

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## PHYSICAL—EMOTIONAL DETOXIFICATION

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**STORE HOURS:**

Tuesday—Saturday  
9 am-5 pm

CLOSED SUNDAYS &  
MONDAYS

**SPA HOURS:**

By Appointment



Listen to Sonja's  
"Natural Health  
& Wellness Hour"  
EVERY  
WEDNESDAY  
from 6-7pm on  
WELY (94.5 FM)  
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Five decades ago, toxins weren't very visible on our medical radar. Medical literature now continues to confirm the growing association between exposure to common toxins, such as heavy metals, hormones, and industrial plasticizers, and the rising incidence of neurobehavioral, reproductive, and musculoskeletal diseases, from attention deficit disorder and autism to infertility and fibromyalgia. It has been estimated that there are more than 80,000 chemicals presently used in the United States that have not been extensively tested for their effects on human health. For the first time in the history of the world, every human being is now subjected to contact with dangerous chemicals, from the moment of conception until death. Today's pesticides are significantly more potent, decompose more slowly, and have a higher concentration in fatty tissues. As knowledge about these toxins grows, it is essential to assess our exposure to them. The point is not to become overwhelmed by fear of toxic exposure but to take our health into our own hands. One way to do this is by working with a holistic health care practitioner to learn safe ways to keep the body vital and capable of processing and excreting environmental toxins. The five organs that orchestrate good clearance of toxins are the gut, kidneys, skin, liver, and lungs. When it comes to a well-rounded detoxification program, it is important to consider not just physically removing toxins but also releasing the emotional aspects from them. Here are some steps to get your team of organs on the path to coming clean: Normal bowel movements are essential and they should happen at least twice a day. Constipation can lead to toxin buildup—the longer the body takes to remove toxins through the bowels, the greater the possibility that the toxins will be reabsorbed into the systemic circulation. Fiber from the foods you eat helps keep you regular. Fiber not only traps toxins, it also assists with generating movement in the intestines so that toxins are promptly eliminated. Good sources of fiber include legumes, non-starchy vegetables, fruits, seeds, nuts, and flaxseed meal. You may also choose a dietary fiber supplement to add to your daily routine to ensure that you are getting a sufficient amount of fiber. There are many fiber supplements to choose from at the Evergreen Cottage. When it comes to the emotional aspects of the gut, think about the outdated emotions you have stored inside that you need to eliminate as well. In a journal, make a list of toxic emotions you have held within, then come up with safe ways to release or replace them. Deep breathing is one way to not only rid the lungs of stagnant air and contaminants but also aid in moving the gut. When we breathe in deeply, the diaphragm moves down gently and massages the intestines. When we exhale, we create space in the gut area, allowing waste to move through us. Deep belly breathing creates relaxation and peace of mind, keeping us in the present moment. If we don't excrete toxins in the stool, they can end up in urine and sweat. This is why drinking adequate water is imperative for healthy detoxification in conjunction with sufficient fiber intake.

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Water also assists in detoxification by aiding the body's ability to sweat. If you can spend time in a sauna (preferably an infrared one), you can maximize toxin elimination through the skin's large surface area. Aside from the physical aspect of water washing out physical toxins, the water element represents emotions and creativity. During your detoxification, think about the tears you have yet to release and any sadness that you are holding within your cells. Tears are thought to help the body release inflammatory cytokines. Research showed that being easily brought to tears is associated with a better response in the immune system. Also, engage in creative activities so that your emotions can be expressed. The liver is the classic hub of metabolic detoxification and toxins are cleared by the liver in two phases: phase I makes the toxins more water soluble, and phase II packages them up so they can be excreted from the body. It is important that phase II enzymes are working properly. Protein is a basic requirement for these enzymes, so a juice or water fast may impede effective liver detoxification. Certain foods and dietary supplements can help streamline the processing of toxins through the liver. Some of my favorites include green tea, curry (turmeric), and cruciferous vegetables, such as broccoli, kale, and Brussels sprouts. Ensure that you get at least one serving daily. Try steamed Brussels sprouts, oven-roasted kale leaves, or a mixed green spinach salad topped with broccoli sprouts. When it comes to emotions, traditional medicine says the liver is about action, which is why anger is often associated with this organ. Anger is simply a "call to act." It is a catalyst that wants us to change something or make a statement about our boundaries. As you put your focus on liver detoxification, note the presence of anger in your life. Find healthy ways to vent your anger rather than reacting in a volatile way. Enhancing detoxification is an essential process for most individuals nowadays because of the increased toxic burden we carry. We can make the most of our daily detoxification through foods and drinks that improve the functioning of the gut and liver. Whether you eat foods for daily detoxification or undergo a targeted, more intensive program with a healthcare professional, approach detoxification in a holistic way, including your emotions together with your physical body.

## JANUARY SPECIALS

Kevita—Probiotic Drink, assorted, 15.2 oz.	30% OFF
Alexia Foods—Organic Corn or Peas (frozen), 12 oz.	30% OFF
New England Naturals—Org. Granola (unsweetened)	30% OFF
Veri Soda—Organic Sodas, assorted, 12 oz.	30% OFF
Newman's Own Organics—Org. Fig Bars, W/F, D/F	30% OFF
Fantastic Foods—Tabouli Salad Mix, 4.8 oz.	25% OFF
Soofoo—Moroccan Medley, 6 oz.	25% OFF
R.W.Knudsen—Pumpkin Spice Sparkling Beverage	25% OFF
Heavenly Organics—Honey Chocolate Mints, bag	25% OFF
Ocho—Organic Candy Bar, Mocha	25% OFF
Bob's Red Mill—G/F Bread Mix, 16 oz.	25% OFF
AND MANY MORE ITEMS!	

## **SUPER-DETOX SMOOTHIE**

Place the following ingredients in a blender:

- 1 cup spinach or torn kale leaves
- 1 cup romaine leaves
- 1/2 cup chopped cucumber
- 1/2 cup chopped celery
- 1 small pear or 1/2 large, cored and chopped
- 1 banana, chopped (preferably frozen)
- 1 cup coconut water
- 1 TBSP. fresh mint or cilantro
- 1 TBSP. fresh parsley
- 1/2 to 1 whole lemon, juiced
- 1/2 TBSP. chia seeds
- 1/4-inch slice ginger root, peeled
- pinch of cayenne
- pinch of cinnamon
- pinch of turmeric
- ~ add protein powder of choice (optional)



Blend thoroughly ~ enjoy!

Organic Roots  Bistro

### NEW EXTENDED HOURS:

**MONDAY through SATURDAY 9 AM—5 PM**  
Closed Sunday

**WE WISH YOU A HAPPY & HEALTHY NEW YEAR!**