote relaxation
18. Lower blood pressure
19. Help Carpal Tunnel Syndrome
20. Help chronic neck pain
21. Lower joint replacement pain
22. Increase range of motion
23. Decrease migraine frequency
24. Improve quality of life in hospice care
25. Reduce chemotherapy-related symptoms

Organic Roots  Bistro

FALL HOURS:

TUESDAY through SATURDAY 9 AM—5 PM
Closed Sunday & Monday

We are making a serious effort to extend our hours again in the near future. Dinner service will be offered on special occasions & will be announced in advance. Thank you for your continued support!